Taiji is one category of QiGong (Gongfu). It has about 1000 years of history. At ancient time, Taiji was one of the fighting techniques. Now, it is a very popular martial art sport. It emphasizes mind and body in harmony with peace. By doing Taiji, the practitioners achieve internal strength and external beauty. As a health exercise, Taiji quan is called "moving meditation" that is mostly the mental activity paying attention to the internal feeling, to make sure that Qi flows smoothly, fluidly and reaches all parts of the body. As a martial art, Taiji quan builds up firm rooting and develops sharp awareness. It is of the whole system including two person push hand and different weapons.

Master FengMing Wang and Prof. Mr. Kai Li are famous Taiji and Bagua masters. Advised by the 5th generation of Yang Taiji Master Cui ZhongSan who demo for India Premier Modi and China Premier Li. Master Cui started at 5 years old, and has several decades of practice and teaching experience. He has numerous awards from many Gongfu (Wushu) competitions and conferences. He received the name of "Inner-energy Master" and "Real Taiji and Bagua Master" in the world. He has students all over the world. It is an honor to have them as our Taiji, Bagua and Gongfu QiGong teachers.

Taiji Exercise and Instruction!

The program will be held in the Auditorium of the Stelton Community Center, 328 Plainfield Ave., Edison, NJ Saturdays

Session I: 12:15 pm – 1:30 pm Session II: 1:45 pm – 4:45 pm

Coaches: Master Fenming Wang, Jeremy Mahr

Your cooperation is required to make this a success. Please complete and return the REGISTRATION FORM at the bottom of this page with a Check or Money Order payable to “Everbright” at your earliest convenience. There is a $15.00 registration fee due with the costs listed below:

$99.00 Per Adult or Child Per 8 week classes (as Tax deductible donation)

Program Classes
February 25th to April 22nd (No class on April 15th)
April 29th to June 24th (class 27th)

Please complete the application below and return to:
Edison Everbright TaiJi/GongFu Ctr
Attention: Jean Sze, Jeremy Mahr
P.O.Box 484, Three Bridges, NJ 08887
Tel #: 732-329-3245, 732-763-9178, principal@everbrightgroup.org
www.everbrightgroup.org

Name of Participant: Birth Date: Grade: Sex: M F
Street Address: City: Zip Code:
Email: Home #: Cell #:
Child’s Parent/Participant Name: Signature:

I hereby give permission for myself/my child to participate in this activity and assume the risk thereof and I do agree for myself/my child at all times to keep the said Recreation Department, Personnel and the Township of Edison free, harmless and indemnified from any and all liability for any injury I/my child might sustain as the result of said participation. Photographs, videotapes, and audio recordings of the participant, while participating in an Edison Recreation Department Program may be made. I hereby permit, consent and authorize such materials of myself/my son/daughter as an individual or part of a group with or without text, to be used for Edison Township Recreation Activities. It is further understood and agreed that Edison Township does not provide any insurance coverage for the participant or organization.
Joyce Fircha, Recreation Supervisor

S: everbright Taiji springflyer
3/1/17 dwt