

Registration and Release Form

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____
Email _____

Friday, December 16

Tan Ren (T'ai Chi Warm-Up)/\$75 _____

Saturday, December 17

Ch'i Kung Meditation/\$75 _____
Push Hands/\$75 _____
Both Workshops/\$145 _____

Sunday, December 18

1-14 Steps/\$65 _____
15-33 Steps/\$35 _____
34-66 Steps/\$35 _____
67-100 Steps/\$35 _____

Full Day/\$165 _____

ALL WORKSHOPS/\$375 _____

Cafe 88 Bento Box Lunches~\$8/box~\$5/cold
dishes~\$2/soup _____

Amount enclosed _____

Payment: Please submit payment with this form and make the check payable to "Hiromi T'ai Chi." Mail to: #110 Michie Building, 609 East Market Street, Charlottesville, VA, 22902.

Photo permission: Hiromi T'ai Chi has my permission to publish photos of me taken during these seminars. Photos may appear on the website, in the newsletter or in newspapers.

___ Yes ___ No

Release of Liability: I understand that my instructor will create a safe environment in which to learn T'ai Chi Ch'uan. I also understand that there is a risk of injury in any physical activity, and I assume full responsibility for my actions during and in connection with this seminar.

Signature _____ Date _____

Hiromi T'ai Chi
#110 Michie Building
609 E. Market St.
Charlottesville, VA 22902



CHENG-MING
CHARLOTTESVILLE, VA
AND
HIROMI T'AI CHI

~PRESENT~

Grandmaster
Wang Fu-Lai



December 2011 Workshops!

Friday, December 16

Saturday, December 17

Sunday, December 18

Pay through PayPal!

<http://www.hiromitaichi.org/classes/online-payments/>

About Hiromi T'ai Chi



Hiromi T'ai Chi is a non-profit educational organization. Our mission is to promote the health benefits and art of T'ai Chi and Ch'i Kung (Qi Gong) in the Charlottesville community.
www.HiromiTaiChi.org

Location

Hiromi T'ai Chi Dojo
Suite 110, The Michie Building
609 East Market Street
Charlottesville
2 hours of parking validated

NEW Directions:

Hiromi T'ai Chi is in the Michie Building - across from SNL. **Please enter through the 7th Street entrance.**

What To Bring

Wear clothes that allow you to move comfortably. The Dojo has a floating bamboo floor. Choose soft-soled shoes or go barefoot, if you prefer.

Lunch Options (Both Days)

From Cafe 88

\$8 per Bento Box/\$5 per cold dish/\$2 per soup

ORDERS MUST BE RECEIVED BY DEC. 14TH!

~Please see insert/lunch order form for menu options~

~Fill out the insert/lunch order form~

~Add the total to the HTC registration form~

~Mail the lunch order form with the HTC registration form~

WEEKEND SCHEDULE

Friday, December 16 (evening)

T'ai Chi Warm Up 6:30 - 8:30 \$75
(Tan Ren)

Saturday, December 17

Ch'i Kung Meditation 10:00 - 12:00 \$75
Lunch Break with Cafe 88
Push Hands 2:30 - 4:30 \$75
Cheng-Ming Forms 5:00 - 6:00 Free
Pot Luck Dinner 6:30 - 8:00 Free

BOTH WORKSHOPS - \$145

Sunday, December 18

I - 14 Steps 10:00 - 11:30 \$65
I5 - 33 Steps 11:45 - 12:30 \$35
Lunch Break with Cafe 88
34 - 66 Steps 2:30 - 3:15 \$35
67 - 100 Steps 3:25 - 4:10 \$35
Entire Form 4:20 - 5:20 Free!

FULL DAY ~ \$165

ALL WORKSHOPS ~ \$375

The weekend events are open to students of all levels.

Space is limited. Please reserve your place by contacting the registrar at 1.877.880.2479 or registrar@hiromitaichi.org *or* by visiting www.hiromitaichi.org and registering through PayPal.

You will not be considered registered until you have paid for the day or specific workshop.

Please show your respect to Grandmaster Wang by arriving 10-15 minutes before each event and take your shoes off at the door.

About Grandmaster Wang Fu-Lai

Since his youth, he studied under Grandmaster Wang Shu-Jin (no blood relation), from whom he received all the teachings of the Chung-Nan lineage. It is one of the most complete preservations of Ba-Gua Zhang and Hsing-I Ch'uan currently taught worldwide.

Upon the death of Wang Shu-Jin in 1981, Master Wang Fu-Lai assumed the position of Grandmaster. He also serves as Chairman of the International Cheng Ming Martial Art Association founded by Wang Shu-Jin.

He teaches in Taiwan, Japan, the United States, Europe, the Middle East and Australia. He is also a 4th-generation master of Ba Gua Zhang in the lineage of the modern-day founder, Tung Hai-Ch'uan.

The Cheng-Ming School

Cheng-Ming is a nickname given to Wang Shu-Jin. The Cheng-Ming School has a systemic progression - everything you learn and practice is connected to the next level of practice. Students start with the I4-step T'ai Chi form, which integrates elements of five family styles of T'ai Chi. The form includes Hsing-I and Ba Gua, two other internal martial arts. Students learn how to relax and be supple in T'ai Chi training.

With Hsing-I, students learn powerful linear forms and weapons will be introduced at this level. Ba Gua is the treasure of the Cheng-Ming system. Based on the I-Ching and characterized by its circle walking training and the use of circular/round movements and techniques. Ba Gua is reserved for advanced students who have completed prerequisite training in both T'ai Chi and Hsing-I. Ch'i Kung meditation is integrated at every level of training.