



**QUARTERLY SEMINARS – HEALTH & WELLNESS  
CHINESE GONG-FU INSTITUTE, CHICAGO, IL  
SUNDAY, JANUARY 12, 2014**

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

Seminar 1 - Time: 1:00-2:00

Seminar 2 – Time: 2:15-3:15

Cost: Seminar 1 - \$55 (includes short staff...if you attended first seminar, please bring your short staff)

Seminar 2 - \$45

Both seminars, \$90

**SEMINAR 1  
Baduan Gun 2 (Qigong staff)**

This seminar is a unique approach to Qigong that utilizes a short staff in a gentle, relaxed exercise format. The results of the movements are increased flexibility, improved muscle tone, aligned posture and improved coordination. Qigong staff promotes balanced energy and increased circulation and vitality. This is the second seminar on this subject and will include review of initial information and new information. The seminar is designed for both those who attended the first seminar and those who are new to Baduan Gun.

**SEMINAR 2  
Taiji Self-defense**

Taiji is often regarded solely as a wellness exercise designed to balance and harmonize the body. It is interesting, however, that Taiji is also an effective method for self-defense. This seminar will explore the manner in which the movements were designed so that they could also be effective for self-defense. This seminar will demonstrate, in a clear and safe manner, the way Taiji movement can be used for self-defense.

**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, tuina (massage), and sports injury treatment. He teaches in Chicago, IL. Questions? Call: 773 728-8682



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

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Name \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I plan to attend:

Seminar 1 – Baduan Gun 2 \_\_\_\_\_

Seminar 2 – Taiji Self-defense \_\_\_\_\_

Please enclose Seminar Fee. Seminar 1 - \$55 (includes short staff-please bring one if you have it)  
Seminar 2 - \$45  
Both seminars - \$90

DAY OF SEMINAR COST: \$5 additional

Cash only day of seminar.

Please return Registration by January 6th

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.