

WORKSHOP

The Rochester T'ai Chi Ch'uan

Center



P R E S E N T S

Grounding & Weight Transfer Fundamentals

with Ed Matthews

Saturday, September 22, 2018
1:00PM-4:30PM

The T'ai Chi classics say that T'ai Chi is rooted in the feet, developed in the legs and directed by the waist, and this will be what Ed Matthews will be working on under the umbrella topic of grounding and weight shifting. Developing a proficiency in these areas leads to better balance, deeper relaxation, and more effective (and therefore more effortless) use of one's body.

There is absolutely no prerequisite, although Ed may reference the first five or six movements of Grandmaster Chen's form.

Many people who have invested time in T'ai Chi are aware of how important it is to learn the proper use of legs, and weight shifting for the delivery of forceful techniques (often referred to as boxing, but applicable to many types of motion).

The workshop itself will be arranged in three one hour sessions:

1:00PM:

2:15PM:

3:30PM:

While each one hour session may be taken independently, the maximum benefit is obtained by attending the whole workshop.

*Knowledge of T'ai Chi Ch'uan, while a plus, is not necessary.

For registration information,
call (585) 461-0130, or contact John at:
585-760-4779 john@rtccc.com

Cost: \$10/ hour
\$18 any 2 hours
\$25 complete workshop.

80 Rockwood Place #216
Rochester New York 14610
<http://rtccc.com>

To watch Ed Matthews move as he expresses the movement techniques of both Peter Ralston and Grandmaster William C.C. Chen is to witness the results of years of practice and dedication.

Ed is an extremely rounded member of the martial arts world. He has studied many forms and disciplines, and has worked with many teachers along with Grandmaster William C. C. Chen and Peter Ralston.

Ed has put much time and effort into finding ways to make the power of T'ai Chi accessible to students.

Ed Matthews workshop – ...
September 22, 2018 – 1:00 pm to 4:30 pm

I would like to sign up for the following workshop:

The workshop will begin at 1:00 pm and end approximately 4:30 pm with 15 minute breaks between sessions.

Hour 1 ()	1:00–2:00 pm \$10 _____
Hour 2 ()	2:15–3:15 pm \$10 _____
Hour 3 ()	3:30–4:30 pm \$10 _____
Total	\$ _____

Total Cost (two hours = \$18 and three hours = \$25. If you have signed up for 2 hours or the full workshop, put the appropriate price in the “total” column.)

Bundled prices are available until September 14, 2018. Then the full hourly rates go into effect

Please make checks payable to the Rochester T'ai Chi Ch'uan Center [RTCCC]

Please mail or bring this form with your payment to:

The Rochester T'ai Chi Ch'uan Center
80 Rockwood Place
Rochester, New York 14610

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ email _____

For insurance purposes, anyone attending a workshop at the Rochester T'ai Chi Ch'uan Center needs to become a short-term enrollee of the center. There is no charge for this, but it is necessary for you to sign below indicating that you have agreed to become a short term student, and that you have read and agree to the terms of the liability waiver below. As you are enrolling short term, your enrollment will end at the end of the workshop unless you inform us otherwise.

LIABILITY WAIVER

I agree to waive claims against any persons and the facility connected with this (these) event(s) for injuries I may sustain and likewise assume full responsibility for all my actions in connection with said event(s). I understand that any pictures of me participating in said event may be used for publicity without compensation.

I have read and fully understand all terms explained above.

Signed _____

Date _____