



# Mei Hwa Tai Chi 2019 Fall Class



## Registration

Date \_\_\_\_\_

Classes:    *A: Beginner*      *B: Intermediate*      *C: Advance One*      *D: Advance Two*  
                   (Short Form)      (Long form)      (In-depth form training)      (Review/Practice both forms and Swords)

Descriptions of Classes can be found in next page. All instructions are conducted in English and Chinese.

<u>Name (English)</u> Please Print	<u>Name (Chinese)</u> Please Print	<u>Cost</u> \$45 .00	<u>Class</u> Please Circle One
1. _____	_____	\$ _____	A   B   C   D
2. _____	_____	\$ _____	A   B   C   D
3. _____	_____	\$ _____	A   B   C   D

Tax deductible donation (optional): \$ \_\_\_\_\_

Mei Hwa Tai Chi is a chapter in ITCA (The Institute of Tai Chi Art (ITCA), a non-profit organization

**Make check payable to: ITCA/Mei Hwa**

Total \$ \_\_\_\_\_ Cash \_\_\_\_\_ Check \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Tel : \_\_\_\_\_

E-Mail : \_\_\_\_\_

*Waiver of Liability: I (We), with my (our) signatures will assume all risks of injury that may result from Mei Hwa Tai Chi Classes (the Class). I (We) hereby release and discharge the Class from all such claims of injuries and from all acts of active or passive negligence on the part of the Class, its teachers, or staff members.*

Signature: 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## 2019 Fall Tai Chi Classes -- ITCA Mei Hwa Tai Chi Chapter

- Dates:** Class will be conducted every Sunday, from Sept 8<sup>th</sup>, 2019 to Jan 12<sup>th</sup>, 2020.  
A total of 15 meets, except public holidays.
- Hours:** 2:00pm to 4:00pm  
An optional extended practice is available (4pm to 5pm) right after the regular hours.
- Location:** Richard Montgomery High School  
250 Richard Montgomery Drive, Rockville, MD.

***The Forms at Mei Hwa follow the Style of Professor Cheng Man-Ching, and Yang Style Tai Chi Chuan.***

- A. **Beginner class:**
- The class is for beginners, to learn basic steps and achieve good balance and proper body posture.
  - Professor Cheng Man-Ching's Tai Chi (37 steps) **Short Form** will be taught in details, with personal tutoring, correction and demos.
- B. **Intermediate class:** The class is for those who are familiar with the **Short Form**.
- The program is to enhance the body and mind coordination with the 96 steps Tai Chi **Long Form**.
  - Short Form will be reviewed first before proceeding to learn the new forms.
- C. **Advance-One class:** The class is for those who are familiar with ***both the Short and the Long Forms***.
- Techniques and difficult postures of the **Short Form and Long Form** will be reviewed, taught, and analyzed in details section by section.
  - Application of Tai Chi forms will be discussed.
- D. **Advance-Two class:** The class is for members who are familiar in ***both Forms and Tai Chi Swords***.
- All three Tai Chi's (Short Form, Long Form, and Swords) will be practiced each meet.
  - Practice of Tai Chi in a group setting, with guidance of teacher, will gain additional benefit and enrich your experience from Tai Chi.
  - From time to time, special topics and frequently mistakes in Tai Chi will be included in a 15-minute brief tutorial section.