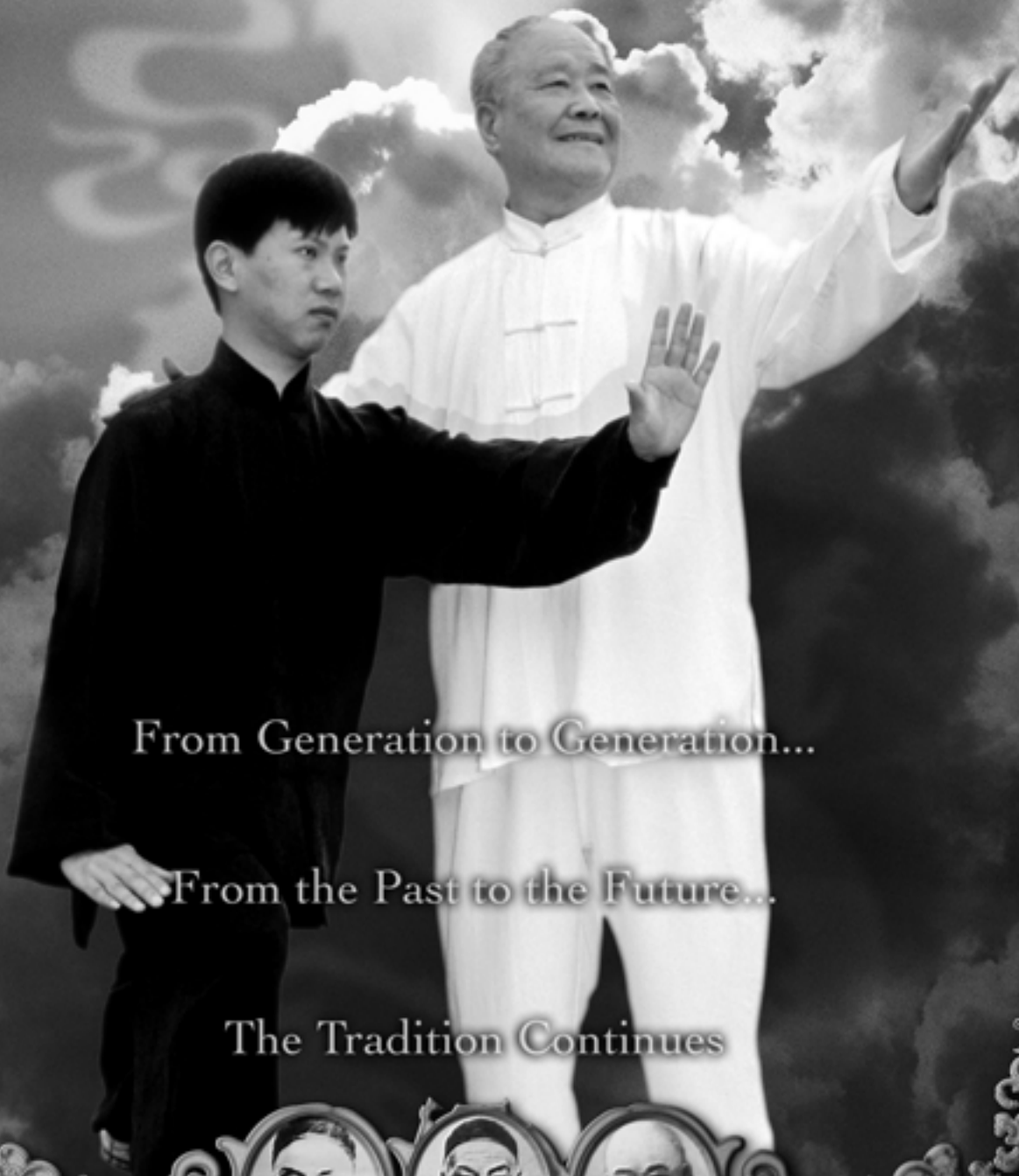


# Tai Chi Chuan

Number 4 • December 2000



The Newsletter of the International Yang Style Tai Chi Chuan Association



From Generation to Generation...

From the Past to the Future...

The Tradition Continues





# Seasons Greetings to all our members!



First off, I would like to wish you all a very happy holiday and I hope the coming year brings you nothing but prosperity and good tidings.

The busy summer season is over. My grandfather Yang Zhen duo and I gave seminars in Europe : Italy, France, Germany, and Sweden; North America : Winchester, Montreal, San Antonio, and Portland; South America : San Paulo and Porto Alagre. Every place we visited, we found that there were many people interested in Tai Chi. We were welcomed and shown nothing but warm greetings and hospitality through the careful arrangements from every seminar committee. This contributed to successful trainings at every seminar.

Here, my grandfather and I would like to say thank you to all the directors and staff that helped sponsor these seminars. We would also like to thank all who attended the seminars.

The arrangements for the coming year are almost ready. We will continue international training seminars to cover Europe, North America, and South America. The ranking system has been published and the first examinations are complete. The ranking system is going to gradually be extended to all

the centers. The International Association is going to hold an All Directors' Meeting, and research and improve the structure and organization of our association. The International Association will designate an individual responsible for the 20<sup>th</sup> anniversary activities of the Shan Xi Association in 2002. In summary, the coming year is going to be a busy year.

We anticipate many new members for the coming year. We understand that in the past year we have had our complications. We hope to improve ourselves and provide a better service for our members, so we can further develop our Yang Tai Chi Chuan and contribute to the health and longevity of people through Tai Chi. We can only do this with the support of all our members.

*Happy Holidays!*

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All Tai Chi Chuan enthusiasts are invited to submit articles, letters, and pictures for publication.

Both critical and complimentary letters concerning the form and content of this newsletter are welcome. Please send correspondence in electronic format to: [editor@yangfamilytaichi.com](mailto:editor@yangfamilytaichi.com) or mail to:

International Yang Style Tai Chi Chuan Association

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# Little Tai Chi Story

*Invitation*

YANG CHENG FU TAI CHI CHUAN CENTER CANADA

**M**editation in action, harmony of mind and body, balance of Yin-Yang energy, with Taoist philosophy... I had been searching for these for years, way back since I began self-discovery and self-empowerment. At first, from publicity, I went to see Society of Taoist Tai Chi classes, but as I didn't know anything about the Tai Chi world, I decided to wait...

A year later, one friend asked me if I was still interested in learning Tai Chi. Yes, Yes for sure! I was ready. My first teacher Christine had learned the Cheng Man Ching Yang style. She had good experience and we started a new beginners group of twelve persons sixteen year ago. What I saw was great and beautiful, what I learned really touched my heart and changed my life. This inner aspect with slow and peaceful movements and poetic names got me! I soon became addicted to Tai Chi.

My journey really started two years after I began Tai Chi lessons. I will never forget that special day of strong and good Tao. A Sunday morning of February, as a private landscaper, I had signed my first big landscape project for the coming spring, I was very proud. After lunch my two young nephews and I went skating on the lake. We suddenly heard a call for help. A man and his young son with their snowmobile had just fallen in the water while the ice

had broken under them. With fast action the small boy was rescued and soon after the father. The water was very cold and deep, but with luck every thing went o.k. I know that Tai Chi gave me what I needed to help at that precise moment in time.

Then back home, the phone rang, the person who called had a problem and asked if I could continue Tai Chi classes, replacing my teacher who had decided to stop teaching. I did not know what to say, but after reflection I decided to do my best and teach so that Tai Chi would not stop in my area. This was a good choice, since then I have never stopped learning more about life and Tai Chi. It has been a wonderful gift. After six years of teaching, I heard about Master Yang Zhen Duo, 4<sup>th</sup> generation Yang Family, and son of the great Master Yang Cheng Fu. So I started to travel to go and see what were the particulars of Traditional Yang style Tai Chi Chuan. The weeklong seminar was very hard on me, I came back home and made big changes, I told my students that from now on, I would do my best to learn more and teach Traditional Yang Family Tai Chi Chuan. Some of them quit but the majority stayed to continue.

Master Yang Zhen Duo's Tai Chi skills and roots are very deep and solid with great power, beauty and spirit, showing us the correct way to improve our practice. The Art of Tai Chi Chuan was no more just a

relaxation affair. As Master Yang showed us, yang energy was also part of the yin-yang of Tai Chi, and that this made Tai Chi more martial, energetic and spiritual in its true essence. I understood that we needed a Master to learn from and improve our basics, the essentials and the technique. It has not been easy for all of us but worthwhile, we are more and more happy about what we discover in every day practice. Some students have been learning together for eight years now. It has become a little family of Tai Chi enthusiasts.

continue next page ->



by  
Gilles D'Anjou  
Center Director Canada







# Learning *from* Each Other



**T**his issue marks the first anniversary of our Association and our publication! It has been a very exciting experience to see the progress made towards creating an international network devoted to the wonderful art of Traditional Yang Family Style Tai Chi Chuan.

This issue is also my first as Editor and I would like to thank Yang Jun, Jeremy Blodgett, and Marco Gagnon for all the hard work they have put into past issues. I also want to thank the many contributors who have written interesting and informative pieces over the past year. I encourage any of you to write about Tai Chi Chuan and what it means to you and your community.

We are planning on a regular series of articles that will fall into four main Departments. First will be items concerning Practice. Yang Jun has kindly offered to share his views on common mistakes and how to correct them. Traveling the

world he has the unique perspective of seeing many perform Tai Chi and has seen many of us with the same problems in our practice. Secondly, will be articles devoted to the theories of Traditional Yang Family Style Tai Chi Chuan. Thirdly, will be a Member's Forum where anyone can submit items of interest to our Tai Chi community. Fourth, will be a section devoted to Center news and events from the world over.

We have the unique opportunity to bridge languages and cultures with our united efforts to improve the quality of our lives through the Art of Tai Chi Chuan. Not only for ourselves but also for our families and for the larger family of humankind, we can share our experiences and learn from each other. Please contribute! \*

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## INTERNATIONAL YANG STYLE TAI CHI CHUAN ASSOCIATION

The International Yang Style Tai Chi Chuan Association is a non-profit organization dedicated to the advancement of Traditional Yang Style Tai Chi Chuan.

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### Little Tai Chi Story (continuity of previous page)

Recently Master Yang Jun recognized our school: La Voie Du Tai Chi, is now: Salaberry Of Valleyfield Yang Cheng Fu Tai Chi Chuan Center, Québec Canada. It is another beautiful gift for all of us. Proudly, we do our best to improve and spread quality Tai Chi Chuan for health, happiness and prosperity. \*

## INVITATION

On the **23 24 25 of February 2001**, Master Yang Jun will visit us for a **weekend seminar** in Salaberry of Valleyfield. He will also officially open the new Yang Chengfu Center.

The seminar will be on **corrections of the 103** and **special teaching for members** of the International Yang Style Tai Chi Chuan Association. We invite all Yang Family Tai Chi friends to

visit us and learn more from Master Yang Jun.

I hope to see you soon,

**Gilles D'Anjou**

Center director, Salaberry de Valleyfield

**For more information  
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450-371-1690

or see detail on the Yang website :  
www.yangfamilytaichi.com



# Association Announces Rankings

The results of the first ranking examination are as follows:

Agnasater, Elin	4 - Copper Tiger
Arione, Sergio	5 - Silver Tiger
Barrett, Dave	5 - Silver Tiger
Bila, Marcia	4 - Copper Tiger
Blodgett, Jeremy	4 - Copper Tiger
Fox, James	4 - Copper Tiger
Geering, Jean-Marc	4 - Copper Tiger
Grothstuck, Frank	4 - Copper Tiger
Hayashibara, Alice	4 - Copper Tiger
Hedenberg, Christina	4 - Copper Tiger
Ingebrigtsen, Rune	5 - Silver Tiger
Karin, Geral	4 - Copper Tiger
Lopez, Horacio	6 - Gold Tiger
Muarer, Marty	4 - Copper Tiger
Mingarini, Claudio	4 - Copper Tiger
Rice, Pat	6 - Gold Tiger
Scoz, Alexandre Lima	3 - Gold Eagle
Severino, Maria Angela Soco	5 - Silver Tiger
Severino, Roque Enrique	5 - Silver Tiger
Smith, Susan A.	4 - Green Tiger
Sweeney, Holly	4 - Green Tiger
Teo, Theresa Mei Mei	6 - Gold Tiger
Tuturo, Giuseppe	4 - Copper Tiger
Walsh, Bill	5 - Silver Tiger
Wang, Han Hoong	6 - Gold Tiger

# Interesting discussions *on the web!*

Our website features a discussion section where interesting conversations take place on a daily basis. Questions, comments and observations are archived, they make for fascinating reading.

## To sitback or not??

**From:** Dennis  
**Date:** 08 Dec 2000  
**Time:** 22:02:50

### Comments

I have read many contradictory things in the past in regards to the transitional step (I call it sitting back) between brush knees in the long form. I would like some input on this matter. Is it supposed to be there or not? It seems to me that it breaks the continuity of the form. I have the book "Yang Style by Yang Zhen Dou", but in it I don't think there is any reference to the sitting back movement between brush knees. My teacher in Yang Style taught me with the transitional movements and I have seen it many times in videos. Any intelligent input would be most appreciated.

Thank you, **Dennis Smith**

## Re: To sitback or not??

**From:** Ron  
**Date:** 09 Dec 2000  
**Time:** 06:56:20

### Comments

Hi Dennis, What are the alternatives?

1. Shift weight back. (a)all weight back (b)some weight back
2. Turn on the 'weighted' front foot. (a)by turning the toes outwards (b)by turning the heel inwards.
4. Place the front foot originally at an angle, so turning isn't needed.
5. Place the front foot straight, and forget about turning it.
6. Turn on an insubstantial front foot. Does moving weight back, really impair continuity? There are other backward shifting postures in the form. Backward is one of the directions. So, at the very most, a singular forward continuity is impaired by moving backward. Turning on a weighted foot requires great care, some say it requires a subtle differentiation of

"substantial / insubstantial" in the same foot. The price of error here is knee damage.

The benefit of turning on the weighted foot is said to be the development of leg strength. Leg strength for what? Certainly not for merely turning a foot, one would think. What of the sixth way--turning on an insubstantial front foot? The forward continuity is maintained, if that is important. There is no risk of knee damage. There is no need for strength to turn on an empty foot.

This in accord with YCF's dictum to make good use of sitting step. This in accord with avoiding double weighted-ness, which involves having less than 100% on one foot and not the version of doubleweightedness as 50/50 weight distribution.

This in accord with Wang Tsung Yueh,even. See, if one were already sitting back at the conclusion of Brush Knee your question no longer arises. However the question To sitback or not?? at the end of Brush Knee, and not only Brush Knee, could then be raised. Also the questions of why to shift backwards in general, and why to turn the feet in general could be raised. Hope this helps by at least setting out the alternatives.

**Ron**

## Re: To sitback or not??

**From:** Jerry Karin  
**Date:** 09 Dec 2000  
**Time:** 06:23:31

### Comments

This is an interesting question. I think there are three ways to do it. A) don't shift the weight back at all B)shift back slightly C)shift back completely. An example of A would be Fu Zhongwen and his disciples, such as Xie Bing Can. B is what Yang Zhen duo and Yang Jun teach. C is the way this is done in the 24 move form, and perhaps some of Cheng Manching's students also do this. In Yang Zhen duo's book, "Zhong Guo Yang Shi Taiji", the second 'important point'

pertaining to left and right ward off is as follows:

"2. As far as pivoting the foot in or out goes, you should proceed through a transitional step, and only after the weighted leg has slightly freed up, turn the foot following the waist. This is to avoid forcefully grinding the foot to turn in or out, which makes for stiffness and clumsiness and would result in the loss of agility; but remember, when what is supposed to be a transition turns into a large-scale movement, that is also inappropriate."

## Re: To sitback or not??

**From:** Michael Coulon.  
**Date:** 10 Dec 2000  
**Time:** 00:03:39

### Comments

Dennis, I think that the key phrase in this quote is "slightly freed up". It is so important to find that proper middle ground of transitioning just far enough back and not too far. I have previously studied a variation of Yang style where we pivoted on a weighted foot and agree that this is hard on the knee. I do not think that I gained any significant leg strength with this technique. I now practice and follow Traditional Yang style and follow Master Yang Zhen duo in transitioning back slightly before opening up the foot. When standing in a proper bow stance the weight is distributed 60/40. 60% of the weight is on the forward leg and 40% is on the rear leg. When transitioning I teach that you must transition back (sit back) to a 40/60 distribution. (40%front and 60% rear). This way you do not get stuck with a double weighted position (50/50 weight distribution). If you transition back farther, say a 30/70 (30% forward and 70% rear) you are simulating the weightedness of an empty stance and are over emphasizing the sit back. You do not want the front leg to get anywhere close to being straight. This sitback also helps with the subtle roll back energy the the upper body transitions through. \*

Jerry Karin  
*Web Master*

COMMENCING FORM

After Preparation you will have your toes pointed forward and shoulder length apart. Your hands will be pushing down, almost fully extended. Your body is facing South.

While shifting your weight to the right, bend your right knee. Make sure that the knee points in the direction of the toe. At the same time the right arm curves out and around. The left arm bends in, and is rounded and extended.



TRANSITION TO LEFT WARD OFF:

Shift weight slightly to the left side. Use the waist to turn your body and open your right foot to 45°. At the same time, the two arms will open slightly, the left goes forward and the right goes back. Your legs are still straight but not locked.



Sink your right wrist and curve your palm up slightly.

As you continue moving your weight to your left leg, close your arms on the left side of your body. Remember to keep your shoulders down, your elbows down, your arms rounded, and your armpits hollow.



TRANSITION TO WARD OFF RIGHT: Shift your weight slightly to your right leg.

Use your waist to rotate your body and your left toes so they face 45°, to the Southwest corner.

Start to shift your weight to your left, and turn your body to the left. At the same time use your waist to rotate your left arm. Your right arm will circle to the left.

by Yang Jun and Translated George Feldman



**WARD OFF LEFT**

Bend your left knee, making sure that it is in line with your toe. Extend your right leg until it is straight but not locked. Your two arms continue to separate until the right arm pushes down to your hip, and your left arm faces West. Your right foot is still facing the South West corner. Your torso almost faces West. **REMEMBER TO KEEP YOUR TORSO STRAIGHT UP AND DOWN.**

Sit on your right leg and pick up your left leg. Your torso is facing the corner.

While stepping straight forward with your left leg, keep your torso facing the corner. Place your foot pointing South.

Start to shift your weight forward while rotating your body to the right. Meanwhile, begin to separate your arms, with the right one going down and back, and the left arm going up and forward.



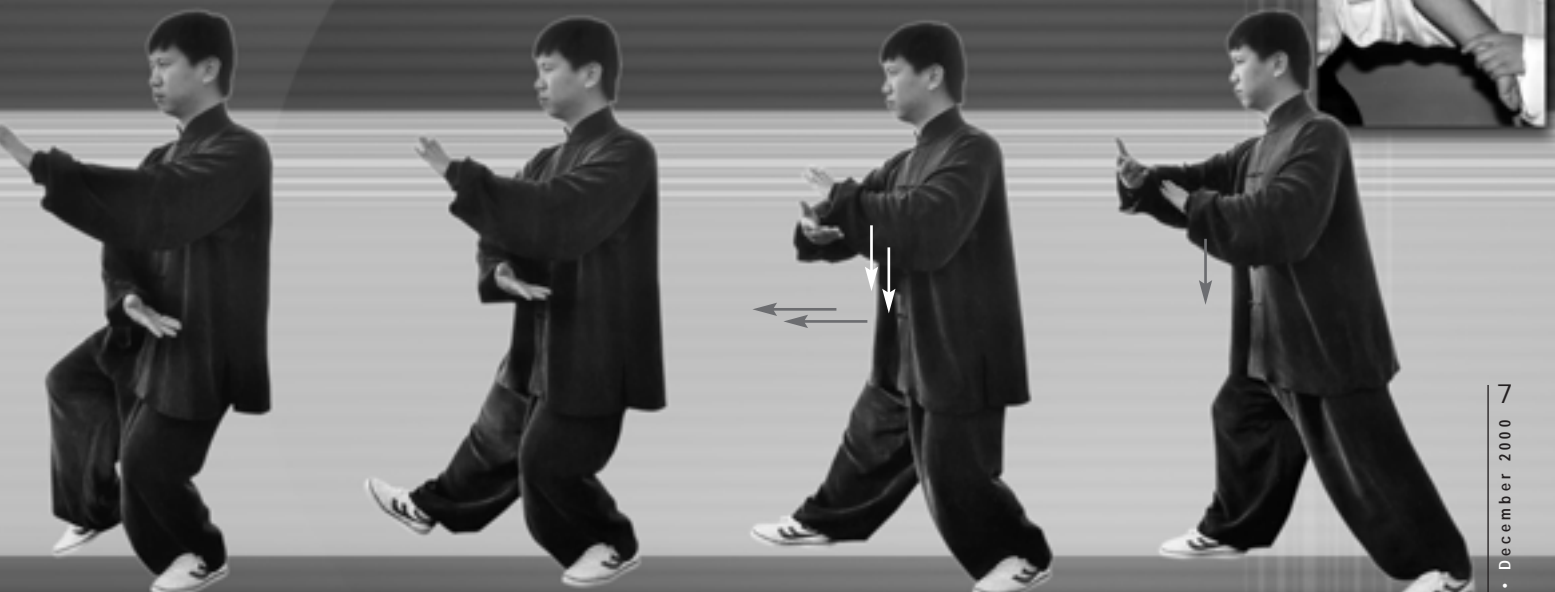
Still moving to your right side. Bend the left arm in front of your body, while the right arm circles around. The hands are in front of your body. Be careful to keep your arms rounded and extended, and your armpits hollow. Sink your elbows and shoulders.

1 In Ward Off Left, be careful to extend your left arm naturally, making it straight but not locking the joint. Your left palm is not straight up and down, your palm faces a little bit up.

2 Whenever you are in a Ward Off position, keep your fingers a little higher than your elbow when you extend your arm.

3 APPLICATION/ MEANING OF WARD OFF RIGHT:

Use your left hand to grab your opponent's left wrist and push down. At the same time, apply the ward off energy in your right forearm to your opponent's elbow.



Move your weight to your left side, taking care to maintain your balance. Pick up your right leg once all of our weight is on the left.

Step straight West with your right leg.

Start shifting your weight forward while you bring your right arm up into ward off. Push downward with your left arm.

Continue shifting your weight forward. Continue pushing your left arm downward.

next page



**WARD OFF RIGHT:**

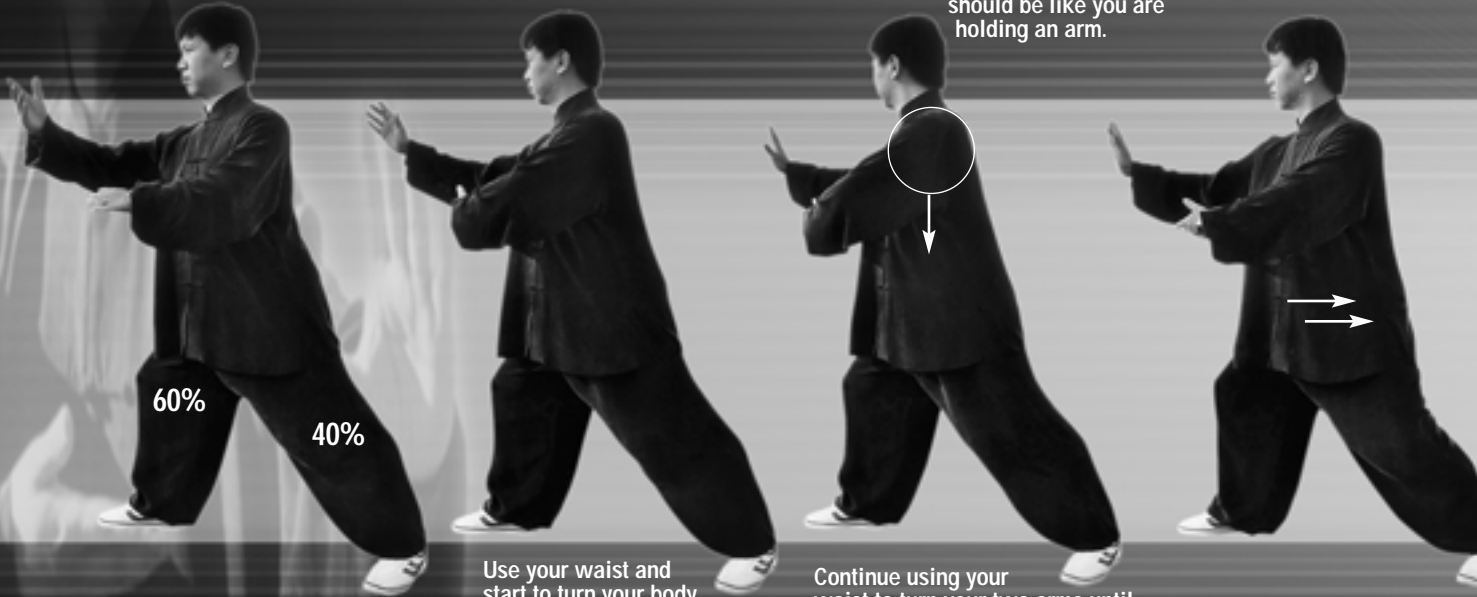
Bend your right leg in the bow step, finishing with 40% of your weight in back leg and 60% in your front leg. Your right arm will end in a ward off position and be rounded to form 90° of a circle. Your right elbow and knee should be in one line. Your left arm finishes with the fingers facing the middle of your right forearm, with its palm facing slightly downward and fingertips about one fist distance under the forearm. Make sure that your right palm faces slightly upward, and that your fingers are higher than your elbow. Your body should lean forward slightly (just left of West).



Throughout the turn, make sure that your eyes are following your right hand and looking forward. Keep your two arms rounded and your left armpit open. When you finish the turn, your palms should be like you are holding an arm.

Start shifting your weight backwards while turning your torso to the left corner. Your two arms should stay in the same positions relative to each other while they follow the turning of your body.

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100.



Use your waist and start to turn your body to the right. Move your arms with your waist, and rotate your two palms (arms counter clock wise).

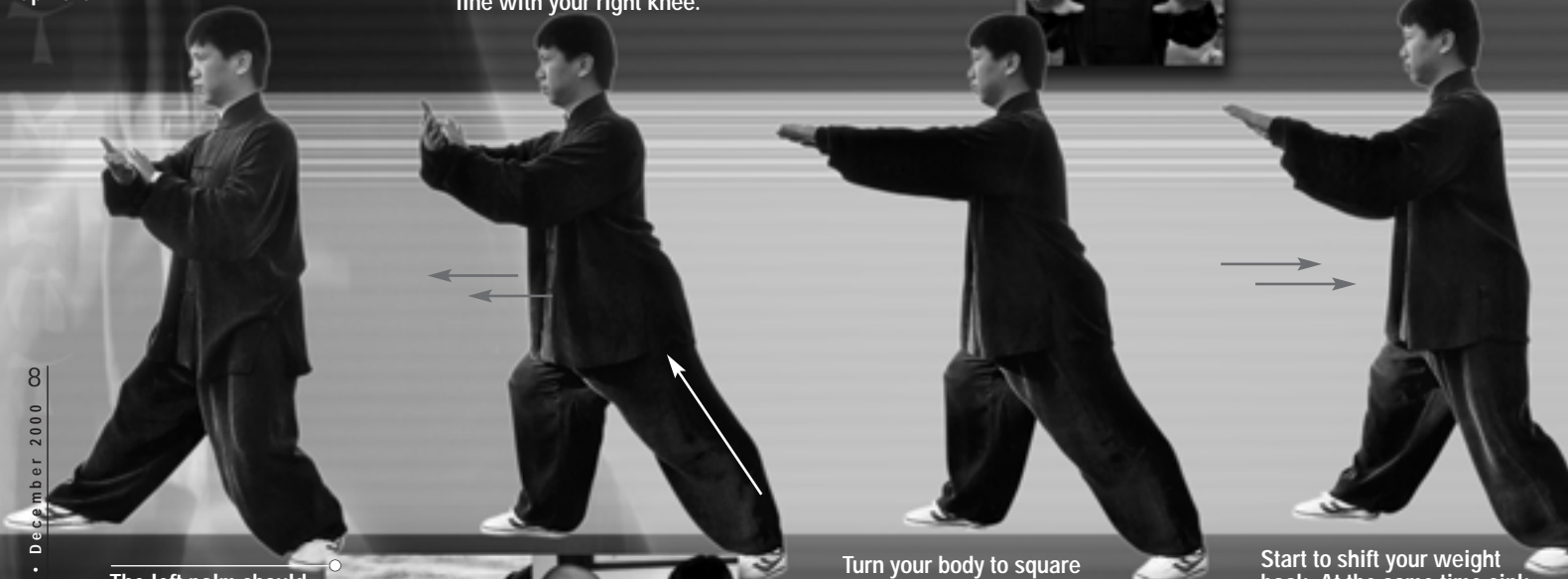
Continue using your waist to turn your two arms until they reach the corner. **MAKE SURE THAT YOUR RIGHT WRIST IS STILL BENT SLIGHTLY AND YOUR ELBOW IS STILL DOWN.**

Turn your body to square while separating your two arms. The extension of the arms should be even, and they should be shoulder width apart. Make sure that your eyes are still looking forward.

**BEGINNING OF PRESS:**

Use the rotation of the waist to bring your left palm into contact with your the middle of your right forearm. Your weight is still in your left side. Make sure that the whole left palm is touching your forearm, and that you keep your right arm rounded with the palm facing slightly upward.

**PRESS:** Shift your weight forward while bending your right leg. Meanwhile, your two arms should press forward. Keep your body just left of square and bend your torso forward naturally. Your right elbow should be in line with your right knee.



Turn your body to square while separating your arms.

Start to shift your weight back. At the same time sink your elbows, bringing your two arms in. Keep your hands shoulder width apart, and keep your elbows down. Do not let them drift out.

The left palm should touch the middle of the right forearm, while you keep the right arm rounded with the palm facing slightly upwards.



The right arm pins the opponent's upper arm to their chest. They will not be able to turn. Then the left arm touches the right forearm and both arms press forward together.



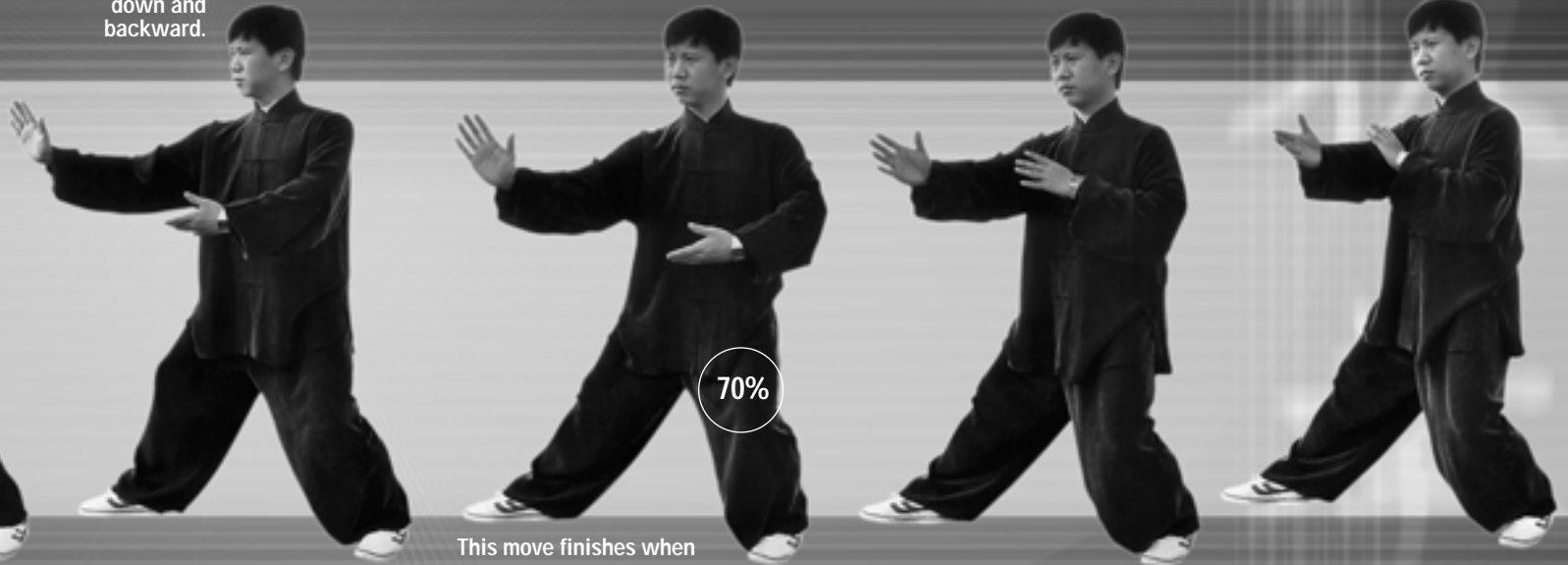
The meaning of Roll Back is that you use your left hand to grab your opponent's left wrist and stick your right forearm to their elbow. Then you use your waist to move the arms down and back.



**ROLL BACK:**  
The two arms continue following the shift in your body, moving down and backward.

Start to turn your waist and body to the right. Rotate your right arm until the palm faces slightly up. Use the turn in your waist to rotate your left arm.

Continue rotating your arms. Keep your right arm rounded.

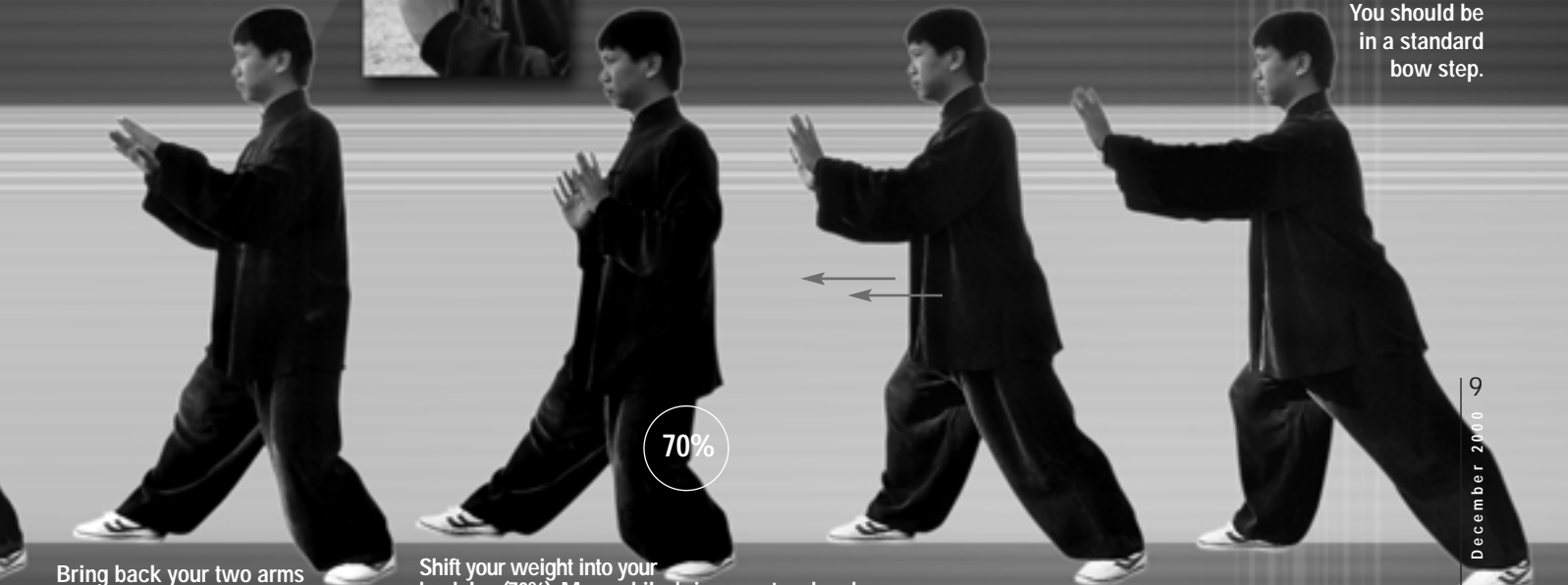


This move finishes when your weight is 70% in your left leg and both the arms and torso are facing the corner (45'). Remember to sink your chest, round your back, and open your armpits. **DO NOT LEAN BACK.**

Shift your weight forward while bending your knee. push forward with your arms. Be careful that the upper body and lower body coordinate together. **PUSH:** your hands are straight out from your body and shoulder width apart. Keep your arms straight but not locked. Make sure you sit your wrists and have your torso square to the West and angled slightly forward. You should be in a standard bow step.



Sink your wrists naturally, which will lift your palms.



Bring back your two arms while you shift your weight back. Make sure that your upper and lower body move together.

Shift your weight into your back leg (70%). Meanwhile, bring your two hands in front of your chest and lift your palms. Keep your body square, and don't lean back. Continue sinking your chest and extending your spine.

While moving your weight forward push forward with your arms. Keep your hands level.



# Song Kai

## The Tai Chi Paradigm



Consider this definition of Tai Chi: the dynamically balanced expression of oppositional energies. The familiar yin-yang symbol is the graphic representation of this core concept. The theories of Tai Chi Chuan are complex and sometimes difficult to understand but if we can keep this model clearly in mind it becomes easier to integrate practice and principle.

This article will examine two key techniques of Yang Style Tai Chi Chuan, Fang Song, the action of loosening and sinking and Fang Kai, the action of opening and extending. At first glance these important elements of practice seem contradictory. How can one relax the body and at the same time elongate the postures? If one is too relaxed the poses lack strength and if one is too extended the form becomes stiff and disconnected.

Resolving these contradictions through the integration of opposite forces is the essential activity that makes Tai Chi Chuan a unique system of self-enrichment and discovery. By concentrating on balancing and combining Fang Song and Fang Kai we can achieve

the relaxed yet resilient feeling of strength and the expansive yet connected postures that characterize Traditional Yang Family Style Tai Chi Chuan

### FANG SONG

Professor Cheng Man-ch'ing once remarked, "Every day Master Yang Cheng-fu instructed me saying, "Song, Song!" Or sometimes he would say, "You are not Song; you are not Song!" Emphasizing his point most strongly he would say, "You must be completely Song." He could not have repeated this fewer than several thousand times."<sup>1</sup> The importance of Song is well documented and yet still remains a difficult concept to render into English. "In the English language there is no equivalent to the Chinese character, "Song", which means relaxed and not using brute force, and more importantly, stretching and loosening all the muscles and joints in the body."<sup>2</sup>

If one relies on the word relax to interpret Song, important elements of the technique are left out. "Song is normally translated as, "to relax", but in English the meaning of relax has too much of the idea of

SONG KAI  
by Chan Sik Hung

by Dave Barrett







# BANNER waving

John Kovacs, MA

With Tai Chi Chuan gaining more and more popularity, curiosity as to its origin and the inherent different "styles" continue to be of interest to practitioner and layperson alike. Now that it is accepted fact that the Yang style of Tai Chi Chuan is the most popular style today, debate as to its true origin and influences abound. The origin theorists commonly agree on is that Yang Lu Chuan learned his original art from the Chen village before modifying his art, which in turn was further modified through subsequent generations of Yang Lu Chan's descendents and their students. Without a doubt the most influential person in modern history responsible for the spread of Tai Chi Chuan is Yang Cheng Fu.

All one has to do to see the raging debate that goes on among Yang And Non Yang practitioner alike, as to whose Yang style is most "authentic", and hence most closely resembles Yang Cheng Fu's style, is to pick up a martial art magazine with an article on Yang style Tai Chi Chuan in it. Or just visit any Internal Art's Or a "Naja" chat site to see the arguments, posturing, debates, and at times intelligent dialogue that goes on among the 'experts'. Searching the World Wide Web we see countless schools that claim that their way is the only "complete", "authentic", lineage traceable back to Yang Chen Fu himself. A student's and potential student's mind can literally swim in a sea of confusion in regards to this subject matter. So what is one to do? Should we just disregard history altogether? Your martial art tree in traditional Asian martial art practice is a way to define your practice, so knowing your roots is important. But do the time and energy and endless debate replace

the idea of practice? One of the only real "secrets" in martial art training is to sweat, sweat, and sweat some more until you discover the truth for yourself. No one can do the actual work piece for you. Perhaps the Dhammapada, from the wisdom of the Buddha, expresses this notion well, "He who for his own benefit constantly recites but does not act accordingly, that heedless man, like a cowherd that counts the cows of others, is not enriched by the religious life".

As Master Yang Zhen Duo has said in past interviews, you need to not engage in endless debate on whose way is right or wrong, you need to try the practice for yourself and see if it is logical and feels right for you. If the principles as stated by Yang Cheng Fu are steadfastly adhered to in your practice, does it really matter if what you claim to do "small", "medium" or "large" frame? How important is it really to have an extra saber set or "secret" spear set in your practice? Perhaps the real question needs to be two-fold 1) Is what you are practicing helping you and benefiting you to grow in those areas of your life most important to you in the moment? 2) Can you take the practice out to the greater world at large to also help others to benefit from the practice? Let us not plant our sectarian banners so deeply in the ground as to be unwavering. We need to live and let live, and respect each other's views and just enjoy the fruits of our practice. Let us enjoy each other's company for the precious few moments that we have on this earth. Perhaps that may be one way to honor the true legacy of Yang Lu Chan and Yang Cheng Fu and the Precious gift of Tai Chi Chuan that they left for us. \*

## Useful Chinese Phrases

### 太極十三勢

Tai Ji Shi San Shi  
The Thirteen Postures of Tai Chi

棚 Peng • Ward off

捋 Lu • Rollback

擠 Ji • Press

按 An • Push

採 Cai • Pull (grab)

捩 Lie • Split

肘 Zhou • Elbow strike

靠 Kao • Shoulder strike

進 Jin • Advance

退 Tui • Retreat

顧 Gu • Look left

盼 Pan • Look right

定 Ding • Centred

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# 2001 SEMINARS



## Yang Family Tai Chi Chuan

WWW.YANGFAMILYTAICHI.COM

### NORTH AMERICA

**July 14<sup>th</sup> to July 17<sup>th</sup> 2001**

--[ HAND FORM ]--

**July 18<sup>th</sup> to July 20<sup>th</sup> 2001**

--[ SWORD ]--

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**July 28<sup>th</sup> to July 31<sup>st</sup> 2001**

--[ HAND FORM ]--

**August 1<sup>st</sup> to August 3<sup>rd</sup> 2001**

--[ SWORD ]--

Bill Walsh's Center  
22 Birch Trail, RR 5  
Carmel, New York 10512  
Tel.: (914) 225-0662 • fax: (914) 225-5350  
E-mail: bill@yangfamilytaichi.com

**August 11<sup>th</sup> to August 14<sup>th</sup> (morning) 2001**

--[ HAND FORM ]--

**August 14<sup>th</sup> (afternoon) to August 16<sup>th</sup> 2001**

--[ SWORD ]--

Han Hoong Wang's Center  
1748 Lakewood Dr.  
Troy, Michigan 48083  
Tel.: (248) 680-8938 • fax: (248) 680-8938  
E-mail: Han@yangfamilytaichi.com

### EUROPE

#### PARIS FRANCE

**May 20<sup>th</sup> to May 27<sup>th</sup> 2001**

--[ HAND FORM & SABER ]--

Nguyen-Minh Duc's Center  
ECOLE POLYTECHNIQUE. F-91128  
PALAISEAU Cedex  
Tel: (33 1) 69 33 33 64 • Fax: (33 1) 69 33 30 26  
E-mail: duc@lms.polytechnique.fr

#### COLOGNE (GERMANY)

**June 1<sup>st</sup> to June 7<sup>th</sup> 2001**

--[ HAND FORM ]--

Frank Grothstunk's Center  
Burgstr.67, 51103 Koln  
Tel: 49-221-625 629  
E-mail: Frank@yangfamilytaichi.com

#### LONDON

**June 8<sup>th</sup> to June 10<sup>th</sup> 2001**

--[ HAND FORM ]--

Therese Mei Mei Teo's Center  
39 Midland Terrace, London NW2 6QH  
Tel:46-8-201800  
Meimei@yangfamilytaichi.com

#### SWITZERLAND

**June 15<sup>th</sup> to June 20<sup>th</sup> 2001**

--[ HAND FORM ]--

Jean-Marc Geering's Center  
Av. De Bethusy 82, 1012 Lausanne  
Tel.: 41-21-6522226 • Fax: 41-21-6522906  
E-mail: Jeanmarc@yangfamilytaichi.com

### YANG JUN'S MINI SEMINARS

#### YANG CHENGFU TAI CHI CHUAN CENTER - BUFFALO

805 Auburn Avenue, Buffalo, NY 14222  
716-886-5887  
E-mail: james@yangfamilytaichi.com

**April 20<sup>th</sup> to April 22<sup>nd</sup> 2001**

FRIDAY, APRIL 20

9:00 AM - 12:00 PM • Sword  
1:30 PM - 3:30 PM • Sword  
6:30 - 7:30 PM • Push Hands (Level 1)

SATURDAY, APRIL 21

9:00 AM - 12:00 PM • 2<sup>nd</sup> Section  
1:30 - 3:30 PM • 2<sup>nd</sup> Section  
6:30 - 8:00 PM • Push Hands (Level 2)

SUNDAY, APRIL 22

9:00 AM - 12:00 PM • 3<sup>rd</sup> Section  
1:30 - 3:30 PM • 3<sup>rd</sup> Section



# New Centers



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*La Voie du Tai Chi Chuan*  
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 leray@yangfamilytaichi.com

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 Beth@yangfamilytaichi.com

All Association members who have practiced Traditional Yang Style Tai Chi Chuan for at least three years, who possess the ability to be teachers of Traditional Yang Style Tai Chi Chuan, and who have the necessary skill level may inquire about establishing a Yang Cheng Fu Tai Chi Chuan Center.



Turn this completed form into your Center Director, or mail to the Association address listed below.  
 "Please allow up to 6 weeks for processing of new memberships."

## Individual Membership Application

Yes, I wish to become a member of the International Yang Style Tai Chi Chuan Association

Yes, I wish to receive copies of Tai Chi Chuan Newsletter

Yes, I wish to receive a 10% discount on Seminar tuition

Yes, I wish to receive a discount on Association products

Yes, I wish to be eligible for ranking

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

City, State: \_\_\_\_\_

P.C.: \_\_\_\_\_ Country: \_\_\_\_\_

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E-mail: \_\_\_\_\_

Local Center, if applicable: \_\_\_\_\_

Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Language of Preference: \_\_\_\_\_

Please check method of payment and membership type.

Cheque  Visa  MC

Individual: \$30  first year Renewal \$25

Family: \$45  first year Renewal: \$35

Senior: \$25  first year Renewal: \$20

Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

INTERNATIONAL YANG STYLE TAI CHI CHUAN ASSOCIATION  
 606 Maynard Ave. So. Suite 107, Seattle, WA 98104 U.S.A.



# 2001 CALENDAR

AVAILABLE AT THE YANG CHENG FU TAI CHI CHUAN CENTERS

See Web page for more information



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