

## Registration & Release Form

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



# Charlottesville T'ai Chi Center

*Proudly Hosts*

### Thursday, July 20

Ch'i Kung / \$75 \_\_\_\_\_

### Friday, July 21

Ba Gua / \$90 \_\_\_\_\_

### Saturday, July 22

AM Hsing I – Empty Hands / \$80 \_\_\_\_\_

PM Hsing I – Animals / \$80 \_\_\_\_\_

Both Workshops / \$150 \_\_\_\_\_

### Sunday, July 23

1 - 14 step / \$65 \_\_\_\_\_

15 - 33 step / \$40 \_\_\_\_\_

34 - 65 step / \$40 \_\_\_\_\_

66 - 100 step / \$40 \_\_\_\_\_

Full day / \$180 \_\_\_\_\_

All workshops / \$495 \_\_\_\_\_

Early Bird \$450 (For all workshops – pay by July 14) \_\_\_\_\_

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

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.)

**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 \_\_\_\_\_



## Grandmaster Wang Fu-Lai

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

## Summer 2017 Workshops

Thursday, July 20 – Ch'i Kung

Friday, July 21 – Ba Gua

Saturday, July 22 – Hsing I

Sunday, July 23 – T'ai Chi

[www.CharlottesvilleTaiChi.org](http://www.CharlottesvilleTaiChi.org)

A 501(c)(3) non-profit educational organization

## WEEKEND SCHEDULE

### THURSDAY, July 20 – At Charlottesville T'ai Chi Center (CTCC)

Ch'i Kung 6:00 - 8:00 \$75

### FRIDAY, JULY 21 – At CTCC

Ba Gua\* 6:00 - 9:00 \$90

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

### SATURDAY, July 22 – At Westminster Presbyterian Church

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

#### Lunch Break at Church

Hsing I – Animals 2:30 - 4:30 \$80

#### Both Workshops - \$150

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

### SUNDAY, July 23 – At CTCC

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

15 - 33 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 – \$495

*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.*

### EARLY BIRD DISCOUNT – \$450

*If you plan to take all workshops and pay by July 14, the fee is \$450.*

### What to bring

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

### Lunch Options - Sat. & Sun.

Vegetarian and non-vegetarian bento box lunches are available from Cafe 88 on Saturday and Ming Dynasty on Sunday. Orders must be received by Wednesday, July 19.

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

206 East Water Street  
Charlottesville, VA 22902

We've moved! The dojo is on the first floor of the Water Street parking garage. We validate two-hour parking at the Water Street and Market Street garages.

### Westminster Presbyterian

400 Rugby Road  
Charlottesville, VA 22903

### Directions:

[www.westminsterva.org/about-us/frequently-asked-questions/](http://www.westminsterva.org/about-us/frequently-asked-questions/)