

CHENG-MING
 CHARLOTTESVILLE, VA
 AND
 HIROMI T'AI CHI
 ~PRESENT~
 Master Wang Fu-Lai

Registration and Release Form

Name _____
 Address _____

 City _____ State _____ Zip _____
 Phone _____
 Email _____

Friday, June 24

T'ai Chi Warm-Up/\$70 _____

Saturday, June 25

Ch'i Kung Meditation/\$70 _____

Hsing-I/\$75 _____

Both Workshops/\$140 _____

Sunday, June 26

1-14 Steps/\$65 _____

15-33 Steps/\$35 _____

34-66 Steps/\$40 _____

67-99 Steps/\$40 _____

Full Day/\$170 _____

ALL WORKSHOPS/\$370 _____

Cafe 88 Bento Box Lunches~\$8/box~\$5/cold
 dishes~\$2/soup _____

Amount enclosed _____

Payment: Please submit payment with this form and make the check payable to "Hiromi T'ai Chi." Mail to: #110 Michie Building, 609 East Market Street, Charlottesville, VA, 22902.

Photo permission: Hiromi T'ai Chi has my permission to publish photos of me taken during these seminars. 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 Ch'uan. 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 seminar.

Signature _____ Date _____

Hiromi T'ai Chi
 #110 Michie Building
 609 E. Market St.
 Charlottesville, VA 22902



Summer 2011 Workshops!

Friday, June 24th

Saturday, June 25th

Sunday, June 26th

Pay through PayPal!

<http://www.hiromitaichi.org/store.html>

About Hiromi T'ai Chi



Hiromi T'ai Chi is a non-profit educational organization. Our mission is to promote the health benefits and art of T'ai Chi and Ch'i Kung (Qi Gong) in the Charlottesville community.
www.HiromiTaiChi.org

Location

Hiromi T'ai Chi Dojo
Suite 110, The Michie Building
609 East Market Street
Charlottesville
2 hours of parking validated

NEW Directions:

Hiromi T'ai Chi is in the ex-Live Arts Building - across from SNL. **Please enter through the 7th Street entrance.**

What To Bring

Wear clothes that allow you to move comfortably. The Dojo has a floating bamboo floor. Choose soft-soled shoes or go barefoot, if you prefer.

Lunch Options (Both Days)

From Cafe 88

\$8 per Bento Box/\$5 per cold dish/\$2 per soup

ORDERS MUST BE RECEIVED BY JUNE 21ST!

~Please see insert/lunch order form for menu options~

~Fill out the insert/lunch order form~

~Add the total to the HTC registration form~

~Mail the lunch order form with the HTC registration form~

WEEKEND SCHEDULE

Friday, June 24 (evening)

T'ai Chi Warm Up 6:30 - 8:30 \$70

Saturday, June 25

Ch'i Kung Meditation 10:00 - 12:00 \$70

Lunch Break with Cafe 88

Hsing-I 2:30 - 5:00 \$75

Pot Luck Dinner 5:30 - 8:00 Free

BOTH WORKSHOPS - \$140

Sunday, June 26

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

I5 - 33 Steps 11:45 - 12:30 \$35

Lunch Break with Cafe 88

34 - 66 Steps 2:30 - 3:15 \$40

67 - 99 Steps 3:20 - 4:05 \$40

Entire Form 4:15 - 5:15 Free!

FULL DAY ~ \$170

ALL WORKSHOPS ~ \$370

The weekend events are open to students of all levels.

Space is limited. Please reserve your place by contacting the registrar at 1.877.880.2479

or registrar@hiromitaichi.org *or* by visiting www.hiromitaichi.org and registering through PayPal.

You will not be considered registered until you have paid for the day or specific workshop.

Please show your respect to Master Wang by arriving 10-15 minutes before each event and take your shoes off at the door.

About Master 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 Chung-Nan lineage. It is one of the most complete preservations of Ba-Gua Zhang and Hsing-I Ch'uan currently taught worldwide.

Upon the death of Wang Shu-Jin in 1981, Master Wang Fu-Lai assumed the position of Grandmaster. He also serves as Chairman of the International Cheng Ming Martial Art Association founded by Wang Shu-Jin.

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 systemic progression - everything you learn and practice is connected to the next level of practice. Students start with the I4-step T'ai Chi form, which integrates elements of five family styles of T'ai Chi. The form includes 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 and weapons will be introduced at this level. Ba Gua is the treasure of the Cheng-Ming system. Based on the I-Ching and characterized by its circle walking training and the use of circular/round movements and techniques. Ba Gua 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.