

Ji Hong Wushu & Tai Chi College

基宏武术、太極拳學院



Website: www.jihongtaichi.com

edmonton@jihongtaichi.com

calgary@jihongtaichi.com

Phone: 780-965-8338

April - June / 2025 All Beginner's Class Schedule

Edmonton Downtown Campus (11203 – 105 Avenue NW Edmonton)

E-transfer to jihong@jihongtaichi.com

Cheques payable to: Ji Hong Wushu & Tai Chi College

CLASSES	DESCRIPTION	TIMES	DATES	FEE GST Inc
Yang Tai Chi 24 Move Form 24 势杨式太极拳	Beginner	Thur. 6:00 – 7:00 pm	Apr. 10 – Jun. 26	\$195 or \$73/mo
Tai Chi Push Hands 太极推手班	All Levels	Wed. 7:30 – 9:00 pm	Apr. 23 – Jul. 9	\$280 or \$97/mo
Sanda (Chinese Kickboxing) 散打 (自由搏击) 14 years & up	All levels	Sat. 3:30 – 5:30 pm	Apr. 5 – Jun 28 No class on Apr. 19	\$280 or \$97/mo
Youth Wushu (Kung Fu) 青少年武术功夫入门班	Beginner For new students	Sunday 10:00 – 11:00 am	Apr. 6 – Jun. 29 No class on Apr. 20	\$190

E-transfer to jihong@jihongtaichi.com

Cheques payable to: Ji Hong Wushu & Tai Chi College

All new **Tai Chi** students: An additional \$55 fee applies, which includes a Ji Hong t-shirt and Tai Chi textbook,

All new **Wushu** students: An additional \$55 fee applies, which includes a t-shirt, yearly membership to Wushu Kungfu Alberta Society (PSO)

Alberta Wu Shu & Tai Chi Association (#219, 9148 - 23 Avenue NW Edmonton)

CLASSES	DESCRIPTION	TIMES	DATES	FEE GST Inc
Tai Chi 8 Methods and 5 Steps 太极拳八法五步	Beginner Level 1 for new students	Thur. 10:00 – 11:00 am	Apr.10 – Jun. 26	195 or \$73 / mo
Health Qigong Yijinjing, Liuzijue & Baduanjin 健身气功 – 易筋经、六字诀、八段锦	All Levels accept new students	Mon. 6:00 – 7:00 pm	Apr. 7 – Jun. 30 No class on Apr. 21,	\$195 or \$73 / mo
Health Qigong Yijinjing, Liuzijue & Baduanjin 健身气功 – 易筋经、六字诀、八段锦	All Levels accept new students	Wed. 10:00 – 11:00 am	Apr. 9 – Jun. 25	\$195 or \$73 / mo

Wushu drop-in class \$20, Tai Chi Drop-in class \$22, Push Hands & Sanda drop-in class \$26

New Tai Chi students: an additional \$65 fee applies, which includes a t-shirt, Tai Chi textbook, and yearly membership to Alberta Wushu & Tai Chi Association (program organizer).

New Qigong students: an additional \$38 fee applies, which includes a t-shirt and yearly membership to Alberta Wushu & Tai Chi Association (program organizer).

New Wushu students: An additional \$68 fee applies, which includes a t-shirt, a yearly membership to Wushu Kungfu Alberta (PSO) and the Alberta Wushu & Tai Chi Association (program organizer)

Payment Methods: Cash or E-transfer to albertawushu2021@gmail.com

Calgary Ji Hong Wushu & Tai Chi College (B6, 64 Beaver Dam Rd NE Calgary)

CLASSES	DESCRIPTION	TIMES	DATES	FEE
Traditional Chen Style Tai Chi 传统陈式太极拳一路	Beginner Intermediate	Thursday 7:00 – 8:00 pm	Apr. 3 – Jun. 19	\$195
Traditional Yang Style Tai Chi 传统杨式太极拳	For Beginner	Thursday 8:00 – 9:00 pm	Apr. 3 – Jun 19	\$195

All new **Tai Chi** students: An additional \$55 fee applies, which includes a Ji Hong t-shirt and a Tai Chi textbook,

E-transfer to jihong@jihongtaichi.com

Fill out the related course registration and membership application forms found on the following pages

Tai Chi Students from Calgary and Edmonton downtown, complete form 1. Edmonton Southside AWTA Tai Chi and Qigong students, complete forms 3 & 4. Downtown New Wushu students, complete forms 1 & 2. Southside New Wushu Students, complete forms 2, 3 & 4

Form 1

JI HONG WU SHU & TAI CHI COLLEGE

(operated by JI HONG INTERNATIONAL STUDIES SERVICES LIMITED)
11203 – 105 Avenue, Edmonton, Alberta, Canada T5H 3X4

COURSE REGISTRATION FORM

Name: _____ Chinese Name: _____ Birth Day: _____
(if applicable)

Address: _____
(Street Address / Municipality (city, town etc.) / Postal Code)

Email: _____ Phone: _____ Mobile: _____

Male: Female: Registering for Martial Arts Activities in: Wushu Tai Chi Health Qigong Sanda

I HEREBY AGREE TO ABIDE BY THE RULES AND REGULATIONS PROMULGATED BY THE JI HONG WU SHU & TAI CHI COLLEGE (“COLLEGE”) FROM TIME TO TIME.

WAIVER AND RELEASE

I, THE UNDERSIGNED, HEREBY COVENANT AND AGREE:

1. 471691 Alberta Ltd., owner of the property at 11203 – 105 Avenue, Edmonton, Alberta (“Subject Premises”), and JI HONG INTERNATIONAL STUDIES SERVICES LIMITED, operating as Ji Hong Wu Shu & Tai Chi College (“the College”), and their respective directors, officers, instructors, agent and employees, **shall not be held liable** in any way or manner:
 - a. for the death or injuries of whatever nature and kind and howsoever suffered by me or my children as a direct or indirect result of:
 - i. the use of the said premises by me or my children, whether as a student of the College, or as parent of the student, spectator, visitor, licensee or invitee; and
 - ii. the omission or negligence of 471691 ALBERTA LTD. and Ji Hong International Studies Services Limited, their respective directors, officers, instructors, agents and employees in the maintenance, care and operation of the Subject Premises;
 - b. for the loss of or damage to any property incurred or suffered by me or my children while in attendance of the Subject Premises, whether as a student, parent, spectator, visitor, licensee or invitee;
 - c. for any damage, injuries, personal discomfort, illness or death suffered or sustained by me or my children as a direct, indirect or consequential result of:
 - i. the instructions given to me or my children by the College, its instructors and agents, in the training of Wu Shu, Tai Chi, weapons, long and short, sparring and push-hand, or any other forms of athletic, gymnastic and martial art exercises (collectively the “Training”); or
 - ii. the omission or negligence of the College, its directors, officers, instructors and agents, in the course of providing Training to me or my children.
2. **AND I HEREBY RELEASE ACQUIT AND FOREVER DISCHARGE 471691 ALBERTA LTD. and JI HONG INTERNATIONAL STUDIES SERVICES LIMITED operating as JI HONG WU SHU & TAI CHI COLLEGE** (the “College”), their respective directors, officers, instructors, agents and employees (collectively “the Releasee”), from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action, suits, debts, dues, sums

of money, expenses, general damages, special damages, subrogated claims, costs, claims and demands of any and every kind and nature whatsoever, at law or in equity, or under any Statute, including claims under the Alberta Hospitals Act and Workers' Compensation Act, if any, against which the said Releasee, or any of them, I ever had, now have, or which I or my heirs, executors, administrators, assigns or agents, hereafter can, shall or any have, for or by reason of any matter, cause or thing whatsoever existing up to the present time, and in particular, but without restricting, for or by reason of any claim for injuries or death or damages to person or property, including all expenses therefrom, including solicitor-client costs, which I might have by reason of or arising out of or connected in any way with or in consequence of,

- i. the use of the Subject Premises in any way or manner by me or my children;
- ii. the omission or negligence of the Releasee in the maintenance, care and operation of the Subject Premises; and
- iii. the omission or negligence of the Releasee in the course of provision of Training to myself and my children.

AND I DO HEREBY WAIVE all my rights, whether in law or in equity, against the said Releasees or any one of them, for any injuries, loss or death suffered by me or my children as a result of the aforesaid.

3. AND I ACKNOWLEDGE THAT:

- a. I am cognizant of and have been sufficiently informed by the College of the risks that may be involved in the said Training, and I further acknowledge that the participation in such Training by myself or my children may or might cause injury, loss, damage or death to myself, my children, or others; and
- b. the College, its instructors and agents, are not responsible in any way for supervising any students who are under 18 years for their safety and security when such students are not participating in the Training but remaining at large on the Subject Premises while training of other students is proceeding.
- c. I voluntarily assume all such risks, responsibilities and liabilities as a result of my or my children's participation in the Training, or as a result of my or my children's attendance at the Subject Premises, which said risks may or might cause injury, loss or death to myself, my children or others.
- d. and I warrant that I am in good health, of sound physical and mental condition with no medical conditions, existing or pre-existing, and free of any physical defects, impairment, or any physiological condition that may be aggravated by my engaging in such Training; or, if I am not in good health, or I am not of sound physical and mental conditions with existing or pre-existing physical, physiological or mental defects or impairment, I acknowledge that my participation in the Training would aggravate my existing mental, physical and physiological condition, and I voluntarily assume all the risks as a result of my participation of the Training.

4. AND I ACKNOWLEDGE that:

- a. my enrolment at the College for the said Training evidenced by this Registration Form is good and sufficient consideration of the Release and Waiver;
- b. this Release and Waiver is binding on me, my heirs, successors and assigns so long as I remain a student at the College.

I HAVE READ AND FULLY UNDERSTOOD THE ABOVE.

DATED at Edmonton, Alberta, this day of , 202 .

Signature of Registrant

Signature of Parent or Guardian of Registrant

Form 2

Wushu Kungfu Alberta

INDIVIDUAL APPLICATION FORM

Wushu Kungfu Alberta is a registered non-profit organization and the official Provincial Sports Organization (PSO) recognized by Wushu Canada. Your support will help us fulfill our mission of guiding, growing and raising the awareness of Wushu and Kungfu as a sport in Alberta. For additional information, please find us at wshukungfualberta.ca or at wshucanada.com.

First name: _____

Last name: _____

Gender: _____

Birthdate (DD/MM/YYYY): _____

Member Club: _Ji Hong Wushu & Tai Chi College

Email: _____

ATHLETE	<ul style="list-style-type: none"><input checked="" type="radio"/> Recreational (\$30)<input type="radio"/> High Performance (\$60)
COACH	<ul style="list-style-type: none"><input type="radio"/> General (\$30)<input type="radio"/> High Performance (\$60)
OFFICIAL/JUDGE	<ul style="list-style-type: none"><input type="radio"/> Class C (\$30)<input type="radio"/> Class A/B (\$60)
SUPPORTING MEMBER	<ul style="list-style-type: none"><input type="radio"/> General (\$30)<input type="radio"/> Lifetime (\$300)<input type="radio"/> Lifetime Honorary, over 65 (\$30)

*for more information, please visit wshucanada.com

I _____ (Signature) or _____ (Parental Signature) acknowledge Wushu Kungfu Alberta and all of its employees, volunteers and agents shall not be held liable for any injury, including death to any person or for any loss or damage to property of the above-named individual at any time.

Form 3

**Alberta Wushu & Tai Chi Association
Annual New Membership Application**
(Please print)

Membership type: Single \$10 / Each additional Member \$5

Name : _____ **Gender:** _____ **Birthday:** _____

Address : _____ **Phone :** (_____) _____ - _____.

City & Prov. : _____ **Email :** _____

Postal code : _____

Name(s) of additional member(s) :

_____ **M / F Adult/under 18**

_____ **M / F Adult/under 18**

_____ **M / F Adult/under 18**

_____ **M / F Adult/under 18**

I do hereby agree to obey all the rules and regulations (see Conditions below) set by the Alberta Wushu and Taichi Association

Date: _____ **Signature:** _____

Under 18, Parent / Guardian signature: _____

Conditions:

The Association is a non-profit organization. The main objective of the organization is to promote the practice of Wu shu and Tai Chi as a means to improve human health and wellness. The Association is not responsible for any personal injury, or death, or public liability suffered by our members, howsoever caused, including any acts of negligence or omission of the directors and agents of the Association, as a result of the participation of the members at the activities of Association. Any person aged 18 or over (minors must have written permission from parents/guardians) can apply for membership of the Association.

本會為一不牟利的社團, 希望能籍著本會的成立, 為大眾提供更多體育運動的機會, 籍運動而促進彼此間的友誼, 共同為促進體育運動而勞力. 所有會員如有在進行練習或比賽中受傷, 本會不負一切法律上的責任.

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For Official use only

Approved by: _____ **Date:** _____ **Payment received:** _____

Form 4

Alberta Wushu & Tai Chi Association

#219, 9148 23 Ave NW, Edmonton AB, T6N 1H9

COURSE REGISTRATION FORM

Name: _____ Chinese Name: _____ Birthday: _____
(if applicable)

Address: _____
(Street Address / Municipality (city, town etc.) / Postal Code)

Email: _____ Phone: _____ Mobile: _____

Male: Female: Registering for Martial Arts Activities in: Wushu Tai Chi Health Qigong

I HEREBY AGREE TO ABIDE BY THE RULES AND REGULATIONS PROMULGATED BY ALBERTA WUSHU & TAI CHI ASSOCIATION FROM TIME TO TIME.

WAIVER AND RELEASE

I, THE UNDERSIGNED, HEREBY COVENANT AND AGREE:

5. Alberta Wushu & Tai Chi Association (“Association”), tenant of #219, 9148 23 Ave NW, Edmonton Alberta (“Subject Premises”), and their respective directors, officers, instructors, agent and employees, **shall not be held liable** in any way or manner:
- a. for the death or injuries of whatever nature and kind and howsoever suffered by me or my children as a direct or indirect result of:
 - i. the use of the said premises by me or my children, whether as a student of the Association, or as parent of the student, spectator, visitor, licensee or invitee; and
 - ii. the omission or negligence of Alberta Wushu & Tai Chi Association, their respective directors, officers, instructors, agents and employees in the maintenance, care and operation of the Subject Premises;
 - b. for the loss of or damage to any property incurred or suffered by me or my children while in attendance of the Subject Premises, whether as a student, parent, spectator, visitor, licensee or invitee;
 - c. for any damage, injuries, personal discomfort, illness or death suffered or sustained by me or my children as a direct, indirect or consequential result of:
 - i. the instructions given to me or my children by the Association, its instructors and agents, in the training of Wu Shu, Tai Chi, weapons, long and short, sparring and push-hand, or any other forms of athletic, gymnastic and martial art exercises (collectively the “Training”); or
 - ii. the omission or negligence of the Association, its directors, officers, instructors and agents, in the course of providing Training to me or my children.
6. **AND I HEREBY RELEASE ACQUIT AND FOREVER DISCHARGE ALBERTA WUSHU & TAI CHI ASSOCIATION**, their respective directors, officers, instructors, agents and employees (collectively “the Releasee”), from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action, suits, debts, dues, sums of money, expenses, general damages, special damages, subrogated claims, costs, claims and demands of any and every kind and nature whatsoever, at law or in equity, or under any Statute, including claims under the Alberta Hospitals Act and Workers’ Compensation Act, if any, against which the said Releasee, or any of them, I ever had, now have, or which I or my heirs, executors, administrators, assigns or agents, hereafter can, shall or any have, for or by reason of any matter,

cause or thing whatsoever existing up to the present time, and in particular, but without restricting, for or by reason of any claim for injuries or death or damages to person or property, including all expenses therefrom, including solicitor-client costs, which I might have by reason of or arising out of or connected in any way with or in consequence of,

- i. the use of the Subject Premises in any way or manner by me or my children;
- ii. the omission or negligence of the Releasee in the maintenance, care and operation of the Subject Premises; and
- iii. the omission or negligence of the Releasee in the course of provision of Training to myself and my children.

AND I DO HEREBY WAIVE all my rights, whether in law or in equity, against the said Releasees or any one of them, for any injuries, loss or death suffered by me or my children as a result of the aforesaid.

7. AND I ACKNOWLEDGE THAT:

- a. I am cognizant of and have been sufficiently informed by the Association of the risks that may be involved in the said Training, and I further acknowledge that the participation in such Training by myself or my children may or might cause injury, loss, damage or death to myself, my children, or others; and
- b. the Association, its instructors and agents, are not responsible in any way for supervising any students who are under 18 years for their safety and security when such students are not participating in the Training but remaining at large on the Subject Premises while training of other students is proceeding.
- c. I voluntarily assume all such risks, responsibilities and liabilities as a result of my or my children's participation in the Training, or as a result of my or my children's attendance at the Subject Premises, which said risks may or might cause injury, loss or death to myself, my children or others.
- d. and I warrant that I am in good health, of sound physical and mental condition with no medical conditions, existing or pre-existing, and free of any physical defects, impairment, or any physiological condition that may be aggravated by my engaging in such Training; or, if I am not in good health, or I am not of sound physical and mental conditions with existing or pre-existing physical, physiological or mental defects or impairment, I acknowledge that my participation in the Training would aggravate my existing mental, physical and physiological condition, and I voluntarily assume all the risks as a result of my participation of the Training.

8. AND I ACKNOWLEDGE that:

- a. my enrolment at the Association for the said Training evidenced by this Registration Form is good and sufficient consideration of the Release and Waiver;
- b. this Release and Waiver is binding on me, my heirs, successors and assigns so long as I remain a student at the Association.

I HAVE READ AND FULLY UNDERSTOOD THE ABOVE.

DATED at Edmonton, Alberta, this _____ day of _____, 2024 .

Signature of Registrant

Signature of Parent or Guardian of Registrant