

Registration & Release Form

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

Friday, December 14 – Ba Gua at CTCC

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

Saturday, December 15 – Hsing I at Westminster Presbyterian

Empty Hands \$80 10:00 - 12:30 _____

Lunch Break at the Church (See page 2)

Weapons \$85 2:30 - 5:00 _____

Both Workshops \$160 _____

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

Sunday, December 16 – T'ai Chi at CTCC

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

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

Lunch Break at the Dojo (See page 2)

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

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

Entire Form Free 5:00 - 6:00 _____

Full day \$200 _____

All workshops \$430 _____

Amount Enclosed _____

Payment: Visit our website and register with a credit card or PayPal (please bring a completed registration form to your first session) or submit payment with this form and make the check payable to "CTCC." Mail to 206 E. Water St, 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



Grandmaster Wang Fu-Lai

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

Winter 2018 Workshops

Friday, December 14 – Ba Gua*

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

Saturday, December 15 – Hsing I

Sunday, December 16 – T'ai Chi

www.CharlottesvilleTaiChi.org

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.

Lunch Options

Saturday lunch will be buffet style – \$20 per person

Ma Lan Tou* (a type of leafy green) with Spiced Tofu, Red-Braised Gluten with Mushrooms, Dry-Cooked Hot Pot with Tofu and Winter Vegetables, Stir-fried Baby Bok Choi, Tree Ear Salad, Ginger-Pickled Red Cabbage, Tangy Cold Noodles, Steamed Rice. *Depending on availability.

Sunday lunch options from Now & Zen – \$15 per person

Vegetarian

The vegetarian bento box includes: Cauliflower Tempura with Sweet and Sour sauce, Sauteed Eggplant with Sweet Soy Dressing, Steamed Spinach Marinated with Roasted Creamy Sesame Sauce, Boiled Taro Root, Seaweed Salad, Inari (Deep Fried Tofu Skin with Sushi Rice.)

Non-Vegetarian

The non-vegetarian bento box includes Cauliflower Tempura with Sweet and Sour Sauce, Grilled Black Cod, Grilled Salmon with Nanban (Spicy Soy Vinegar) Dressing, Pork Belly, Squid Salad, Inari.

Please submit your order by 5:00 p.m. on Wednesday, December 12.

Dojo Location

Charlottesville T'ai Chi Center (CTCC)

206 East Water Street
Charlottesville, VA 22902

Saturday Workshop Location

Westminster Presbyterian Church

400 Rugby Road
Charlottesville, VA 22903

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.

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>