

Registration & Release Form

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

Friday, January 16

Warm Ups / \$70 _____

Saturday, January 17

AM Hsing-I - 5 Elements / \$70 _____

PM Hsing-I - Weapons / \$80 _____

Both Workshops / \$140 _____

Sunday, January 18

T'ai Chi _____

1 - 14 step / \$65 _____

15 - 33 step / \$35 _____

34 - 65 step / \$45 _____

66 - 100 step / \$45 _____

Full Day/\$180 _____

All Workshops / \$380 _____

Cafe 88 Bento Box Lunch - \$10 (Saturday) _____

Amount enclosed \$ _____

Payment: Please submit payment with this form and make the check payable to "Hiromi T'ai Chi." Mail to #110 Old 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 workshops. 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 and related martial arts. 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 workshop.

Signature _____ Date _____



International Cheng-Ming
Virginia Headquarters
Hiromi T'ai Chi

Hiromi T'ai Chi
hosts
Grandmaster
Wang Fu-Lai
January 16-18

Warm Ups

Hsing-I

T'ai Chi

Demonstration

Pot Luck Dinner

*Workshop lunches
provided by Cafe 88*



www.HiromiTaiChi.org

WEEKEND SCHEDULE

** Please note that Saturday workshop will be held at Westminster Presbyterian Church.*

FRIDAY, JANUARY 16 (evening) - at the Hiromi T'ai Chi Dojo

Warm Ups	6:30 - 8:30	\$70
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SATURDAY, JANUARY 17 - *at Westminster Presbyterian Church

Hsing-I (5 Elements)	10:00 - 12:00	\$70
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Lunch Break with Café 88

Hsing-I (Weapons)	2:30 - 5:00	\$80
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Both Workshops — \$140

Demonstration	5:45 - 6:30	Free - at the Dojo
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Pot Luck Dinner	6:45 - 8:00	Free - at the Dojo
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SUNDAY, JANUARY 18 - at the Hiromi T'ai Chi Dojo

1-14 step	10:00 - 11:30	\$65
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15-33 step	11:45 - 12:30	\$35
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34-65 step	2:30 - 3:30	\$45
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66-100 step	3:45 - 4:45	\$45
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Entire Form	5:00 - 6:00	Free
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Full Day — \$180

ALL WORKSHOPS - \$380

Space is limited. 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 taking your shoes off at the door.

What to Bring

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

Lunch Options - Sat.

\$10/Bento box available from Café 88 - Orders must be received by January 14th. Fill out the separate lunch order form. Add the total to the registration form. Mail the order form with registration form.

Contact registrar at **1-877-880-2479** or registrar@hiromitaichi.org

Or visit www.hiromitaichi.org and register through PayPal.

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

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.

Grandmaster Wang Shu-Jin founded the Cheng Ming Martial Arts Association in Taiwan. Upon the death of Wang Shu-Jin in 1981, Master Wang Fu-Lai assumed the position of Grandmaster.

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 14-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 both with and without weapons. 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.

About Hiromi T'ai Chi

Hiromi T'ai Chi is a 501(C) 3 non-profit educational organization. Our mission is to promote the health benefits and art of T'ai Chi and related martial arts in the Charlottesville community.

Location

Hiromi T'ai Chi Dojo
Suite 110, Old Michie Building
609 East Market Street
Charlottesville, VA 22902

Across from SNL by
East Market Street and 7th St.

Please enter through the 7th Street entrance. We validate two-hour parking at the Market Street garage.

Fellowship Hall at
Westminster Presbyterian Church
400 Rugby Rd
Charlottesville, VA 22903

Maps & Directions:
www.westminsterva.org/maps.asp