

*Registration and Release Form*

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

Friday, December 16

Tan Ren (T'ai Chi Warm-Up)/\$75 \_\_\_\_\_

Saturday, December 17

Ch'i Kung Meditation/\$75 \_\_\_\_\_  
Push Hands/\$75 \_\_\_\_\_  
Both Workshops/\$145 \_\_\_\_\_

Sunday, December 18

1-14 Steps/\$65 \_\_\_\_\_  
15-33 Steps/\$35 \_\_\_\_\_  
34-66 Steps/\$35 \_\_\_\_\_  
67-100 Steps/\$35 \_\_\_\_\_

Full Day/\$165 \_\_\_\_\_

ALL WORKSHOPS/\$375 \_\_\_\_\_

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



CHENG-MING  
CHARLOTTESVILLE, VA  
AND  
HIROMI T'AI CHI

~PRESENT~

Grandmaster  
Wang Fu-Lai



December 2011 Workshops!

Friday, December 16

Saturday, December 17

Sunday, December 18

Pay through PayPal!

<http://www.hiromitaichi.org/classes/online-payments/>

## 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](http://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 Michie 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 DEC. 14TH!**

~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, December 16 (evening)

T'ai Chi Warm Up 6:30 - 8:30 \$75  
(Tan Ren)

### Saturday, December 17

Ch'i Kung Meditation 10:00 - 12:00 \$75  
\*Lunch Break with Cafe 88\*  
Push Hands 2:30 - 4:30 \$75  
Cheng-Ming Forms 5:00 - 6:00 Free  
Pot Luck Dinner 6:30 - 8:00 Free

BOTH WORKSHOPS - \$145

### Sunday, December 18

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 \$35  
67 - 100 Steps 3:25 - 4:10 \$35  
Entire Form 4:20 - 5:20 Free!

FULL DAY ~ \$165

ALL WORKSHOPS ~ \$375

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](http://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 Grandmaster Wang by arriving 10-15 minutes before each event and take your shoes off at the door.

## 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 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.