

Institute of Tai Chi Arts, ITCA<http://itcadc.org>

R.1

Tai Chi Class Registration (2025 Spring Program)Jan 26th 2025 - June 8th 2025 Weekly Sunday (except holiday)

Always check with your doctor before taking any exercise classes.

Question & Contact: Meihwataichi@gmail.com

Name: (First) _____ (Last) _____ (Mr.; Ms.; Mrs.)

Name in Chinese character (optional) _____

E-mail address: _____ phone # _____ - _____ - _____

Program description:**Location:** Cafeteria in Richard Montgomery High School. Mask is optional but recommended.Weekly Sunday afternoon (except holidays)

- Tai Chi basic movement and warm-up: 2:00 to 2:45pm. Two options:
 - Warmup with Basic movement (suitable for all)
 - Warmup with selective forms (in-depth exploration).
- Training class (five groups): 3:00 to 4:00pm.
 - Yang and Cheng Man Ching styles, Step by step teaching bilingual.
Please check one. Class description can be found at ITCA web site.
 - A1. Introduction for beginner A2. Tai Chi short form A3. Short form extension
 - B. Tai Chi Long form C. Tai Chi sword D. Combination class

User fee \$45 per participant, \$20 per family member.

Additional amount (optional) as donation is heartily appreciated, ITCA is a non-profit organization. Please write check payable to “ **ITCA** ” with your Full Name and contact phone number.

Liability: Please complete the form for EACH registration “I, the undersigned, have been informed and understand that there are potential risk and body damage, when I participate the in-person Tai Chi practice. I further understand that COVID-19 is contagious and I could be infected from participating the class activities. With my signature signed below, I hereby waive ITCA and its participants from all class related liability “.

My name (First, Last): _____

My Signature: _____ Date: _____

Please give your registration form and check to us on the first day of class. Thank you.