



**QUARTERLY SEMINARS – HEALTH & WELLNESS
CHINESE GONG-FU INSTITUTE, CHICAGO, IL**

SEMINAR 1

**Da Wu (Health) Qigong – Chinese Qigong Exercises for Health
(Referred to informally as: “Big Dancing”)**

Da Wu is a new Qigong approach directed at health. This exercise was discovered in ancient Chinese documents. In performing Da Wu, emphasis is placed on flexing movements and movement of the joints throughout the body. Da Wu--Big Dancing—is a set of graceful, joint-relaxing dance exercises presented as a fluid movement form. Da Wu is easy to learn and perform. It is suitable for people with various activity and range of motion levels. Qigong helps prevent illness, improves health and prolongs life.

Date: Feb. 3, 2013

Location: Chinese Gung-Fu Institute
4614 N. Western Ave., Chicago IL
(773-728-8682) – Web: <http://zhangtaiji.com>

Time: 1:00-2:00

Cost: \$45 (both seminars, \$75)



**SEMINAR 2
Taijiquan**

Taiji (Tai Chi) is a well-known, and often-practiced, form of Chinese exercise for health. At this seminar the introductory 8 Form will be taught. This exercise is appropriate for all ages and levels. Those at more advanced levels, in addition to learning the form, will be able to learn refinements in the execution of the specific movements within the form.



Date: Feb. 3, 2013

Location: Chinese Gung-Fu Institute
4614 N. Western Ave., Chicago IL
(773-728-8682) – Web: <http://zhangtaiji.com>

Time: 2:15-3:15

Cost: \$45 (both seminars, \$75)

About the Instructor

Master Zhang holds Bachelors and Graduate degrees in Gong Fu from the Wuhan Institute of Physical Education and the Shanghai Institute of Physical Education. He has taught Qigong, Taijiquan and Gongfu extensively in China and the United States, and has published on these subjects. He is a multiple Gold Medalist, and a renowned judge at national and international competitions. He is also an expert in Chinese medicine, acupuncture, massage, and sports injury treatment. He resides in Chicago, IL.
Questions? Call: 773 728-8682

**UPCOMING
SEMINARS:**
May 18th
August 11th
November
10th



**Registration Form
Health & Wellness Seminars
Chinese Gong-Fu Institute**

Name _____

Phone: _____

Email: _____

I plan to attend:

Seminar 1 – Da Wu _____

Seminar 2 – Taiji _____

Please enclose Seminar Fee. One Seminar - \$45, Two Seminars - \$75.

DAY OF SEMINAR COST: One Seminar - \$50, Two Seminars - \$80.

Cash only day of seminar.

Please return Registration by Jan 31st.

Registration should be mailed to: Master Hongchao Zhang, Chinese Gung-Fu Institute,
4614 N. Western Ave., Chicago IL 60625

Make checks payable to Master Hongchao Zhang.

PLEASE SIGN WAIVER:

I, _____, the undersigned applicant, voluntarily chose to attend an event/seminar at the *Chinese Gong Fu Institute*. I hereby assume the risk and full responsibility for any and all damages, injuries, or losses that I may sustain or incur while attending and/or participating in the Event. I agree and understand that my participation and/or competition in the event/seminar is completely voluntary, and that I must report any and all injuries immediately to the event/seminar staff. I further agree to indemnify and save and hold harmless said Releasees and each of them for any loss, liability, damage, or cost they may incur due to my participating or competing in the Event and whether caused by the negligence or gross negligence of said Releasees or otherwise.

I HAVE READ AND FULLY UNDERSTAND THE WAIVER LISTED ABOVE.

Print Name _____

Signature _____ Date _____

If competitor is under 18, this form must be signed by parent or legal Guardian.