

# Registration & Release Form

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_

Friday, February 17  
 Ch'i Kung / \$75 \_\_\_\_\_

Saturday, February 18  
 AM Hsing I – Empty Hands / \$80 \_\_\_\_\_  
 PM Hsing I – Weapons / \$85 \_\_\_\_\_  
 Both Workshops / \$160 \_\_\_\_\_

Sunday, February 19  
 T'ai Chi  
 1 - 14 step / \$65 \_\_\_\_\_  
 15 - 33 step / \$40 \_\_\_\_\_  
 34 - 65 step / \$40 \_\_\_\_\_  
 66 - 100 step / \$40 \_\_\_\_\_  
 Full Day / \$180 \_\_\_\_\_

All Workshops / \$415 \_\_\_\_\_

Early Bird \$400 (For all workshops – pay by Feb 6) \_\_\_\_\_

Bento Boxes (See page 2) \_\_\_\_\_

Amount enclosed \$ \_\_\_\_\_

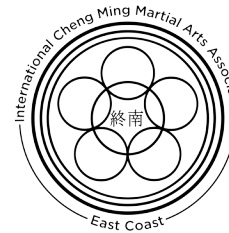
**Payment:** Please submit payment with this form and make the check payable to "CTCC." Mail to #110 Old Michie Building 609 East Market Street, Charlottesville, VA 22902.

**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

*Proudly Hosts*



## Grandmaster Wang Fu-Lai

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

**Winter 2017 Workshops**  
**Friday, February 17 – Ch'i Kung**  
**Saturday, February 18 – Hsing I**  
**Sunday, February 19 – T'ai Chi**

**www.CharlottesvilleTaiChi.org**

A 501(c)3 non-profit educational organization

## WEEKEND SCHEDULE

### FRIDAY, February 17 – At Charlottesville T'ai Chi Center (CTCC)

Ch'i Kung 6:30 - 8:30 \$75

### SATURDAY, February 18 – A.M. at CTCC / P.M. at Johnson Elementary

Hsing I – Empty Hands 10:00 - 12:30 \$80

#### Lunch Break at Dojo

Hsing I – Weapons 2:30 - 5:30 \$85

#### Both Workshops – \$160

Demonstration & Pot Luck 6:15 - 8:00 Free – at the Dojo

### SUNDAY, February 19 – At CTCC

1-14 step 10:00 - 11:30 \$65

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

#### Lunch Break at the Dojo

34-65 step 2:30 - 3:30 \$40

66-100 step 3:45 - 4:45 \$40

Entire Form 5:00 - 6:00 Free

#### Full Day – \$180

#### ALL WORKSHOPS – \$415

*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.*

#### EARLY BIRD DISCOUNT – \$400

*If you plan to take all workshops and pay by February 6, the fee is \$400.*

### 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. & Sun.

Vegetarian and non-vegetarian bento box lunches are available from Cafe 88 on Saturday and Now & Zen on Sunday. Orders must be received by Wednesday, February 15.

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>**

## 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.

## Refund Policy

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

## Location

### CTCC Dojo

Suite 110, Old Michie Building  
609 East Market Street  
Charlottesville, VA 22902

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

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

### Johnson Elementary School

1645 Cherry Avenue  
Charlottesville, VA 22903

**Directions from CTCC:** Head west on Market Street. Go .4 miles and turn left at the light on McIntire Road. (Changes to Ridge Street.) Go a total of .7 miles on McIntire/Ridge. Turn right on Cherry Avenue. Go 1.2 miles. Johnson Elementary in on the left.