

Registration & Release Form

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

Friday, August 10 – Ba Gua

TBA \$90 6:00 - 9:00 _____

Saturday, August 11 – T'ai Chi

I - 14 step \$65 10:00 - 11:30 _____

15 - 33 step \$40 11:45 - 12:30 _____

34 - 65 step \$50 2:30 - 3:30 _____

66 - 100 step \$50 3:45 - 4:45 _____

Entire Form Free 5:00 - 6:00 _____

Pot Luck Free 6:30 - 8:00 _____

Full day \$200 _____

Sunday, August 12 – Hsing I

Empty Hands \$70 1:00 - 3:00 _____

Animals \$80 3:15 - 5:45 _____

Full Day \$145 _____

All workshops \$430 _____

Buffet Lunch (See page 2) \$15 _____

Amount Enclosed _____

Payment: Please submit payment with this form and make the check payable to CTCC. Mail to 206 East Water Street, Charlottesville, VA 22902. (You can also pay with PayPal on our website.)

Photo Permission: CTCC 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 _____



Charlottesville T'ai Chi Center



Grandmaster Wang Fu-Lai

Zhong-Nan Lineage Holder
Cheng Ming Martial Arts Association
in Taiwan

Summer 2018 Workshops

All Workshops at **Westminster Presbyterian Church** – See Page 3

Friday, August 10 – Ba Gua*

*Prerequisite: Students must have completed T'ai Chi and Hsing I curriculum

Saturday, August 11 – T'ai Chi

Sunday, August 12 – Hsing I

www.CharlottesvilleTaiChi.org

A Message from Hiromi Sensei

With the anniversary of last year's violence and counter-protest falling on Grandmaster's workshop dates, I would like to emphasize that your safety and well-being come first.

One of our goals of practice is to stay calm and keep equilibrium in the midst of chaos and not let fear take over our peace of mind. Accept what is out there and do whatever we can do. Life goes on.

If you are concerned or feel unsafe leaving the church by yourselves, please seek out a senior CTCC student, readily identifiable by their red T-shirt, and let them help you.

With Kind Regards,



Hiromi Johnson

Considerations

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.

There will be no refunds given, but you will be credited for future workshops.

Wear clothes that allow you to move comfortably. Bring clean, soft-soled shoes to change into or go barefoot.

Saturday Lunch Menu

Saturday lunch will be buffet style – \$15 per person.

Cauliflower Pillau, Trovar Dal with Spinach, Okra with Coconut, Curried Eggplant with Bell Pepper, Mango Pickle, Ginger Chutney, & Papad. (To allow the food to be as fresh and local as possible, some substitutions may be made.)

Please submit your order by 5:00 p.m. on Tuesday, August 7.

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 Zhong-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 systematic 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 with 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 and 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.

Workshop Location

Westminster Presbyterian Church
400 Rugby Road
Charlottesville, VA 22903

Directions:
www.westminsterva.org/about-us/frequently-asked-questions/

Contact registrar at 1-877-880-2479 or registrar@charlottesvilletaichi.org
Or visit our website and register with a credit card or PayPal.
<http://www.charlottesvilletaichi.org/grandmaster>