Master Chen Zhonghua
International Standard-bearer for
Chen style Taijiquan Practical Method
and his disciple Chen Xu

Taiji Workshop Saturday 10 & Sunday 11 December 2016
Private sessions Monday 12 & Tuesday 13 December 2016

Organised by the Sydney School of the Chen style Taijiquan Practical Method
Hosted by the Kung Fu Martial Arts Academy
at the Kung Fu Martial Arts Academy | 64/4 Hoyle Avenue, Castle Hill NSW 2154

REGISTRATION FORM

full name ____________________________________________________________

__________________________________________________________
street address city postcode state

__________________________________________________________
phone contact email

WORKSHOP

I want to attend the Chen style Taijiquan Practical Method two-day Workshop with

MASTER CHEN ZHONGHUA and assisted by CHEN XU ($360)

The workshop start at 9am and ends at 5pm.
Venue is the Kung Fu Martial Arts Academy Unit 64/4 Hoyle Avenue, Castle Hill NSW 2154.

PRIVATE SESSIONS

IMPORTANT—READ THIS:

• Because we only have two (2) days of Private sessions, there are limitations.
• Before you book your sessions, check what times are available by sending an email to chenpracticalmethod@gmail.com with title “Private sessions”.
• Times of the sessions are on page two.
• Private one-on-one sessions for form correction are limited to one (1). If there are space that are not taken up, we may be able to arrange for an additional session.
• Private Push Hands sessions are limited to four (4) sessions with Master Chen Zhonghua and six (6) sessions with Chen Xu.

MASTER CHEN ZHONGHUA
- one-on-one form correction ($70)
- Push Hands session (group of 4) ($60 per 1/2 hour)

CHEN XU
- Push Hands session (group of 4) ($45 per 1/2 hour)
The Workshop

Basic Foundations:
Stances — measure of weight — positions of elbow and hands in the Positive and Negative circle — action of elbow — action of hand— action of shoulder including function of drawing the shoulder down in the action of the three way split — use of the kua to bring the ground up from the foot — non movement of the knee and its impact on the transmission of power.
Exercises such as “Fetch Water”, “Twisting (wringing) the Towel”, “Shun and Ni”.

Concepts and principles:
The meaning of “Double weighted” (the explanation in the Chen style Taijiquan Practical Method differs from other styles) and the way to solve this problem — the concept of “Tossing” of the body — the concept of the three circles and impact on power transmission of “No protrusion, no indentation” - The theory of 3-3 — The theory of the Two Solids— The difference between “Revolution and Self Rotation” — the leverage point or fulcrum that enables effortless push hands — How the movements of the form (Yilu and Erlu) can be directly used in push hands applications without changes (indicating the Practical nature of the forms)- the concept of “Full”- The concept of Vertical movement as opposed to Horizontal movement (as found in ALL other styles) - More on stances – stepping-push hands exercises – some of the first 13 movements of the Yilu.

Master Chen Zhonghua teaches in a VERY hands-on manner not seen in other Masters.
Sometimes the only way students can understand what is going on is by holding a body part of Master Chen while he is executing the movement. Students touch the arms, back, legs and Dan Tian to feel what is going on, where the power is being distributed, what parts move or do not move, what parts rotate, where the alignment is originating from, etc...
Some of the movement concepts taught in the Chen style Practical Method are explained in easy to understand language, although execution may not come easy at first. Expect to hear, see and feel concepts that will completely change your current view of Taiji. This is not just a exercise performed by elderly people in the park. This is a system of teaching Taiji based on a mechanical understanding of the body. The Practical Method is the only Taiji system that is able to teach you a deeper understanding of the use of structure as used in the Chen style Taijiquan. No other teaching method has achieved the same clarity of concepts that is being taught to students. No, it is not easy as your body may not be loose or flexible enough at the start to make the required movements or motions. You will find you where you body is ‘stuck’. Where you are stiff and where you just didn’t know you had muscles.

The Private 1/2 hour sessions (Held on the Mezzanine and the Ground level)

Master Chen Zhonghua and Chen Xu will each be conducting private sessions. Each will run 12 sessions per day of 1/2 hour each with sessions starting at 9am.
Session times:

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<thead>
<tr>
<th>9—9:30am</th>
<th>9:30-10am</th>
<th>10-10:30am</th>
<th>10:45-11:15am</th>
<th>11:15-11:45am</th>
<th>1:15-1:45pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:45-2:15pm</td>
<td>2:15-2:45pm</td>
<td>2:45-3:15pm</td>
<td>3:30-4pm</td>
<td>4-4:30pm</td>
<td>4:30-5pm</td>
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</tbody>
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Master Chen:
To receive the form correction (one-on-one) session with Master Chen you must know at least know two sections of the Yilu. The Yilu corrections are held in the morning sessions (6 sessions per day). Push hands sessions are help in small groups of 4 people so Master Chen can demonstrate and correct students as they practice the moves.

Chen Xu:
Chen Xu will conduct Push Hands beginner and precision instructions on the Mezzanine level. These will be held for small groups of 3 people. These sessions are based on material that Chen Xu teaches when travelling to and teaching at the various Practical Method affiliated schools in mainland China. When Master Chen Zhonghua is travelling internationally, Chen Xu is the chief instructor at the Daqingshan Taiji training centre in Shandong, China.
Students can observe the sessions of other students but cannot participate.
Martial Arts history

Have you studied Taijiquan or a Martial Art before? (Please tick box)  □ No  □ Yes

Style: ________________________________

Grading: ____________________________ No of years: ____________________________

Name of your instructor: ________________________________________________________

Exclusion of Applicant

Have you ever been excluded from Taijiquan or a Martial Art in the past by a medical practitioner or any other person or entity or a Martial Arts Club? (Please tick box)  □ No  □ Yes

If Yes, provide details

Interpretation

The Applicant, hereby agrees to be bound by the terms of this registration with the Chen Style Taijiquan Practical Method Workshop and Private tuition and the persons named and described in Schedule 1, hereafter jointly and severally referred to as "the providers". The providers agree to permit the applicant to use the premises and facilities for the Practical method, to instruct the applicant in the Practical Method Arts and related activities ("the service") upon and subject to the following terms and conditions.

Health Declaration

The Applicant warrants that he or she has not at any time suffered any blackout, seizure, convulsion, fainting or dizzy spells and is not presently receiving treatment for any illness, disorder or injury which would render it unsafe for the Applicant to take part in Chen style Taijiquan Practical Method Workshop and Private sessions. The Applicant further warrants that he or she has provided information on any and all pre-existing medical conditions that may affect the ability to participate in Taijiquan.

Are you taking prescription drugs that may affect judgement? (Please tick box)  □ No  □ Yes

If Yes, what drugs

Did you have an incapacity requiring medical attention in the past 12 months?  □ No  □ Yes

If Yes, please provide details

Please provide information on current physical impairments, injuries or medical conditions that affect you:

Do you have health problems that in the interests of safety, the Chen style Practical Method Workshop/Private Session organiser should be advised of? (Please tick box)  □ No  □ Yes

If Yes, please provide details:

Rights of the consumer

If the Trade Practices Act 1974 or similar state laws apply to this agreement then certain terms and rights may be implied into this contract which operate for the benefit of the Applicant. Under the provision of that legislation, those terms and rights, and any liability of the supplier flowing from them, cannot be excluded, restricted or modified by any provision of the contract.
Waiver and indemnity

In all other cases and except where inconsistent with the above, the Applicant for him/herself, his/her executors, administrators, dependents and other personal representatives, hereby absolves and indemnifies the providers and all their servants, agents, employees and other students or persons under the providers control (the “indemnified”) from all liability howsoever arising from injury, or damage (including but not limited to the Applicants’ person, whether fatal or otherwise, property and personal belongings) however caused including by the negligence of the indemnified, arising out of or participating in the November 2013 Chen style Taijiquan Practical Method Workshop, Private session or extra curricular activities organised during the period or in connection with the Practical Method or in any way caused by, or arising out of, any activity carried on by the indemnified.

I, the Applicant, agree to occupy and use the premises of the Chen Style Taijiquan Practical Method workshop and private sessions at risk to myself and release to full extent permitted by law Master Chen Zhonghua, Paul Janssens, the Sydney School of Chen Style Taijiquan Practical Method, the Kung Fu Martial Arts Academy, and its agents, assistants, servants, contractors and employees form all claims and demands of every kind in of or resulting from any accident or damage to property or injury or death to myself while undertaking training in the Practical Method during the December period from 10 December to 13 December 2016.

Any person training in the Chen style Taijiquan Practical Method, or in activities connected with the Chen style Taijiquan Practical Method or participating in any activity carried on during the December 2016 event are only allowed to do so on the distinct understanding that they do so entirely at their own risk.

Abiding by the school rules

I, the Applicant, agree that I will abide by the Chen style Taijiquan Practical Method Sydney school Code of Conduct and agree and acknowledge that any failure to abide by rules of the Code of Conduct may result in my expulsion from the Workshop or Private session.

Acceptance

Performance of the provider's obligations under the registration may be affected by any one or more of the providers either jointly or severally.

The Applicant accepts that he/she is in no way qualified or authorised to teach the content of the December 2016 Chen Style Taijiquan Practical Method Workshop and Private sessions publicly or privately in any way whatsoever for personal, monetary or any form of gain whatsoever unless with the written authorisation of Master Chen Zhonghua.

Governing Law

Any agreement entered into pursuant to this acceptance is to be governed by the laws of the State of New South Wales and the Courts of New South Wales for the Sydney workshop and private sessions, and shall have exclusive jurisdiction to entertain any action in respect of any such agreement.

Schedule 1

In addition to Chen Style Taijiquan Practical Method Sydney School and the Kung Fu Martial Arts Academy, the providers in respect of this agreement include:

The principle representatives of the venue being hired, and Ratepayers of New South Wales.

The staff, instructors, venue providers, including but not limited to:

Teja Jaensch
Sarah Arratoon
Paul Janssens
Master Chen Zhonghua
Chen Xu
Martial Arts Is Dangerous.
I, the Applicant have read and understood the terms of the Martial Arts Workshop and Private Session Contract, or if I did not understand the terms the Contract I requested an independent person to explain them to me.

This (date) __________________________ day of (month) __________________________ 2014

Applicant Signature: __________________________________________________________________

Witness Signature: ____________________________________________________________________

Guardian Consent (ONLY IF THE PARTICIPANT IS UNDER THE AGE OF 18 YEARS)
I hereby certify and decree that all the information contained in the declarations above are true and accurate.

Guardian Signature: __________________________ Relationship to applicant: __________________________

Guardian full name ______________________________________________________________________

street address __________________________________________________________________________

City __________________________________________________________________________________

Postcode ______________________________________________________________________________

State __________________________________________________________________________________

Additional information on the Workshop and Private sessions

- The Workshop and Private sessions will be recorded on video and a copy is sent to the participants as part of the Workshop and Private sessions. Videos will come in an Mpeg4 format so you can review the sessions for further study at a later date.
- Please do not make video recordings unless agreed to by Master Chen Zhonghua.
- You will have to opportunity to have your photo taken with Master Chen Zhonghua.
- Bring your own lunch as lunch will not be provided.
IMPORTANT INFORMATION RELATING TO YOUR REGISTRATION

1. When paying by cheque, clearance of the funds will constitute registration.

2. Participants who wish to withdraw more than two weeks prior to the schedules date will receive a full refund of money paid, minus $150 administration charge unless you transfer registration to another participant.

3. There will be no refund on withdrawal from the Workshop or Private sessions if notification is received less than two weeks prior to the scheduled commencement date.

4. A full refund will be given if the Workshop or Private sessions are cancelled.

5. When transferring funds, please make sure that you enter YOUR NAME in the ‘text’ field to identify your registration. Failing to do so may incur an administration fee of $50.

6. Registration confirmation will be sent via email (please provide your email address)

7. A receipt for your full registration fee will be provided at the Workshop.

8. Group size restrictions apply.

9. Successful registrants will receive an email to ask for details if required (example: medical).

10. In order to prevent money from being handled at entry of the workshop, please make sure all fees are paid two weeks prior to the workshop or private session.

11. If registering after 1 December 2016, full payment is required immediately.

12. For any questions or clarifications. Please email info@chenpracticalmethod.com.au

13. Venue address: Kung Fu Martial Arts Academy | 64/4 Hoyle Avenue, Castle Hill NSW 2154

HOW TO COMPLETE YOUR REGISTRATION

1. Complete and return pages 1 to 5 and send them to PO BOX 1196, BROADWAY NSW 2007 (Alternatively, scan and email your signed forms)

2. Make a payment of minimum $150 via electronic transfer (see details below), clearly stating your name in the text field OR attach a bank cheque to the completed pages and send it to PO BOX 1196, BROADWAY NSW 2007 (cheque clearance is required for the registration to occur) (Payment via Paypal is an option, please send me an email for details)

3. The remaining funds will need to be received and cleared at least 2 days prior to the start of the Workshop or Private sessions.

4. If you wish to attend a Private session, check with me for available times by sending an email to info@chenpracticalmethod.com.au

5. Payment are to be made to:
   Account Name: Paul Janssens
   BSB/Account Number: 032 719/ 424281
   Branch: Westpac Bank, Cnr Petrie Plaza & City Walk, Canberra City