Internal Gardens School of Classical Taijiquan

The Tai Chi Specialists!

The Internal Gardens Quickstart Program is a basic training course, which lays the foundation in classical tai chi. Upon completion of the program, you will be eligible to graduate into the Black Sash Program - one of New Jersey's leading tai chi programs. Quickstart includes a basic uniform and a full month of training for only $99!

QUICKSTART REGISTRATION

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

phone: _____ e-mail: _____

Circle your uniform size below

SIZE	HEIGHT RANGE	WEIGHT RANGE
0	4'6"	80lbs.
1	4'9"	95lbs.
2	5"2"	115lbs.
3	5'5"	125lbs.
4.	5'7"	150lbs.
5	5'9"	175lbs.
6	6'0"	195lbs.
7	6'2"	225lbs.

NOTE: *Pants run slightly tighter than wider, so if you are at the edge of the height or weight range, order next size up for best comfort. Uniforms should be roomy.*

What dates/times do you wish to attend? Note: class space is limited and available on a first come, first serve basis. You must live 45 minutes or more away from our location to be eligible for Farpoint scheduling. Check one:

❑ Saturday (Farpoint only) 1:30 pm - 3:30 pm
Starting date: _____

❑ Mon & Wed 6:00 pm - 7:00 pm
Starting date: _____

We ask all new students to arrive early before the start of their first class.

Injury waiver: Student, the parent, or the legal guardian on behalf of the student, acknowledges and is fully cognizant of all inherent dangers in connection with the excution of martial arts or tai chi chuan (taijiquan) and acknowledges that the execution of martial arts or tai chi chuan (taijiquan) requires physical exertion and contact, and realizes that there is a reisk of physical injury which may be incurred while engaged in this activity. Student, parent, or legal guardian on behalf of the student, hereby waives all claims for any and all injury in connection with the training at Internal Gardens School of Classical Taijiquan and expressly assumes the risk of all dangers or injury inherent to the martial arts or tai chi chuan (taijiquan). The applicant attests that they are in good health and that they are aware that a physician should be consulted before beginning this activity.

_____ _____ _____

Internal Gardens School of Classical Taijiquan
4 Holly Court
Sussex, NJ 07461
(973) 202-9409
info@internalgardens.com

Make your check for $99 payable to: Internal Gardens

NOTE: *Street shoes may not be worn in the classroom. Please bring slippers or a pair of new (inexpensive) shoes dedicated to indoor (studio) use only. Socks only is also OK. Bring notebook and something to write with.*

PLEASE NOTE: Quick start registration is final. There are no refunds.