



## China 2015 Tour Package

### Tour Package A

7/25 Arrive Xi'an

7/26 Flight to Jiuzhaigou, a UNESCO World Heritage Site

7/29 Return Flight to Xi'an to meet Group B

### Tour Package A and Tour Package B

7/29 Arrive Xi'an

7/30 Visit Emperor Qin's Terracotta Warriors and the nearly thirteen hundred year old Great Mosque

7/31 Visit Dacien Temple (the Temple of Kind Favour) and the Xi'an Museum

8/1 After breakfast, travel by private air-conditioned coach (5 hours approx.) to Luoyang for a tour of Longman Grottoes

8/2 Travel by private air-conditioned coach (2.5 hours approx.) to Shaolin Temple, then continue on to Handan (4 hours approx.)

8/3 Visit Yang Family Memory Park and take part in ancestor workshop. Tour old Guangfu town. After lunch, continue by coach to Taiyuan

8/4 Tour Jinci Park and Shanxi Museum. In the evening, join in the Celebration of Grandmaster Yang Zhenduo's 90th year at his Birthday Dinner

8/5 Tour Chang Garden, followed by Shanxi Association Conference in the afternoon. After dinner, Master Yang Jun will hold his third Disciple Ceremony

8/6 Morning flight to Beijing followed by afternoon leisure time Those interested in attending Master Yang's Seminar, Aug 6-8, please see note 1

8/7 Return flights home. Those interested in the One Day Beijing Tour, please see note 2

#### Note 1

Hand Form Seminar Tuition is \$300 (lodging and meal costs are TBD). All seminar costs will be payable to the Seminar host directly.

More details about Seminar payments to follow. Please note: payments will be cash only.

8/6-8/8 Master Yang Jun's seminar in Taiyuan

8/9 Morning flight to Beijing followed by afternoon leisure time

8/10 Return flights home

#### Note 2

8/7 Visit Yonghe Palace Temple, Summer Palace, etc

8/8 Return flights home



# CHINA ADVENTURE 2015

## Hold Harmless Agreement for Tour of Jiuzhaigou

### INTRODUCTION

One part of the 2015 China Adventure Tour will be to Jiuzhaigou that is in a mountain valley. Jiuzhai Valley is locally known as Jiuzhaigou (Chinese for “Nine Village Valley”). It is a national park located in the Min Shan mountain range, Northern Sichuan in South Western China. It is best known for its fabled blue and green lakes, spectacular waterfalls, narrow conic karst land forms and its unique wildlife

It is China’s premier national park and is located at elevations ranging between 1,990m (6,529 feet) to 4,764m (15,630 feet) above sea level. Located on the edge of the Tibetan Himalayan Plateau in Northern Sichuan Province. Jiuzhai Valley provides spectacular scenery throughout the year making it one of China’s most treasured scenic sites.

### PRECAUTION

Because this part of the tour is located in elevations between 6,529 feet to 15,630 feet, the International Yang Family Tai Chi Chuan Association want to be sure that the participant in the 2015 China Adventure is aware that the high elevation of the location could cause some participants medical and physical problems including altitude sickness. Most of the tour is located around 8,000 feet. Most tourists do not have any problems medically at this elevation. Each person is an individual and have individual responses to high altitude.

Altitude sickness—also known as acute mountain sickness (AMS), altitude illness, hypobaropathy, “the altitude bends”, or soroche—is a pathological effect of high altitude on humans, caused by acute exposure to low partial pressure of oxygen at high altitude. It commonly occurs above 2,400 metres (8,000 feet).[1] [2] It presents as a collection of nonspecific symptoms, acquired at high altitude or in low air pressure, resembling a case of “flu, carbon monoxide poisoning, or a hangover”.[3] It is hard to determine who will be affected by altitude sickness, as there are no specific factors that correlate with a susceptibility to altitude sickness. However, most people can ascend to 2,400 metres (8,000 ft) without difficulty

### SIGNS AND SYMPTOMS

People have different susceptibilities to altitude sickness; for some otherwise healthy people, acute altitude sickness can begin to appear at around 2000 meters (6,500 ft) above sea level, such as at many mountain ski resorts, equivalent to a pressure of 80 kPa. [9] This is the most frequent type of altitude sickness encountered. Symptoms often manifest themselves six to ten hours after ascent and generally subside in one to two days, but they occasionally develop into the more serious conditions. Symptoms include headache, fatigue, stomach illness, dizziness, and sleep disturbance.[4] Exertion aggravates the symptoms.

## WAIVER, RELEASE OF LIABILITY AND INDEMNIFICATION AGREEMENT

I, \_\_\_\_\_ HEREBY ACKNOWLEDGE that I am aware that during the tour of Jiuzhaiguo I am participating in, certain risks and dangers may arise, including and not limited to, the hazards of traveling in mountainous terrain and high altitude sickness. I agree to forever hold harmless and indemnify the International Yang Family Tai Chi Chuan Association from any and all liability for any injury and/or damages to any third party or other customers resulting from my participation in any activity.

I acknowledge that the enjoyment and excitement of adventure travel is derived in part from the inherent risks incurred by travel and activity beyond the accepted safety of life at home or work and that these inherent risks contribute to such enjoyment and excitement, being reason for my participation. I am fully aware, and clearly understand, that The International Yang Family Tai Chi Chuan Association, will have no liability regarding the adequate condition of any medical care, equipment or supplies that may be provided. I agree that if I am injured or become ill, The International Yang Family Tai Chi Chuan Association, may, at my cost, arrange or supply medical treatment, evacuation or any other medical services necessary on my behalf and what The International Yang Family Tai Chi Chuan Association, deems essential for my safety and well-being.

I am voluntarily participating in these activities with the knowledge of the dangers involved and hereby accept responsibility to assume any and all risks including injury and death.

This Release of Liability and Assumption of All Risks agreement is entered into on behalf of all members of my family. This agreement is binding on my heirs, legal representatives and assigns.

AS LAWFUL CONSIDERATION for the agreement with The International Yang Family Tai Chi Chuan Association, to participate in such activities, I hereby voluntarily agree to waive, hold harmless and indemnify the Owners of The International Yang Family Tai Chi Chuan Association and its agents, trainers and employees from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my voluntary participation in services and activities at or associated with The International Yang Family Tai Chi Chuan Association. I understand the content of this document, and execute this RELEASE OF LIABILITY AND ASSUMPTION OF ALL RISKS of my own free will and accord.

I have carefully read this ENTIRE Release of Liability and Assumption of All Risks agreement and fully understand its contents, and agree to the same of my own free will.

I HAVE READ AND VOLUNTARILY AGREE SIGN THIS AGREEMENT. I further agree that no oral representations, statements, or inducements apart from this Agreement have been made by The International Yang Family Tai Chi Chuan Association with regard to the subject matter of this Agreement. I acknowledge that this agreement constitutes an express contractual assumption of all risks, and both a waiver and release from all liability.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip: \_\_\_\_\_

Country: \_\_\_\_\_

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



## CHINA ADVENTURE 2015 Tour Package Registration Form

### 1. IDENTIFICATION

First Name on Passport Last Name on Passport Sex: F M

Birthdate: MM/DD/YYYY Nationality Passport Number Expiration Date: MM/DD/YYYY

Address

City State/Province Zip Country

Email Phone Group (if applicable) Roommate Preference

Name of Emergency Contact Phone Email

### 2. TOUR PACKAGE (PLEASE CHECK ONE)

Tour Package A Arrival Xi'an on July 25 (Leave Beijing on Aug 7th) Double Occupancy \$2850 Single Occupancy \$3880

Tour Package B Arrival Xi'an on July 29 (Leave Beijing on Aug 7th) Double Occupancy \$1990 Single Occupancy \$2550

\* Tour Package A & B will leave Beijing on August 7th. If you want to tour Beijing, Select Package below \*

Tour Package A+ Beijing (Leave Beijing on August 8) Double Occupancy \$2990 Single Occupancy \$3950

Tour Package B+ Beijing (Leave Beijing on August 8) Double Occupancy \$2130 Single Occupancy \$2760

Seminar in Taiyuan August 6-8

*If you are going to attend the seminar in Taiyuan, the seminar tuition and lodging is payable to the seminar host directly*

### 3. ARRIVAL & DEPARTURE INFORMATION

Arrival Xi'An (airport code: XIY):

Date: mm/dd/yyyy Time Airline Flight Number Departing From

\* Please Look for a Representative Showing The Yang Family Tai Chi Chuan Logo at the Airport \*

Departure from Beijing:

Date: mm/dd/yyyy Time Airline Flight Number

\* If you are going to attend seminar in Taiyuan, departure date from Beijing should be August 10th. \*

#### 4. PAYMENT CALCULATION:

Please make your Check or Money Order payable to:  
International Yang Family Tai Chi Chuan Association.  
If you wish to pay by Paypal, there is an additional 4% charge. Our Paypal Account is:

payment@yangfamilytaichi.com

Send in your completed Tour Package form and full payment to the International Association by May 15, 2015. Please note: a deposit is due by March 15, 2015 (see below.)

If you are with a Group, please give your tour Registration Forms to your Group leader for Group submission to the International Association. If you are not with a Group, please send your Tour Registration Forms and Payment directly to the International Association

For more information and tour schedule please see:  
<http://www.yangfamilytaichi.com/events/2015/tour>

##### Tour Package A

Double Occupancy \$2850  
Single Occupancy \$3880      \$ \_\_\_\_\_

##### Tour Package A+ Beijing

Double Occupancy \$2990  
Single Occupancy \$3950      \$ \_\_\_\_\_

##### Tour Package B

Double Occupancy \$1990  
Single Occupancy \$2550      \$ \_\_\_\_\_

##### Tour Package B+ Beijing

Double Occupancy \$2130  
Single Occupancy \$2760      \$ \_\_\_\_\_

Paypal Charge add 4% of subtotal      \$ \_\_\_\_\_

**TOTAL AMOUNT**      \$ \_\_\_\_\_

#### 5. REFUNDS AND CANCELLATIONS

A \$200 Non-Refundable Deposit must be received by March 15th, 2015.  
Full payment must be received by May 15th, 2015. After May 15th additional fee may apply.  
Cancellations before June 20th, 2015 will be charged 60% of total Tour and Bank Fees.  
Cancellations after June 20th, 2015 will be charged 100% of total Tour and Bank Fees. Each person is responsible for their own Travel Insurance. Please contact your Travel or Insurance Agent for more information

#### 6. VISA INFORMATION

A Visa is required for travel to China. Please apply for your visa 30-60 days prior to your departure and/or check with your local Chinese Embassy for Visa information as rules may differ according to location.

#### 7. TOUR FARE INCLUSIONS

- a. All hotels in China.
- b. All meals in China (3 meals per day).
- c. Transportation as specified in Tour Itinerary.
- d. Admission and fees to Temples, Shrines, etc. as specified in Tour Itinerary.
- e. Service of English speaking guides for sightseeing.

Please note: the Tour Fare does not include gratuities. The recommended gratuities for tour guides, drivers and servers are \$120 for Group A and \$90 for Group B. Please remit to Fang Hong upon arrival. Concierge gratuities are not included in the above recommended amounts and will be at the discretion of the traveler.

#### 8. MAIL TO

International Yang Family Tai Chi Chuan Association  
P.O. Box 786  
Bothell, WA 98041 USA  
Email: chinatrip@yangfamilytaichi.com

