

國際楊氏太極拳協會

The Newsletter of the International Yang Style Tai Chi Chuan Association



Number 7 • Winter 2002

Tai Chi Chuan



*Tai Chi Adventure
in China*

Letter from the President



Yang Jun
President
Translated by Lai Mui Ma

Dear member

The time brings us to this 2002 year. Blessings to all of you this year with success in your career or business. I wish you good fortunes and a happy family. I hope all of you continue to support our career in Tai Chi Chuan.

Looking back at our year in 2001, because of our International Association, all our Centers' hard work, and all of you supporting us – you have helped our Association to progress successfully. In the year of 2001, the Association developed three new Yang Cheng-Fu Centers. Five applications for new Centers are still waiting to be processed.

With Dave Barrett, Marco Gagnon, and all of you, our honest members kindly supporting us, we published three issues of the newsletter in the past year. The information and design of the newsletters have received good comments and have been welcomed by our members. They are also very helpful materials for Tai Chi lovers and practitioners. The International Judging team for rankings worked seriously and carefully at the 2nd ranking process that finished in November 2001.

This past year, our International Association has opened rankings for intermediate levels for the first time. Developing the rules for the rankings was a challenge for us, so we really appreciate all of your kind concern and encouraging support.

Regarding our website, Jerry Karin and Marco Gagnon Have both worked hard. The information and design have resulted in a lot of interviews for us. We are sure some things are still not completely perfect yet. For example, some members who registered at some of our centers and could not get our newsletter on time. Due to the increased workload that our officers have had, some matters will be slow going for our members. I hope all Center Directors continue to do their excellent work and find more new members. Be considerate, show concern, and give more benefits to members. Members are the roots of our association. I hope that all members can continue to support our Tai Chi Chuan Association.

In conclusion, our Association has been moving forward in 2001. I want to use this chance to express my deep thankfulness from my bottom of my heart to all of our Centers Directors for all of their efforts and members who have supported us.

The year of 2002 is such a meaningful year for Tai Chi lovers and practitioners. The Shanxi Association will celebrate its 20th anniversary. The ceremony will be held on the date of July 20, 2002. I believe that it will be held in grand and lively fashion, and that it will be full of friendship. At this ceremony, I will represent all members of our Yang Family, the Shanxi Association, International Yang Style Tai Chi Chuan Association, and all Yang Cheng-Fu Tai Chi Chuan centers. We welcome you to China, welcome you to Taiyuan, China, and welcome you to join us at our celebration ceremony. The time is not too far from now. I know that many Yang Cheng-Fu Centers have been preparing and hard training for a long period of time already. The Association has so much work that they need our centers and members who plan to join our trip to help and share the work. Due to the need of careful arrangements of every participating member, our Association has designed a new registration form. You can get it at our website. While in China, our International Association will hold a ranking test. Please check any of our Yang Cheng-Fu centers for more details and information. I hope that you can sign up early so that we have enough time to arrange the wonderful trip for you.

After finishing the above-mentioned activities in China, my grandfather and I will come to the United States again. We will present two Tai Chi seminars – one that will be held on the East coast and another to be held on the West coast. I think that it will be a good chance to see and meet our Tai Chi friends who cannot join with us in our events in China.

Respectfully,

Yang Jun
President

Tai Chi Adventure in China

Taiyuan 2002 and Beyond

Frequently Asked Questions

by Dave Barrett

TRAVEL ARRANGEMENTS

When should I plan on arriving at the Beijing Airport?

July 17 is the best day to arrive in Beijing; your hotel fee for this night is covered in the package price. Those arriving on the 16th will have to pay for that night's hotel room. The 18th is the least convenient date as travel connections to Taiyuan will be tight.

Who will be meeting me and where?

All arrivals will be met at the International exit of the Airport by hosts wearing the Association T-shirt. If there is any mix up or someone is not met, the hosting staff can be reached at the following cell phone #: 138-0343-1206

When do the buses to Taiyuan leave?

The Bus to Taiyuan will leave at 1pm. on July 17 and 18 from the Airport Hotel. Bus departures are conditional on number of participants and it is too early to tell the exact schedule and number of buses leaving.

How long is the ride?

The trip by Bus takes six and a half hours, most of the trip is on highways however going through cities and towns will be a bit slow. The coaches are made by Volvo and seat 45.

Is it more convenient to pay the extra \$60 and fly from Beijing to Taiyuan?

There is one flight a day to Taiyuan at 9pm. It is a 90 minute flight, however with Airport check-in and travel to and from the hotel, this can add several hours to the trip. The Association recommends that everyone consider taking the bus. Those taking the flight will have to arrive in Beijing before 5pm. in order to make the 9pm. flight.

If I arrive early for the bus will I need to book a hotel room near the Beijing Airport

Your overnight stay on the 17th is covered, those arriving early, same day will be able to come to the Hotel and wait with no room charge. Those arriving the 16th will pay that night's room fee.

ACCOMMODATIONS

Where will we be staying in Taiyuan?

The Shanxi Grand Hotel. The phone # is : 0351- 882-9999

May I specify a choice of roommate for the double occupancy rooms?

Yes, please see registration form.

Are the rooms air-conditioned?

The rooms are air-conditioned; however the competition and celebration arena will not have AC.

If I need to be contacted what is the address and phone # of the Hotel?

A full itinerary will be available soon.

What sort of meals will we be served?

Three meals a day will be served in the Hotel, all Chinese food

Will all expenses for meals and rooms be covered by the package price?

The package includes all meals, hotels and transportation in China

COMPETITION

Where can I get a Traditional Tai Chi garment?

By special arrangement hand made silk Tai Chi garments can be ordered through the Association and picked up in Taiyuan. The cost is \$60 and orders must be received by April 30. Please see Garment order form on the website.

What sorts of shoes are acceptable?

Ant type of athletic shoe will do, no leather street shoes.

What is the best way to bring the sword and saber to China?

You must check your weapons as luggage, many people use padded rifle cases to protect the items in transit. Weapons will be available for purchase in Taiyuan.



Tai Chi Chuan
Winter 2002

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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.

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For the sword and saber events do we create our own shorter version of the forms to be able to stay within the time limits?

The entire form must be performed within the following time limits: 49 form: 7-8 minutes; Sword form: 5 minutes; Saber form: 2 minutes

May we videotape the events?

You may videotape any and all events.

RANKING TEST INFORMATION

Do you want to be ranked?

Those joining the individual competition that also want to take the ranking test must also submit a ranking form. You must submit a ranking form with your application. Sign up to compete in the forms necessary for the level you are applying for. Your scores will be used in your ranking test.

Ranking at Yang Cheng Fu Tai Chi Chuan Centers Before China Trip

Put together your Tai Chi credentials for a preliminary ranking. Your Center can approve levels 1-3. The Association must approve higher-ranking levels. Send in your information with your application. Upon approval, you will be told which level you can test for in China.

1. Where can I get the ranking application form?

It's on the web site www.yangfamily-taich.com, under Association, then Rankings.

2. How much does the ranking test cost?

The charge for testing for levels 1-3 is US\$20; for levels 4-6 is US\$40. In addition, the ranking test will use the scores from the competitions, and there is a US\$5 charge for competing in each form.

3. This is my first time applying for ranking; what level should I apply for?

As a general guideline one to two year Tai chi students apply for the primary levels: 1 through 3; 5 to 8 year students apply for intermediate levels 4 through 6.

Please see the ranking rules on the web site, Article III.

SPECIFICATIONS FOR EACH RANK.

4. I have already been ranked at level 2. Can I apply for level 4?

No, you can only apply for one level higher than your current rank.

5. I have practiced tai chi for one year. Can I apply for testing?

Yes. Usually, you should have learned the 103 form, but for testing in China, you need to know the 49 form.

6. What are the forms for each level testing?

- Levels 1-2: 49 forms
- Level 3: 49 form and either sword or saber
- Levels 4-5: 49 form, sword, and saber

7. If I apply for level 3, can I only compete in 49 form and one of sword or saber form, but not all three of them?

You may compete in all three.

8. If I apply for level one, but my competition score reaches level 2. will I receive rank level 2?

No, you won't receive a rank higher than you have applied for.

9. If I apply for level 3, but my competition score don't reach level 3, will I receive rank level 2?

Yes, assuming your competition scores justify level 2.

10. What will I receive from the association after ranking?

A certificate and medal.

11. How soon I should send my application form and ranking fee in?

Forms for Taiyuan must be in by May 31, 2002.

12. If I pass level 3 testing this year, can I apply for level 4 testing next year? Where should I go for level 4 and up testing?

Yes. First, apply to the Association. We will notify you when a test will be available. It will probably be at a seminar.

PERSONAL ITEMS

Will I need to bring a formal outfit (Dress or coat & tie)?

It is suggested that gentlemen bring a dress shirt and tie, ladies bring a light dress. As the weather will be quite warm dress jackets will not be needed.

What kind of shots or immunizations will I need?

Please ask your local health care provider.

What should I bring that I won't be able to get in China?

Any prescription medication, an over the counter anti diarrhea agent such as Imodium or kaopectate, cold water detergent wash such as woolite for hand washing personal undergarments, an international electric plug transformer for powering video camera batteries and other personal electric items.

What will the weather be like in July?

July in China is quite warm with temperatures ranging from 20°C to 30°C, Taiyuan tends to be hot and dry, those traveling to Southern China should expect even warmer temperatures and high humidity.

How much luggage should I bring for the trip?

Please try to limit the luggage to a small rolling type suitcase, and small carry on bag. Keep in mind that you will be hauling your gear through many connections and that luggage space on the buses is tight. Remember you can purchase very inexpensive luggage once in China to haul purchases and souvenirs back home.

Should I bring cash or traveler's checks?

This is a matter of personal preference, however many exchanges will charge a fee for traveler check processing.

Where and when should I exchange currency?

It is quite easy to exchange currency at any Hotels or in the Airport.

Useful *Chinese* Phrases



Can I use my credit card in China?

Only the largest department stores are set up for credit charging, most hotels in Beijing can handle this type of transaction.

TAI CHI TOUR

What will be our daily schedule?

In the early morning we will work with the Masters and then go meet local Tai Chi groups in the parks. There will be exchange demonstrations and those taking part should wear their formal Tai Chi garments. There will be a noonday siesta, followed by touring local sites of interest. In the evening there will be dinners and social events hosted by the local Tai Chi groups.

Will we practice and train with the Masters out doors for the morning practice sessions?

This depends on the specific Hotels and available spaces for our use.

Can we get an itinerary with local hotel phone# s in case some one needs to contact us?

A full itinerary will be available on the website as soon as arrangements are finalized.

LEAVING CHINA

If I leave Taiyuan after the competition on the short trip do I need to book a hotel room in Beijing?

The Association will book your Hotel room, however you will be responsible for transportation connections to and from the Beijing Airport to the Hotel

Where will we be staying in Beijing?

At this point we are still making these arrangements

How do I get to the airport?

Depending on which Hotel we will be using there may be a shuttle service, or you may take a cab.

May we stay longer in Beijing?

Of course, The Association will book rooms for you. The Farewell Dinner on the 29th is complimentary, however those staying the night of the 29th and beyond will pay their own room fees. ☺

粘 Zhan • Sticking

黏 Nian • Adhering

连 Lian • Connecting

随 Sui • Following

轻 Qing • Lightness

重 Zhong • Heaviness

浮 Fu • Floating

沉 Chen • Sinking

中国 Zhong Guo • China

欢迎 Huan Ying • Welcome

Association Announces Rankings

Results of the 2 nd ranking examination		Results of Past Testing	
NAME	RESULT	NAME	RESULT
Balducci, Giorgio	3 - Gold Eagle	Barbera, Anthony	3 - Gold Eagle
Barontini, Paolo	3 - Gold Eagle	Belfi, Carleen	3 - Gold Eagle
Bauer, Carol	4 - Copper Tiger	Dossin, Mimi	2 - Silver Eagle
Fiora, Ylaria	3 - Gold Eagle	Fisher, Beverly	3 - Gold Eagle
De Vito, Corrado	3 - Gold Eagle	King, Kevin	2 - Silver Eagle
Kelly, Aiki	4 - Copper Tiger	Kizer, Ruth	3 - Gold Eagle
Lewis, Mary	3 - Gold Eagle	lee, Gary	3 - Gold Eagle
Palacios, Claudio	4 - Copper Tiger	McLain, Kathleen	1 - Copper Eagle
Leray Nelly	5 - Silver Tiger	Norman, Vicki	3 - Gold Eagle
Leray Andre	6 - Gold Tiger	Paradis, Ray	2 - Silver Eagle
		Pierzinski, Angie	1 - Copper Eagle
		Randolph, Janet	2 - Silver Eagle
THOSE ARE TESTING PAST		Schoon, Marcus	3 - Gold Eagle
Walsh Bill	6 - Gold Tiger	Trojanowski, Suzanne	2 - Silver Eagle
Alexandre Lima Scoz	4 - Copper Tiger	Walker, Jack	1 - Copper Eagle

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PRACTICE DEPARTMENT

by Yang Jun
English editing by George Feldman



Touch the ground with your left heel. Sit your right palm on the right side of your body. Round your left arm and face your left palm downward.



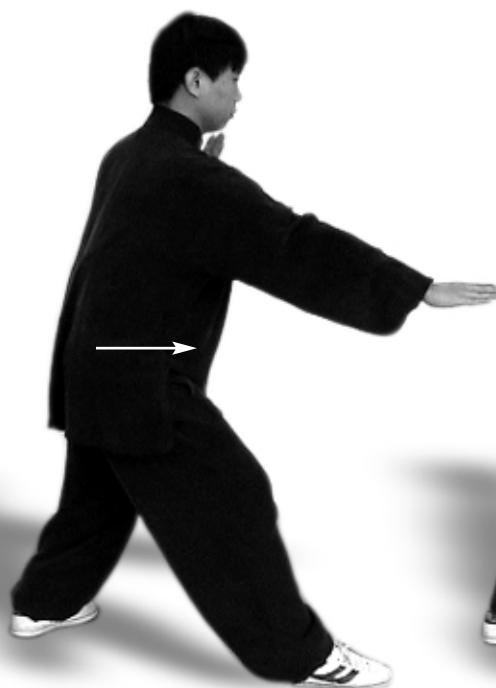
While you shift your weight forward, slowly put your whole foot down on the ground.



Bend your left knee, push out your right arm, and bring your left arm in beside your left knee.



Sit your body to the left with your left arm extended. Sit your left palm. Round your right arm in front of your body with your palm down. Meanwhile, touch the ground with your right heel.



Shift your weight forward and turn your body to the right. Follow the turning of your waist with your right arm by making a circle to the front and slightly downward. Meanwhile, bring in your left arm and sit your left palm. Face the palm forward.



Continue to shift your weight forward, bending your right knee. While doing this, gradually turn your body to square. Pull down with your right arm to beside your knee. Strike forward with your left palm.



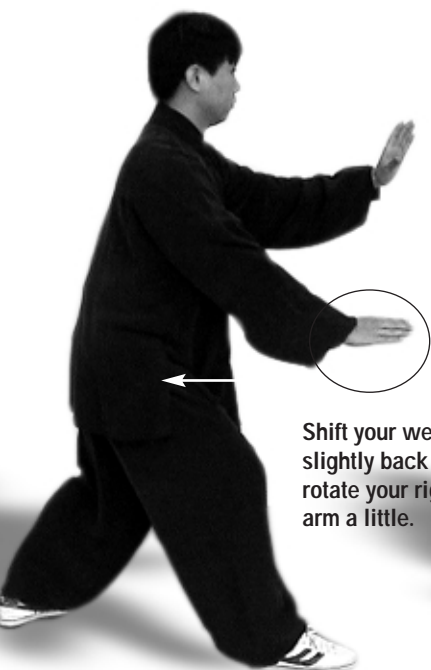
Shift your weight back a little and raise your left hand slightly.



Use your waist to turn your body to the left. Meanwhile, turn your left toe out 45° and rotate your left palm so it faces upwards.



Shift your weight forward and turn your body to the left. Circle your left arm down and your right arm up. At the same time, pick up your right leg.



Shift your weight slightly back and rotate your right arm a little.



Use your waist to turn your body to the right. Use the turning of your waist to turn your right palm up and to open your right toe to 45°. Sit your left palm.



Shift your weight forward to your right foot while circling your right arm down and your left arm up.



Touch the ground with your left heel.
Sit your right palm on the right side of your body.
Round your left arm and face your left palm
downward.





Shift your weight forward and circle your arms in to the back left. Meanwhile, pick up your right leg and step forward with it opened to 45°.



FRONT
VIEW

Circle your left arm to your left and sit your left palm. Circle your right arm in front of your body and round it. While making this circle, gradually make a fist. Make sure that the right fist is palm down with the eye of the fist facing your body. On this step forward, your legs are not shoulder width, they are on the two sides of a single line.

The Competition 49 Form

by Yang Zhenduo
with Illustrated Transitional Motions by Yang Jun

Translate by Jerry Karin

These days we in Yang style, one of the more popular styles of Tai Chi Chuan, are often called on to participate in public demonstrations, inciting people's interest and promoting our way of fitness. But the time it takes to perform the original sequence is rather long, and can often come into conflict with the requirements of scheduling numerous performances. There are often many performances in a program, and the audience members may have differing interests, so it is actually quite inconvenient to take up too much time. Therefore we can only perform the first or the second section; it's difficult to perform the whole form. Or at a competition, also because of time constraints, it becomes hard to schedule, which is why the Chinese Department of Physical Education has designated that at competitions, we must perform the first or second section within an 8-minute time frame. In both cases - demonstration and competition - we cannot perform the entire form. From the point of view of both audience and performer, this leaves a sense of something left out.

For many years amateurs and professionals in the TaiJi world have wished that a form might be created, suitable for both demo and competition purposes, which could also embody the moves of the traditional form.

In order to fulfill this objective need, and satisfy the requirements of Tai Chi players, after research the Association put forward a draft of a new form, and after public trials revised numerous spots based upon the opinions put forward. We now formally publish this form, to be the official demonstration form of our Association, and from now forward this will also be our competition form.

As to the arrangement of the sequence, the essential idea was, without going against the basis of the traditional form, to appropriately edit out some repeated moves and shrink the performance time such that with a compact and speedy rhythm, we could participate in various group activities. This is required by the times, there is an objective need for it; it is as they say an idea whose time has come.

From the list of moves of the new form, it can clearly be seen that moves 1 thru 11, 13 thru 18, 21 thru 24, 26 thru 35, and 38 thru 49, all basically preserve their original appearance as they were in the sequence of the traditional form, and starting from this basis, we have cut out a portion of the repeated moves as was appropriate, took a small number of moves which were difficult to fit in and re-inserted them in other spots in the sequence, and in a few cases added in moves to aid transitions. Anyone who can

MOVE TO PUNCH TO GROIN AND APPARENT CLOSE UP (19 - 21)

leg and step straight out, letting the left heel touch the ground first, the right hand - still holding a fist - is brought to the side of the right hip. Simultaneously make the left arm curve inward with left palm facing down till it is positioned in front of the abdomen.

Move 3: As you use the turning of the waist from left to right to turn the body to face forward, bend the left leg forming a bow step. The left arm goes from inside toward the front and then back, circling the knee and coming to a position beside the left knee with palm down and fingers

pointing forward. As the body turns from the right toward the front, the right fist changes so that the eye of the fist faces upward, the face of the fist is square to the front, and extending out toward the opponent, attacking his groin area.



UNDER ELBOW (24 - 25)

Move 1: The two arms follow the waist. While the right leg takes a half step to the right, the left palm gradually goes from in front to downward, describing one quarter of a circle to arrive near the hip. The hook hand on the right is loosened open into a palm, and from behind it goes forward till it arrives at the area

forward and to the right and toward a 45 degree angle, with the palm facing down.

Move 2: Gradually shift the weight to the right leg, and at the same time you sit firmly on the right leg, change the left leg to an empty step with heel touching the ground. The left arm

goes upward supporting from below with palm stood up, and the 'tigers mouth' of the hand oriented inward and facing forward, positioned in front of the left side of the chest. The right arm, with right hand gradually making a fist, bends inward forming an arc shape and arrives at the area below the left elbow.



5 FIST UNDER ELBOW TO LEFT GOLDEN COCK STANDS ON ONE LEG (25 -26)



Move 1: Lift the left leg and taking a half step backward, sit firmly on it.

Move 2: Stand up straight on the left leg and the lift the right leg, bending it at the knee. The right toe points downward and the upper part of the right foot is slightly angled out. At the same time the left arm, with palm facing down, goes from in front backward, then downward arriving at a position beside the left hip, with the fingers pointing forward. As the right arm, palm stood, moves upward, supporting, the 'tiger's mouth' of the right hand is oriented inward and faces forward.



6 WHITE SNAKE SPITS OUT TONGUE TO STEP FORWARD AND PUNCH DOWN, TRANSITION TO PARTING THE WILD HORSES MANE (35 - 37)

Please consult method used in moves 19 to 20.



7 WILD HORSE PARTS MANE TO JADE LADY WEAVES SHUTTLES (37 - 38)

Move 1: Shift the weight backward, turn the right foot inward and then shift the weight to the right leg until solid, in the meantime picking up the left leg and stepping straight ahead forming a bow step (toward the Southwest corner). The left arm bends in to the area below the right arm with its palm facing up. Then from below the left arm goes upward, the palm changing from facing inward to facing outward, till it forms a rounded arc above the level of the head. The right arm, with stood palm, straightens and goes forward. The other three moves of Jade Lady are identical to the traditional form.





OS DEZ PONTOS ESSENCIAIS DO TAI CHI CHUAN

Transmitido oralmente por Yang Chengfu e registrado por Chen Weiming

by Angela and Roque
- São Paulo - Brazil

1. VAZIO, VÍVIDO, EMPURRANDO PARA CIMA E ENERGÉTICO. *

"Empurrar para Cima e Energético" significa a postura da cabeça ereta e direita e o espírito localizado no seu ponto mais alto. Você não deve usar força. Usar força faz com que a nuca fique rígida e desta forma o chi e o sangue não podem circular livremente. Você deve ter uma intenção que é vazia, vívida (ou livre) e natural. Sem uma intenção que seja vazia, vívida, empurrando para cima e energética, você não será capaz de elevar o seu espírito.

2. SEGURE NO PEITO E ESTENDA AS COSTAS.

A frase "segurar no peito" significa o peito ligeiramente afundado para dentro, o que permite que o chi submirja no campo de cinábrio (dan1 tian2). O peito não deve ficar estufado para fora. Se fizer isso, o chi é bloqueado na região do peito, o corpo superior torna-se pesado e o corpo inferior leve e será fácil que os calcanhares flutuem. "Estender as Costas", permite que o chi fique aderente às costas. Se você for capaz de segurar no peito então naturalmente será capaz de estender as costas. Se você puder estender as costas, então será capaz de emitir a força desde a espinha, e a isto os outros não podem se opor.

3. RELAXE A CINTURA

A cintura é o comandante de todo o corpo. Apenas depois de você ser capaz de relaxar a cintura as duas pernas terão força e o corpo inferior ficará estável. Todas as alternâncias entre cheio e vazio, derivam do giro da cintura. Assim se diz: "A fonte do destino depende do menor interstício da cintura" **. Sempre que há falta de força na sua forma, você deve busca-la na cintura e nas pernas.

4. SEPARAR CHEIO E VAZIO

Na arte do Tai Chi Chuan, separar cheio e vazio é a regra número um. Se todo o corpo estiver sobre a perna direita, então a perna direita é denominada "cheia" e a perna esquerda "vazia". Se todo o corpo estiver sobre a perna esquerda, então a perna esquerda é denominada "cheia" e a perna direita "vazia". Apenas depois que você for capaz de distinguir o cheio e o vazio, poderá executar movimentos leves, ligeiros e quase sem esforço; se você não puder distinguir cheio e vazio, seus passos serão pesados e indolentes e você não será capaz de manter-se estável e será fácil para o oponente manter o controle sobre você.

5. AFUNDAR OS OMBROS E ABAIXAR OS COTOVELOS

Afundar os ombros significa que os ombros devem estar relaxados, abertos e pendurados para baixo. Se você não puder relaxa-los, os ombros se elevam e o chi os segue para cima fazendo com que todo o corpo perca força. Abaixar os cotovelos significa que os cotovelos estão relaxados e para baixo. Se os cotovelos se elevarem os ombros não poderão afundar. Quando você usa isto para golpear alguém, ele não irá longe. É a energia "cortar" das artes marciais externas.***

* Esta frase de quatro caracteres é provavelmente a mais difícil dentro da literatura do Tai Chi para ser traduzida. Escolhi observar cada uma das quatro palavras para preencher a função de predicados ou frases verbais. Uma outra abordagem mais óbvia seria tomar as primeiras duas como advérbios e as duas últimas como sujeito e predicado: "Vazio e vívido, o ápice é energético" Muitas outras interpretações também são possíveis.

** Em chinês, o termo cintura refere-se mais aos espaços entre as vértebras, do que ao círculo no centro do corpo.

*** Nas artes marciais externas, tais como o Shaolin, se ensina a usar a energia das partes ou sessões do corpo, em oposição à energia "de todo o corpo", do Tai Chi Chuan.



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



NEW YORK

Contact: Bill Walsh
(914) 225-0662

Email: Bill@yangfamilytaichi.com

**April 19-21 • 49 Hand Form and
Push Hands, 3 hours Saber Form**

TROY, MICHIGAN

Contact: Han Hoong Wang
(248) 680-8938

Email: Han@yangfamilytaichi.com

**April 12 • 13 Saber form
April 13 • 49 form
April 14 • 67 Sword**

VERSAILLES, KY

Contact: Carl Meeks
and Bill W. Wojasinski
(502) 222-5277 • 859 879-9434

Email: kytaichi@aol.com

**June 8 • 49 Hand Form
June 9 • Saber Form**

SEATTLE, WA CENTER

Contact: Fang Hong
(425) 869-1185

Email:

fanghong@yangfamilytaichi.com

**August 10-13 • 103 Hand Form
August 14-16 • Sword Form**

BUFFALO, NY CENTER

Contact: James Fox
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**August 23-26 • 103 Hand Form
August 27-29 • Sword Form**



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