

Registration & Release Form

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

Friday, December 13 – Ba Gua at CTCC Dojo

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

Saturday, December 14 – Hsing I

Empty Hands (at CTCC Dojo) \$80 10:00 - 12:30 _____

Lunch Break at CTCC Dojo (See page 2)

Weapons (at Clark Elementary) \$80 2:30 - 5:00 _____

Full Day \$150 _____

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

Sunday, December 15 – T'ai Chi at CTCC Dojo

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

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

Lunch Break at CTCC 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 \$440 _____

Early Bird Discount \$400 (Pay by Nov 29) _____

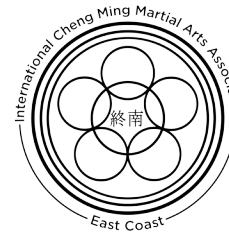
Amount Enclosed _____

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

Proudly Hosts



Grandmaster Wang Fu-Lai

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

Winter 2019 Workshops

Friday, December 13 – Ba Gua

Saturday, December 14 – Hsing I

Sunday, December 15 – T'ai Chi

www.CharlottesvilleTaiChi.org

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

Weekend Schedule

FRIDAY, December 13 – At CTCC

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

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

SATURDAY, December 14

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

Lunch Break at CTCC

Hsing I – Weapons at Clark 2:30 - 5:00 \$80

Both Workshops - \$150

Demonstration & Pot Luck 6:00 - 8:00 Free at CTCC

SUNDAY, December 15 – At CTCC

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

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

Lunch break at CTCC

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

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

Entire form 5:00 - 6:00 Free

Full Day – \$200

ALL WORKSHOPS – \$440

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 – \$400

If you plan to take all workshops and pay by November 29, the fee is \$400.

What to bring

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

Lunch Options - Sat. & Sun.

Lunches will be available on Saturday and Sunday. Orders must be received by Wednesday, December 11.

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

Or visit our website and register with a credit card or PayPal.

<http://www.charlottesvilleitaichi.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 Grandmaster 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

Clark Elementary School
1000 Belmont Avenue
Charlottesville, VA 22902