

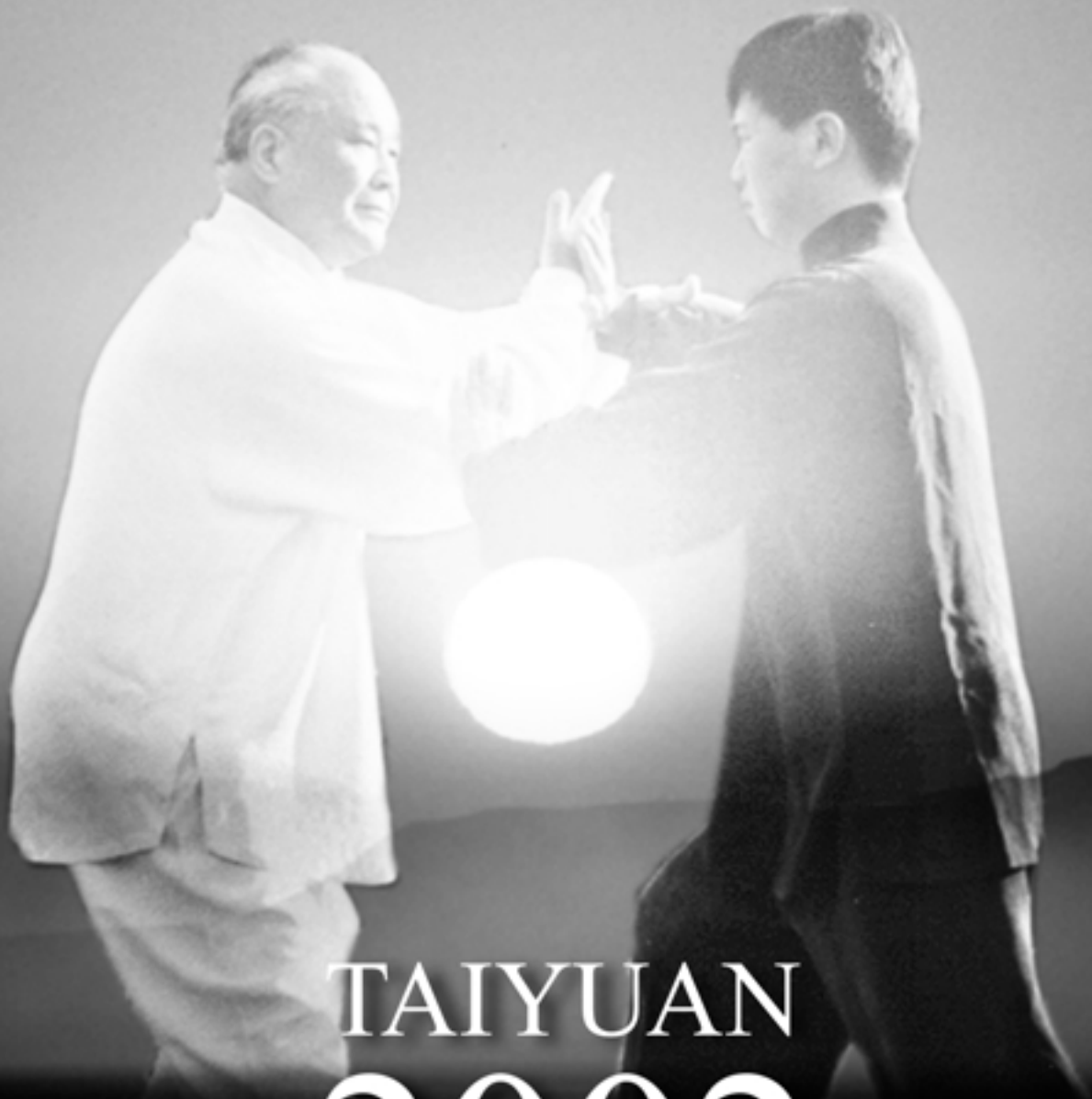
國際楊氏太極拳協會

The Newsletter of the International Yang Style Tai Chi Chuan Association



Tai Chi
Chuan

Number 6 • Fall 2001



TAIYUAN
2002



LETTER FROM THE PRESIDENT

Welcome to Taiyuan

Dear member

With the arrival of Fall, the Yang Style Tai Chi Chuan Seminars continues the move in to South America. This year, we anticipate 198 participants in European Seminars; at the USA Seminar there were 280 participants - the greatest number of participants compared to previous years. I believe that situation with Seminars in South America will also be better than the past years. The achievement of such success is due to each Seminar Center's good organizational skills; the Yang Style Tai Chi Chuan Centers cooperation with each other; and their support of each of the seminars.

Results show the developing popularity Of Tai Chi Chuan. During the Michigan Seminar, the International Association held the International Association Rank Test. The Ranking Committee included Master Yang Zhen Duo, Yang Jun, and Han Hoong Wang. There were not many participants, but allowed for experience and preparation for future tests. This was a test for practitioners of the middle level rank.

The year 2002 will be the 20th Anniversary of the founding of Shanxi Yang Style Tai Chi Association. Shanxi Association will hold a ceremony to celebrate the past twenty years. The opening ceremony has been decided to be held on July 20th. The second International Tournament of Traditional Yang Style Tai Chi Chuan will be held July 21-23, 2002. The ceremony will be a great meeting of Yang Style Tai Chi Chuan.

The successors to the founders of various Tai Chi Chuan families will be invited to attend. They will deliver excellent performances during the ceremony. I believe the year of 2002, Tai Yuan Ceremony will be a grand meeting of all styles of Tai Chi Chuan.

Activities for participants from abroad:

The activity for participants from abroad

will be organized and scheduled by the International Association. In the Tournament, individual competitors will be grouped according to age and gender (see Tournament Regulation for more information). Simultaneously, the Rank Test will also be organized by the International Association. I believe each competitor will obtain great improvement from the competition. The International Association will organize a team of 100 foreign guests to perform to add to the celebration of the ceremony.

I hope the members of the International Association are enthusiastic about participating in these activities. In China, there is an old saying: Up there is Heaven; under the Heaven there is Su hang. After the gathering, the traveling activities will commence (to be scheduled). Su Zhou and Hang Zhou will be two of five beautiful cities we visit.

The 2002 Ceremony will be an important event for Yang Style Family Tai Chi Chuan. It will also be the main priority for the International Association. On behalf of Shanxi Yang Style Tai Chi Chuan Association, International Yang Style Tai Chi Chuan Association, and my Grandfather, I sincerely invite all Tai Chi enthusiasts to gather in Tai Yuan for a trip to China. *



Tai Chi Chuan
Fall 2000

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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 or mail to:

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INVITATION TO THE
2nd International Invitational Tournament
and the 20th Anniversary Celebration of the
Shanxi Yang Style Tai Chi Chuan
Association

JULY 20TH-23RD, 2002, TAIYUAN, SHANXI PROVINCE, P.R.C.

International Members of
the Yang Style Tai Chi Chuan
Association:

Ladies and Gentlemen, Please accept our warm greetings from the Shanxi Yang Style Tai Chi Association.

Since its founding in 1982, the Shanxi Yang Style Tai Chi Association, with the goal of popularizing Tai Chi Chuan and promoting friendship and cooperation among the various Tai Chi Chuan schools at home and abroad, has held 13 Yang Style Tai Chi Chuan Tournaments. In addition, the 10th and 15th Anniversary Celebrations of the Association and the 1st International Invitational Traditional Yang Style Tai Chi Chuan Tournament have been organized. Tai Chi Chuan practitioners and enthusiasts from 27 countries the world over have come to Shanxi and participated in these activities, arousing greater interest among the lovers of Tai Chi Chuan both at home and abroad. With the number of foreign Tai Chi Chuan enthusiasts coming to the events we have organized increasing year by year, the popularity of our Association

and Tai Chi Chuan has grown the world over.

The Year 2002 will witness the 20th Anniversary Day of the founding of the Shanxi Yang Style Tai Chi Association. In order to celebrate this happy occasion it is decided by the Association that the 2nd International Invitational Tournament and the 20th Anniversary Celebration Ceremony of the founding of the Shanxi Yang Style Tai Chi Association be held between July 20th and 23rd 2002, in Taiyuan.

Successors to the various Tai Chi Chuan schools in China, dignitaries, masters and practitioners of Tai Chi Chuan from both home and abroad are invited to assemble in Taiyuan for this grand meeting. At the opening ceremony on July 20th, a program of entertainment will present

practitioners from all over the world, demonstrations and performances by outstanding masters from various Tai Chi Chuan traditions. After two days of competitions the prize awarding ceremony will be solemnly held to issue prizes to the winners of the Tournament. Symposiums, lectures, and trainings will also be organized during the meeting period.

Tai Chi Chuan enthusiasts from both home and abroad are most heartily welcome to this grand meeting.

Respectfully,
The Shanxi Yang Style Tai Chi Association. *



A JOURNAL OF THE SHANXI YANG STYLE TAI CHI CHUAN ASSOCIATION



THE Tournament Regulations



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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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1. TIME AND PLACE

July 20 to 23, 2002
 Taiyuan, Shanxi Province, P.R.C.

2. ITEMS:

1. GROUP COMPETITION:

A. Traditional Yang Style Tai Chi Chuan
 (49 Competition Form)

B. Traditional Yang Style Tai Chi Sword
 Form

2. INDIVIDUAL COMPETITION:

International Competitors:

A. Traditional Yang Style Tai Chi Chuan
 (49 Competition Form)

B. Traditional Yang Style Tai Chi Sword
 Form

C. Traditional Yang Style Tai Chi Saber
 Form

D. Individual all around skills

Domestic Competitors:

A. Traditional Yang Style Tai Chi Chuan
 (49 Competition Form)

B. Traditional Yang Style Tai Chi Sword
 Form

C. Traditional Yang Style Tai Chi Saber
 Form

D. Individual all around skills

3. RULES FOR PARTICIPATION

1. Members of the International Yang Style Tai Chi Chuan Association, Members of the Shanxi Yang Style Tai Chi Chuan

Associations, and enthusiasts of Traditional Yang Style Tai Chi Chuan are all entitled to participate in the tournament either as a group or individual. Contestants will be organized according to their different conditions.

2. Individual competitors will be grouped according to age and sex. Those who are 35 and under will be in the Youth Group, those who are 36 to 54 will be in the middle age group, and those who are 55 and older will be in the senior group

3. Those Shanxi practitioners who have been chosen in the 2001 Qualifying Competition will participate in the International Competition. The Other Shanxi players will participate in the Domestic Competition. All foreign players and Chinese players from other provinces will participate in the International Competition.

4. The number of team members must not be less than six to qualify for group competition.

5. All participants must have valid ID cards to facilitate grouping and identification.

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4. RULES OF COMPETITION:

1. Competitors must use the 49 movement Form for competition.
2. Time limits for competition:
 - 49 Form Tai Chi Chuan: 7 to 8 minutes
 - Sword Form: 3 to 4 minutes
 - Saber Form: 1 to 2 minutes
3. The order of entering the arena will be decided by drawing lots and arranged by the organizing committee

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5. AWARDS AND PRIZES:

1. **Group Competition:**
Honor Cup and Certificate for the top team, Certificates for Teams placing 2nd through 6th.

2. **Individual Competitors:**

The first six winners in each of their respective age and sex groups will be awarded as follows:

- Gold medal and Certificate for first place
 - Silver medal and Certificate for second place
 - Brass medal and Certificate for third place
 - Certificates for places four through six.
3. The winners of the individual all around skills competition will be determined by their combined score in hand, sword and saber forms.

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6. GARMENTS AND WEAPONS:

1. Tai Chi Chuan Competition garments are required for each player.
2. Players are responsible for providing their own weapons
3. Arenas and equipments should all accord with tournament rules

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7. JUDGING:

1. Competition will strictly follow rules established by The Chinese Academy of Martial Arts in 1996.
2. Judging will be organized by the competition department of the organizing committee
3. There will be a Chief Judge, deputy chief judge and head judges positioned for each event.

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8. TOURNAMENT FEES:

1. Management fee will be \$50 for each participant.
2. A \$5 fee for each event entered will also apply

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9. APPLICATIONS:

1. All participating teams and individuals are required to file the written application forms
2. International Players send their applications to The International Yang Style Tai Chi Chuan Association, 280 Newport Way NW # B14, Issaquah, Wa, 98027 U.S.A.
3. Applications should be received by May 31st, 2002 *

Useful Chinese Phrases

你好 Ni Hao
Hello

谢谢 Xie Xie
Thank you

男 Nan
Man

女 Nu
Woman

厕所 Ce Suo
Restroom

出租车 Chu ze Che
Taxi

饭店 Fan Dian
Restaurant

宾馆 Bing Guan
Hotel

我不懂中文

Wo Bu Dong Zhong Wen
I don't speak Chinese

你讲英文吗?

Ni Jiang Ying Wen Ma
Do you speak English?



PRACTICE DEPARTMENT

by Yang Jun
English editing by George Feldman



Shift your weight back slightly.



Lead the motion with your waist. Use your left heel as a pivot to turn your left toe inwards.



Shift your weight to your left side. At the same time flatten out your hook hand and sit your right wrist.



As you turn your body to the left, use your waist to rotate your hands.



Shift your weight back, at the same time circle your arms downward.



Continue your circles until your arms are closed in front of your body. The weight is all in your left leg.

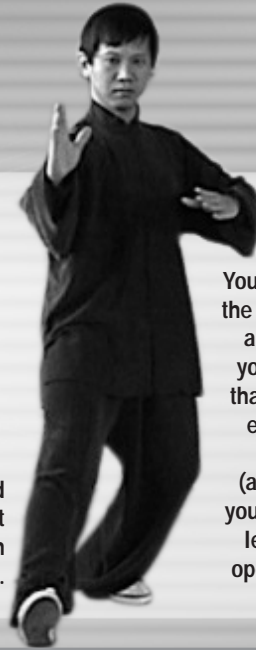


Pick up your right foot, rotate your waist and hip, and turn your right toe in 45°. This is a step, not a rotation of the foot.

Raise hands and step up:
After closing your arms, your palms
are facing slightly downward.
Keep your armpits open, and your
hands are in the center of your body.



Step straight forward
with your right foot
and touch with
your heel.

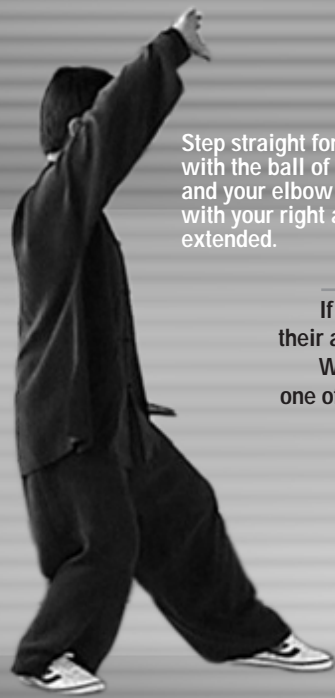


Your arms should follow
the turning of your waist
and close in front of
your body. Remember
that the front leg in the
empty step still has
some weight in it
(aprox. 30%) and that
your body is open to the
left with your palms
open facing the center
line.



Continue moving your weight to your left
side. Pick up your right leg, and keep your
arms open. Keep your right arm in front of
you and slightly higher than your left arm.
Remember to sink your chest.

In the empty step your
feet are on the center
line. About 30% of your
weight will be on the
empty leg. Aproximately
70 % of your weight
will be in your full leg.



Step straight forward with your left foot and touch
with the ball of the foot. Keep your shoulder down
and your elbow down, while you ward off upwards
with your right arm. Make sure it is rounded and
extended.

If your opponent is pushing in with both
their arms, you use White Crane Spreads Its
Wings by circling your hands around so
one of your hands is below one arm and the
other hand is above their other arm.



This is the
front view of
White Crane
Spreads Its
Wings.

At the same time as you shift your
weight to your right foot and bring in
your left foot, use your right arm to
ward off up and your left arm
to push down.

Push downward with your left palm.
Make sure the palm is down, the fingers
are extended, and your elbow stays
back. Square your torso to the front.



PRACTICE DEPARTMENT



With the turning your waist, rotate your right arm palm in and make a downward circle. Start an upward circle with your left hand at the same time.



Follow you waist's turning by rotating your left hand in an upward circle and your right hand in a downward circle. Move your weight back at the same time.



Continue your circles until your left palm is extended and flat in front of your body and your right palm is extended to the back right. Step forward at the same time.



Shift your weight forward and pick up your right leg.



When you change from the bow step (feet shoulder with apart) to the empty step (feet on either side of the center line), bring your right foot in. Keep your right toe facing the corner. Prepare your right hand for a grabbing motion.



Shift your weight back and turn your body to the right.

Follow the turning of your waist with your right arm and pull it towards your body. Sit the palm of your left arm and bend it slightly.

Start shifting your weight forward while you make a large circle across you body with your left arm. The arm descends slightly during this circle. Meanwhile, bring your right arm into a ready position with your palm facing forward.



Finish shifting weight to the left leg. Your body will be squared to the front, Your left arm finishes beside your left knee with the palm down and the fingers facing forward.



Continue to shift your weight forward, pull down with your left arm, and strike forward with your right palm.

Your right arm is directly in front of your body and the palm is facing slightly inwards. Your back leg is naturally straight, and you should lean forward slightly with you upper body.



Make an empty step with your left heel touching.



Turn your body to the right, rotate your right arm and sit your left arm.



Keep turning your body and move your weight to your right leg.

Simultaneously lift your left arm up and push down with your right arm. Your palms are sitting slightly and facing inwards. They are on the center line. Point at the middle of your left forearm with your right fingers.

Circle downward with your right arm and upward with your left arm. Continue through the end of the brush knee step.

connecting the upper and lower leg. Of course this joint is very essential. The formula mentions the entire leg, but just like when the arm is discussed it is actually several pieces. In the same way the knee is the essential part of the lower body structure. Its function is to connect the bottom and upper parts of the frame. If you use the knee correctly you can connect the upper and lower parts of the leg. If it is not correct, for example in the bow stance if the forward knee extends beyond the toes, the knee can't perform its function properly. You lose the function. So as with everything, there is a definite degree that is appropriate. Not only the knees, for example if we say the waist is the commander, if you don't connect the legs correctly even though you have this commanding feature of the waist, without the proper arrangement of the structure above and below, it won't work. It can't do it by itself. Very few people pay close attention to the body arrangement principles, some don't even know that the motions requires these essential refinements, and if you don't make these changes how can the waist operate correctly? The same goes for the knees. Although they have a type of controlling force, without coordinating the upper and lower portions of the stance they can't work

Throughout the course of our training there is a kind of realization that comes with practice. For example: if you are a leader or boss at work, it's not just you. If it was just you that would be fine but the problem is there is always someone above or below you. So Tai Chi practice can give you some inspiration: I have to have managed coordination but without the bottom below me operating efficiently to help me, it won't work out. Throughout this training I need to understand that I need to be very diligent, if I do something I have to do it carefully. We emphasize that there must be ending positions for each motion sequence. Every form has a final position, so too can this be applied to our work life, the idea is the same.

YJ: I'd like to add a point about the legwork, specifically, where one's energy comes from during the Fajing techniques. A part of the power comes from the contracting and expanding of the leg muscles and the shifting of the body weight. Another part of the strength comes from the rotation of the waist. These combined areas produce the refined energy expressed as Jing. The root of Fajing however is in the footwork. There are other requirements, of course, and if you use these principles correctly you can amplify the power. So "rooted in the feet, developed in the legs" is only a part of this process, how you shift the weight in a coordinated fashion is also important. So many people read, "Upper and lower combined and coordinated", but they don't quite understand how critical this requirement is. The intent of the technique and the body weight must arrive at the same time. It's not that easy. When you move, the whole body must be coordinated, only then will you be able to focus, deliver, and emit energy through one place. So the whole body works together to strengthen the emission process.

YZD: It is not just an isolated part of the body or the coordination of the motion; one must also harmonize the mind to be a part of this entire process.

YJ: If we isolate the motions and practice single applications over and over, one can experience even more clearly the need to coordinate in order to make the energy develop correctly. For example: in staff training it's very easy to see how coordinating the body will allow the energy to manifest correctly at the opposite end of the staff. If the coordinations are incorrect, the energy will be spread out and unfocused. The same applies to the sword form, if you know how to do this then the energy will travel to the tip.

YZD: It's very clear, whether you or I or she practices in this way. Even though we perform the same motion, there seems to be some difference. Even though we say it should all be

the same, there are so many variables in the personal expression of the forms.

DB: *Many people when they begin studying Tai Chi are so enchanted by the handwork they neglect the stances and leg work. Hopefully this discussion will alert students that they need to pay attention to the foundation first.*

YZD: The handwork, just look at the hand shape, not even the application of techniques, the shape of the hand is quite difficult. To get it just right, if you do it correctly then all of your strength can come out through there, the hand is where it comes out, the ultimate display of energy is in the hand. When we look at the students their hand positions are not quite clear or clean, it's hard to express the Qi correctly.

DB: *This is a topic for another interview! Thank you both for taking the time to talk with us.*

YZD: One more thing about the hands: It's not only the energy that is expressed, but ultimately Spirit that comes out. If you get it right, Energy, Spirit and Essence are present in the handwork. (As he was making these remarks Yang Laoshi suddenly sat upright with his eyes blazing and presented the crispest and cleanest standing palm I've ever seen him make, the transformation was startling and the energy expressed in this instant was electric.)

DB: *I would love to talk with you at length about this topic but we have imposed too much on your time this evening.*

YZD: I'm very happy to be able to sit here and explore these basic ideas. This is very, very good; anytime we can do it again I look forward to it. So that we can raise the level of the general group, whether concrete aspects or general theory, let's do this again. We can't just practice the form, we need to use theory to enable and enrich our practice. *

LES DIX PRINCIPES ESSENTIELS DU TAI CHI CHUAN

Énoncés par Yang Chengfu, écrits par Chen Weiming

6. UTILISER L'INTENTION ET NON LA FORCE.

On peut lire dans les Classiques du taiji : «C'est une affaire d'intention et non de force». Lorsque vous pratiquez le Taijiquan, favorisez la détente et l'expansion de tout le corps. N'utilisez pas la moindre parcelle de force brute qui engendrerait une obturation au niveau musculo-squelettique ou circulatoire qui vous restreindra ou vous inhibera vous-mêmes. Alors seulement vous serez en mesure d'effectuer des changements et des transformations avec légèreté et agilité et des rotations de façon naturelle. Certains s'interrogent : si on n'utilise pas de force, comment peut-on générer de la force? Le réseau de méridiens d'acupuncture qui parcourent le corps sont comme des cours d'eau à la surface de la terre. Si ces cours d'eau ne sont pas bloqués, l'eau circule; si les méridiens ne sont pas obstrués, le Chi circule. Si vous bougez avec force et raideur, l'énergie dans les méridiens est stagnante, le chi et le sang sont obstrués, les mouvements ne peuvent être agiles; tout ce qu'on a à faire, c'est de vous montrer le chemin et tout votre corps suivra. Si vous utilisez l'intention et non la force, là où votre intention va, le chi va. Ainsi -- parce que le chi et le sang coulent, circulant quotidiennement au travers tout le corps, sans jamais stagner -- avec beaucoup de pratique, vous développerez la véritable force interne. Un réel adepte du taiji semble avoir des bras de fer recouverts de soie, immensément lourds. Celui qui pratique les arts externes semble très puissant lorsqu'il utilise la force. Mais lorsqu'il n'utilise pas la force, il est très léger et flotte. C'est ainsi que nous pouvons nous rendre compte que sa force est effectivement externe, ou superficielle. La force d'un pratiquant d'arts martiaux externes est particulièrement facile à contrôler et à dévier, elle n'a donc pas grande valeur.

7. SYNCHRONISEZ LA PARTIE SUPÉRIEURE ET INFÉRIEURE DU CORPS.

Dans les Classiques du taiji « Synchronisez la partie supérieure et inférieure du corps » est exprimé de la façon suivante : « Avec les racines dans les pieds, lancé par les jambes, dirigé par la taille, se manifestant dans les mains et les doigts -- des pieds, aux jambes, à la taille -- complétez chaque mouvement en une seule impulsion** ». Lorsque les mains bougent, la taille bouge et les jambes bougent, et le regard les accompagne. Alors seulement peut-on dire que le haut et le bas du corps sont synchronisés. Si une partie ne bouge pas, elle n'est donc pas synchronisée avec le reste.

8. HARMONISEZ L'INTÉRIEUR ET L'EXTÉRIEUR.

Ce que l'on pratique en taiji dépend de l'esprit, d'où le dicton «L'esprit est le général, et le corps constitue ses troupes». Si vous pouvez mobiliser votre esprit, vos mouvements seront naturellement légers et agiles, la forme ne sera rien de plus qu'une alternance de vide et de plein, d'ouverture et de fermeture. « Ouvert » ne signifie pas seulement ouvrir les bras ou les jambes; l'intention mentale doit s'ouvrir parallèlement aux membres. « Fermer » ne signifie pas seulement fermer les bras et les jambes; l'intention mentale doit se fermer parallèlement aux membres. Si l'intérieur et l'extérieur s'unissent en une seule impulsion**, ils deviennent un tout indissociable.

9. CONTINUELLE ET SANS INTERRUPTION (LA PRATIQUE).

La force, dans les arts martiaux externes, est une sorte de force acquise, brute, donc elle a un début et une fin, un temps où elle se déroule et un temps où elle s'interrompt, de sorte que lorsque la vieille force est épuisée, la nouvelle force ne s'est pas encore amorcée, ce qui constitue un moment où il est extrêmement facile d'être subjugué par un adversaire. En taiji, on préconise l'intention et non la force et, du début à la fin, de façon douce et continue, on complète un cycle en revenant au point de départ, les mouvements circulaires s'enchaînent de façon ininterrompue. C'est ce à quoi les Classiques du taiji font référence dans : « Comme le fleuve Yangtse ou le fleuve Jaune, qui coulent continuellement et sans cesse ». Ou encore : « Déployer la force, c'est comme tirer le fil de soie du cocon ». Ces deux citations se réfèrent à la nécessité de tout relier en une seule impulsion*.

10. CHERCHER LA QUIÉTUDE DANS LE MOUVEMENT.

Les pratiquants d'arts externes valorisent l'habileté de bondir et de s'immobiliser et ils recommencent jusqu'à ce que leur souffle (chi) et leur force soient épuisés et ils terminent leur pratique à bout de souffle. En taiji, on favorise la quiétude pour vaincre le mouvement, et même dans le mouvement, il y a de la quiétude. Ainsi, lorsque vous pratiquez la forme, plus c'est lent, mieux c'est ! Lorsque vous pratiquez lentement votre respiration devient profonde et longue, le chi descend au champ du cinabre (dan tien) et, naturellement, il n'y a pas de contraction ou de expansion nuisibles des vaisseaux sanguins. Si l'étudiant s'applique soigneusement, il peut espérer percevoir le sens de ces mots.

DEUXIÈME PARTIE (suite)

37. Séparer le pied droit.
38. Séparer le pied gauche.
39. Tourner et coup de talon gauche.
40. Brosser le genou gauche et pousser.
41. Brosser le genou droit et pousser.
42. Avancer et coup de poing vers le bas.
43. Tourner et frapper avec le dos du poing.
44. Avancer, dévier vers le bas, parer et coup de poing.
45. (Parer à gauche) Coup de talon droit.
46. Frapper le tigre à gauche.
47. Frapper le tigre à droite.
48. Tourner et coup de talon droit.
49. Double coup de poing aux oreilles.
50. Coup de talon gauche.
51. Tourner de 360° et coup de talon droit.
52. Avancer, dévier vers le bas, parer et coup de poing.
53. Fermeture apparente.
54. Croiser les mains.

TROISIÈME PARTIE

55. Étreindre le tigre et le reporter à la montagne.
56. Simple fouet en diagonal.
57. Séparer la crinière du cheval (droit).
58. Séparer la crinière du cheval (gauche).
59. Séparer la crinière du cheval (droit).
60. (Parer à gauche) Saisir la queue de l'oiseau.
61. Simple fouet.
62. La fille de jade lance la navette aux quatre coins.
63. (Parer à gauche) Saisir la queue de l'oiseau.
64. Simple fouet.
65. Mouvoir les mains comme les nuages des deux côtés.
66. Mouvoir les mains comme les nuages des deux côtés.
67. Mouvoir les mains comme les nuages des deux côtés.
68. Simple fouet.
69. Pousser vers le bas.
70. Le coq d'or se tient sur une patte (droit).
71. Le coq d'or se tient sur une patte (gauche).
72. Reculer et repousser le singe (droit).
73. Reculer et repousser le singe (gauche).
74. Reculer et repousser le singe (droit).
75. Vol en diagonal.
76. Élever les mains.
77. La grue blanche déploie ses ailes.
78. Brosser le genou gauche et pousser.
79. L'aiguille au fond de la mer.
80. Bras en éventail.
81. Tourner, le serpent blanc darde sa langue.
82. Avancer, dévier vers le bas, parer et coup de poing.
83. (Parer à gauche) Avancer et saisir la queue de l'oiseau.
84. Simple fouet.
85. Mouvoir les mains comme les nuages des deux côtés.
86. Mouvoir les mains comme les nuages des deux côtés.
87. Mouvoir les mains comme les nuages des deux côtés.
88. Simple fouet.
89. Caresser l'encolure du cheval et la main qui perse.
90. Croiser les jambes (tourner et coup de talon droit).
91. Avancer et coup de poing au bas ventre.
92. (Parer à gauche) Avancer et tirer la queue de l'oiseau.
93. Simple fouet.
94. Pousser vers le bas.
95. Avancer et former les sept étoiles.
96. Reculer et chevaucher le tigre.
97. Tourner et coup de pied lotus.
98. Tendre l'arc et tirer le tigre.
99. Avancer, dévier vers le bas, parer et coup de poing.
100. Fermeture apparente.
101. Croiser les mains.
102. Position de fermeture.
103. Terminer la forme

INTERNATIONAL INFORMATION

by Michel Tremblay
Center Director
in St-Jean, Canada

N F O

** Littéralement : « un chi ». On pourrait également le traduire par un seul « souffle ».



TAI CHI

Adventure in China

J U L Y 2 0 0 2



Beijing



Taiyuan



Pingyao



Hangzhou



Shanghai

The Association has put together an exciting program of activities for the July 2002 Celebration and Tournament in Taiyuan. We hope you will make your plans early to join us for these special events. This will be a truly unique opportunity to participate in a grand exchange of Tai Chi Chuan players from all over the World.

The Anniversary Celebration events in Taiyuan will include international demonstrations and exhibitions. Leading exponents of the major Tai Chi Chuan traditions will perform at the opening Ceremony, this will be a fascinating display of the highest levels of expertise. Groups from the International Association will be invited to present displays of cultural activities from their respective regions and above all, Tai Chi enthusiasts will enjoy sharing their love of the art with friends from the world over.

The Invitational Tournament is open to all who wish to test their skill levels and receive evaluations from judges trained in the Traditional Yang Family Style. Members may receive ranking levels based on their performance scores. The Tournament provides an important opportunity to improve and develop greater understanding, and those who do not wish to compete are welcome to study and

learn at evening lectures and teaching sessions. During the four days of the celebration and competition, trips to local cultural sites will be offered and social activities for relaxation and recreation will take place.

After the Tournament concludes on July 23rd, members have a choice of plans. Those who may wish to return to Beijing and then home will be departing Taiyuan on July 24th. This travel plan is less expensive and will appeal to those whose time and budget may be limited.

If you would like to stay in China for five more days, you will have a wonderful opportunity to travel with Masters Yang Zhenduo and Yang Jun through some of the most famous and scenic locations in China. This part of the tour is a combination of Tai Chi study and training, observing and meeting local Tai Chi groups and sight seeing.

Early mornings will be training periods with the Masters; we will also be meeting Tai Chi groups to exchange forms and friendship. Afternoons will be for touring and evenings will be spent relaxing and enjoying social activities.

Please make your plans to join us for this great adventure!



Traditional Yang Style Tai Chi Chuan 49 Form

- | | | | | |
|---|---|----------|--|--|
| 1..... <i>Yu bei shi</i> | Prepare | 27 | <i>Zuo jin ji du li</i> .. | Rooster Stands on One Leg, two |
| 2..... <i>Qi shi</i> | Opening | 28..... | <i>Dao nian hou</i> | Step Back and Repulse
the Monkey, one |
| 3..... <i>Lan que wei</i> | Grasp the Bird's Tail | 29 | <i>Xie fei shi</i> | Diagonal Flying |
| 4..... <i>Dan bian</i> | Single Whip | 30..... | <i>Ti shou shang shi</i> | Lift Hands and Step Up |
| 5..... <i>Zuo you yun shou</i> .. | Wave Hands Like Clouds, three | 31..... | <i>Bai he liang chi</i> .. | White Crane Spreads its Wings |
| 6..... <i>Dan bian</i> | Single Whip | 32 | <i>Zuo lou xi ao bu</i> | Left Brush Knee and Push |
| 7..... <i>Gao tan ma</i> | High Pat on Horse | 33..... | <i>Hai di zhen</i> | Needle at the Sea Bottom |
| 8..... <i>You fen jiao</i> | Right Separation Kick | 34 | <i>Shan tong bei</i> | Fan Through the Back |
| 9..... <i>Zuo fen jiao</i> | Left Separation Kick | 35 . | <i>Zhuan shen bai she tu xin</i> | Turn Body, White Snake
Spits Out its Tongue |
| 10..... <i>Zhuan shen zuo deng jiao</i> | Turn Body, Left Heel Kick | 36 | <i>Jin bu zai chui</i> .. | Step Forward and Punch Down |
| 11..... <i>Zuo lou xi ao bu</i> | Left Brush Knee and Push | 37 | <i>Ye ma fen zong</i> .. | Parting the Wild Horse's Mane |
| 12..... <i>Shou hui pipa</i> | Hands Strum the Lute | 38..... | <i>Yu nu chuan suo</i> | Fair Lady Works at Shuttles |
| 13..... <i>Gao tan ma chuan zhang</i> .. | High Pat on Horse, Thrust Palm | 39 | <i>Lan que wei</i> | Grasp the Bird's Tail |
| 14..... <i>Shi zi tui</i> | Cross Kick | 40 | <i>Dan bian</i> | Single Whip |
| 15..... <i>Zuo da hu shi</i> | Strike the Tiger Left | 41 | <i>Xia shi</i> | Push Down |
| 16..... <i>You da hu shi</i> | Strike the Tiger Right | 42..... | <i>Shang bu qi xing</i> | Step Forward to Seven Stars |
| 17..... <i>Hui shen you deng jiao</i> | Turn Body to Right Heel Kick | 43..... | <i>Tui bu kau hu</i> | Step Back to Ride the Tiger |
| 18..... <i>Shuang feng guan er</i> .. | Strike opponent with both fists | 44 | <i>Zhuan shen bai lian</i> | Turn Body, Lotus Kick |
| 19..... <i>Zuo deng jiao</i> | Left Heel Kick | 45..... | <i>Wan gong she hu</i> .. | Bend the Bow and Shoot the Tiger |
| 20..... <i>Zhuan shen pie shen chui</i> .. | Turn Body and Chop with Fist | 46 | <i>Jin bu ban lan chui</i> | Step Forward, Parry,
Block and Punch |
| 21..... <i>Jin bu zhi dang chui</i> | Step Forward and Punch
to the Groin | 47 | <i>Ru feng si bi</i> | Apparent Close-up |
| 22..... <i>Ru feng si bi</i> | Apparent Close-up | 48..... | <i>Shi zi shou</i> | Cross Hands |
| 23..... <i>Shi zi shou</i> | Cross Hands | 49 | <i>Shou shi</i> | Closing |
| 24..... <i>Bao hu gui shan</i> | Embrace the Tiger and
Return to Mountain | | <i>Huan yuan</i> | Return to Original Position |
| 25..... <i>Xie dan bian</i> | Diagonal Single Whip | | | |
| 26..... <i>Zhou di kan chui</i> | Punch Under the Elbow | | | |
| 27..... <i>You jin ji du li</i> .. | Rooster Stands on One Leg, one | | | |



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

Mr./Mrs./Ms.: _____

Address: _____

City, State: _____

P.C.: _____ Country: _____

Phone #: () _____ Fax #: () _____

E-mail: _____

Local Center, if applicable: _____

Birthday: ____/____/____ Language of Preference: _____

Please check method of payment and membership type.

Cheque Visa MC

Individual: \$30 Renewal \$25

Family: \$45 Renewal: \$35

Senior: \$25 Renewal: \$20

Card #: _____

Exp. Date: _____

Signature: _____

INTERNATIONAL YANG STYLE TAI CHI CHUAN ASSOCIATION
280 Newport Way NW #B14, Issaquah, WA 98027, USA

TAIYUAN 2002

Tour Package #1:

July 17 or 18 to July 29

Beijing, Taiyuan, Shanghai, Wuxi, Hangzhou,
back to Beijing

- 7/17&18:** Arrive in China, meet at Beijing Airport or Railway Station
7/18: Leaving in the afternoon by Bus for Taiyuan
7/19: Meeting together in Taiyuan and practicing collectively
7/20: Opening Ceremony:
Masters' Performances and Team Demonstrations
Programs for Entertainment
19:00p.m. Celebration Banquet
7/21: Tournament for Entire Day
20:00p.m. Masters' Lectures
7/22: Tournament in the Morning
14:00 p.m.: Touring Pingyao Ancient Town
20:00 p.m.: Masters' Lectures
7/23: Tournament in the Morning
Awards Ceremony in the Afternoon
Winners' Performances
Closing Ceremonies
7/24: Flying to Shanghai
Staying overnight in Wuxi
7/25: 6 to 7 a.m. Coaching and Practice
Exchange activities with local Taiji practitioners in the Morning
Sight seeing in the Afternoon
Evening Social Gathering
7/26: 6 to 7 a.m. Coaching and Practice
Morning sight seeing, afternoon travel to Hangzhou
Overnight stay in Hangzhou
7/27: 6 to 7 a.m. Coaching and Practice
Exchange activities with local Taiji practitioners in the Morning
Touring Hangzhou in the Afternoon
Evening Social Gathering
7/28: 6 to 7 a.m. Coaching and Practice
Sight seeing around Hangzhou
20:00 p.m. Flying back to Beijing
7/29: Free day in Beijing
Farewell Dinner and Departures
Costs: **\$1200** : Covers all transportation, meals and lodging in China. This is an estimated total, air fares within China during July 2002 may change the total amount. Celebration/Tournament event fee of \$50 and competition fees of \$5 per event are not included

Tour Package #2:

July 17 or 18 to July 24

Beijing, Taiyuan, back to Beijing

- 7/17&18:** Arrive in China, meet at Beijing Airport or Railway Station
7/18: Leaving in the afternoon by Bus for Taiyuan
7/19: Meeting together in Taiyuan and practicing collectively
7/20: Opening Ceremony:
Masters' Performances and Team Demonstrations
Programs for Entertainment
19:00p.m. Celebration Banquet
7/21: Tournament for Entire Day
20:00p.m. Masters' Lectures
7/22: Tournament in the Morning
14:00 p.m.: Touring Pingyao Ancient Town
20:00 p.m.: Masters' Lectures
7/23: Tournament in the Morning
Awards Ceremony in the Afternoon
Winners' Performances
Closing Ceremonies
7/24: Return to Beijing by Bus
Costs: **\$ 582** Includes travel, meals and lodging in China. Celebration/Tournament event fee of \$50 and competition fees of \$5 per event are not included. If returning to Beijing by plane add \$60



**INTERNATIONAL YANG STYLE
TAI CHI CHUAN ASSOCIATION**
280 Newport Way NW Suite B14
Issaquah, WA 98027 U.S.A.