



Tai Chi Chuan

Number 11 • Summer 2003

國際楊氏太極拳協會

The Journal of the International Yang Style Tai Chi Chuan Association

**TAI CHI CHUAN MOVES
THE PEOPLE'S HEARTS**

**A PERSONALIZED
PUSH HANDS
PRACTICE**

**YANG ZHEN DUO
MASTER TEACHER**



PRESIDENT'S LETTER

Yang Jun
President
Translated by Hon Wah Chan

Summer in general is a busy time for Seminars. Unfortunately, we have some disappointment this summer. 2003 was supposed to be the last time for my grandfather to come to the U.S. Seminars. However, the SARS outbreak has affected the daily life of most people in China. It also forced my grandfather to cancel his U.S. trip. Although my grandfather cannot come to the U.S. Seminars, we will still conduct the Seminars as scheduled. I apologize for any inconvenience this change of plan may bring to you. I am very happy that SARS is now under control in China and people are gradually returning to their normal lives.

During March, we held the Directors Seminar and meeting in Seattle. In the meeting, we decided on a couple of new changes. Firstly, we will have a new membership renewal system. In order to save time and effort and avoid omission, the directors have agreed that renewals to the Association will be made in either January or July (more details will follow). Secondly, we have discussed the Trainers' Committee ordinance and formalized the ranking system. The International Yang Style Tai Chi Chuan Association will certify ranked persons who want to become Tai Chi Chuan teachers. The Association will issue trainer certifications for qualified teachers. I believe this will improve the management of teachers and promote Yang Style Tai Chi Chuan.

The April Seminars in Canada were very successful. I felt grateful for the great support and co-operation provided by several Centers and various teachers. It demonstrated that we were all part of the Tai Chi family. During May and June, the European Seminars were held in Paris, France and Koln, Germany. Once again, with the great effort from several Centers, we had very successful Seminars. Most of the attendants were members of the Association. Now we begin our U.S Seminars. Although my grandfather cannot come to U.S., I believe we still have support from all Tai Chi Chuan enthusiasts. For the second half of the year, we will have Seminars in Brazil, Mexico, and Italy. I believe I will see many old friends again. At the same, I hope to meet more new friends as well. ☯

CONTENT

| | |
|---|----|
| President's letter | 2 |
| Association Announcements | 3 |
| Tai Chi Chuan move the people's hearts | 4 |
| A Personalized Push Hands Practice | 6 |
| Yang Zhen Duo Master Teacher | 8 |
| 10 Principles in German | 11 |
| Ranking results | 11 |
| Practice department | 12 |
| 2003 seminars | 16 |



Cover : *The Snake and the white crane* -
Art by Marco Gagnon

ASSOCIATION ANNOUNCEMENTS

Certified Instructor (Coach)



*Tai Chi
Chuan*

EDITOR-IN-CHIEF
Yang Jun

EDITOR
Dave Barrett

CONTRIBUTORS
Rouque Severino
Angela Soci
Hon Wah Chan
Yang Jun
Ed Boates
Frank Grothstueck
Dave Barrett

GRAPHIC DESIGN
Marco Gagnon

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:

International Yang Style
Tai Chi Chuan Association

4076 148th Ave NE
Redmond, WA 98052 USA
Phone: 1-(425) 869-1185

© All rights reserved.
Any reproduction without
permission is strictly prohibited.

PRINTED IN CANADA

Printed on Recycled Paper



The Certified Instructor (herein referred to as "Coach") must meet certain requirements as set forth by the President, Board Members and Directors of the International Yang Style Tai Chi Chuan Association (herein referred to as "the Association") as follows:

1. Applicants must be ranked at least Level 4.
2. Submit an Application for Certified Instructor (Coach) to a local Center Director and/or Department of Membership of the International Yang Style Tai Chi Chuan Association.
3. The application must be accompanied by a:
 - a. Resume
 - b. Letter of recommendation from:
 - i. A Center Director or
 - ii. Current or previous instructor

When the application is received by the Department of Training Standards without a Letter of Recommendation from a Center Director, an interview will be scheduled with a Center Director of a Yang Chengfu Tai Chi Chuan Center, so the Applicant can be observed teaching a class.

If they are not close enough to a Yang Chengfu Tai Chi Chuan Center, the Applicant may submit an unedited video tape showing thirty (30) minutes of his/her teaching.

After being interviewed and approved by the Center Director, the paperwork and video will be sent to the President of the Association for final approval.

4. Once approved and certified, the applicant will:
 - a. Pay a yearly fee of \$150 to the Association
 - b. Sign a Waiver of Liability
 - c. Sign and follow the Association's Code of Ethics
 - d. Receive a certificate from the Association
 - e. Be certified for one (1) calendar year. Their certification renewal dates will be handled the same way as regular Association Memberships.
 - f. Be added to our website's Coaching Community database
 - g. Receive a thirty percent (30%) discount when he/she attends any Association sponsored seminar.

The Association at any time, for any reason, may revoke a Coach's certification.

Change of Membership Renewal System

The International Yang Style Tai Chi Chuan Association (herein referred to as "the Association") will implement a change to the membership renewal system as follows:

1. All new memberships to the Association will begin on either January 1st or July 1st. The start date will be set to January 1st for new memberships in the months October through March, and July 1st for new memberships in the months April through September.
2. Current members will be converted to the new system in a similar way to new members, based on the renewal date.
3. All Center Directors will receive a letter from Fang Hong with the adjusted membership dates for all Center students.
4. An explanation of the changes to the Membership Renewal System will be put on our website.
5. Center Directors will explain the changes to the Membership Renewal System to their students.
6. Thirty (30) days prior to membership renewal dates, Fang Hong will send all Center Directors their student membership dues letters.
7. Center Directors will collect the membership dues from their renewing students and send funds and info to Fang Hong.
8. Center Directors will encourage and explain the benefits to each student to become a member or renew their membership. ☯



Tai Chi Chuan

MOVES THE PEOPLE'S HEARTS



Stretching before for a Tai Chi Class – seniors group in a Hospital in São Paulo – by José Carlos Vitorazzo – Tai Chi instructor



By Angela and Roque

When I went to Seattle for the first Director's meeting in October of 1999, some days after our Seminar, I remember joining our Master Yang Jun in some free classes he used to give at a Senior Center, in the Chinese neighborhood nearby the new Seattle Center. He invited me to go and help him with these old people, some even, in wheel chairs and some walking with great difficulties, all of them not younger than 65 years old. Master Yang Jun, very patiently went through a 50-minute Tai Chi class, going very slowly with the explanations of the movements and repeating many times the first steps of our Tai Chi form. I could see the happy faces of those old people, trying hard to follow his movements, and could even

myself lead some of them. After the class, Master Yang Jun gave me a very special advice:

"You should always dedicate some time to give free classes for people who can not afford regular classes in your center. Everywhere, you are going to find seniors, or poor people, who may receive the benefits of Yang Style Tai Chi!!! This should be a regular practice for all Tai Chi Chuan teachers"

From that time on we have been including in our Center, this advice for all our students and instructors. Below, you are going to find some news about our social works here in Brazil. We sincerely hope all of us in the Yang Chengfu Tai Chi Chuan centers of the world, can follow Masters Yang's



BOARD OF DIRECTORS
Yang Zhen Duo
Chairman
Yang Jun
President

ADVISORY BOARD
Han Hoong Wang
V.P.
Mei Mei Teo
V.P.
Nancy Lucero
President assistant
Pat Rice
Adviser
Fang Hong
Secretary

Marco Gagnon
Department of Outreach and Development
marco@yangfamilytaichi.com

Jerry Karin
Webmaster
jerry@yangfamilytaichi.com

Dave Barrett
Journal Editor
dave@yangfamilytaichi.com

Horacio Lopez
Department of Training Standards
horacio@yangfamilytaichi.com

Han Hoong Wang
Department of Membership Services
han@yangfamilytaichi.com

Bill Walsh
Department of Public Relations
bill@yangfamilytaichi.com

Mei Mei Teo
Department of European Affairs
meimei@yangfamilytaichi.com

INTERNATIONAL YANG STYLE TAI CHI CHUAN ASSOCIATION

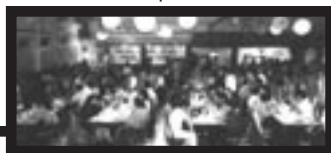
The International Yang Style Tai Chi Chuan Association is a non-profit organization dedicated to the advancement of Traditional Yang Style Tai Chi Chuan.

USA
4076 148th Ave NE
Redmond, WA 98052 USA
Phone: 1-(425) 869-1185

CHINA
No. 10 Wu Cheng West Street
Taiyuan, Shanxi P.R.C. 030006
Tel.: 86-351-7042713

EUROPE
Ornstigen 1, 18350 Taby,
Sweden
Tel.: +46-8-201800

Dinner to receive blanket donations
- 350 people join the dinner,
all Tai Chi practitioners.



Teaching how to take care of teeth
- Dr. Marina Nunes - Tai Chi practitioner

Playing with the children in our country side
area - Dr. Poliana - Tai Chi practitioner

Painting with the children
-Soraya -
Tai Chi practitioner.



advice!! The Yang Cheng Fu Tai Chi Chuan Center of São Paulo Brazil, wants to share with all of you, some special news about our work with Yang Style Tai Chi Chuan in our City.

Among all our instructors we have many who are dedicating to give free classes to senior people, and inside some hospitals in São Paulo. The results are incredible! In the senior classes the people are enjoying the practice and receiving the best benefits, improving their equilibrium, balance, avoiding falls and bones problems and specially, changing their mood, becoming happy and hopeful people.

The experiences of the instructors are very interesting:

Vera Florentino from Jundiai - SP tells us that her students are always happy expecting the Tai Chi practice day and every class they have a lot of questions about the style and the health benefits of Tai Chi.

Carlos Vitorazzo, who gives classes in a Hospital in São Paulo for nurses and doctors, is having a great experience with the improvement of concentration in job and especially the reduction and

prevention of stress in these workers.

Fabiano de Arruda in Cuiaba - MTS - gives teachings in a great Senior Center and they are very receptive and improving their quality of life through the practice of Yang Style Tai Chi.

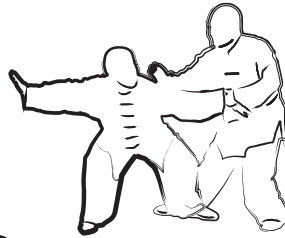
Besides, in our country side area, with the participation of all the Brazilian Tai Chi Chuan practitioners we have been promoting some social programs such as: health campaign, blankets campaign, and toys campaign in a small village where our country center is located. The benefits promoted to the people varies from giving health care and treatment including the free practice of Tai Chi Yang Style for poor people, giving 1200 clothing pieces for the winter season, and also, 600 toys for the children on the children's day. All these things were given by the Tai Chi practitioners connected with our Center in São Paulo, and their family members.

This year we will continue these actions involving all the new Tai Chi students in these projects. Our center is improving the number of Tai Chi practitioners and every year we have more and more people joining these social programs.

We really can say that: "Tai Chi moves the people's heart!!" It makes us aware of our community's needs and gives us the energy to practice our Masters advice!!

Thank you
Master Yang Jun
for your great
advice!!





A Personalized **PUSH HANDS** *Practice*

EDITOR'S INTRODUCTION:

I first met Ed back in 1993 at The Master's Seminar held in Frederick Maryland.

Here is a gentleman who is dedicated to his practice.

He has spent years analyzing the form and has developed many innovative ways to keep his practice fresh. In this article he presents an exercise which addresses two major areas in solo practice:

First how to gain skill in Push Hands methods with a partner and secondly, performing the important Peng, Lu, Ji, An sequences to the opposite side. Ed is a very serious and studious player, if you work through the sequences he has described you will find a wonderful new exercise pattern using the most familiar and oft repeated movements of the Long Form.

By Ed Boates

« BE CONSCIENTIOUS ABOUT WARD OFF, ROLL BACK, PRESS AND PUSH »

There is a Tai Chi saying stating in effect, "You practice the Tai Chi form to know yourself and you practice Push Hands to know the other person. During most of the seventeen years of my Tai Chi practice, I have done so without the obvious benefits provided by regular classes with competent teachers and enthusiastic classmates. For a long time I have pondered the question: "How can I simulate Push Hands practice by myself?"

The answer to my ongoing query was provided by an article in Tai Chi

Magazine entitled, "Push Hands without a Partner" The writer, Rachel Porter, described a form taught by her teacher, Dong Zeng Cheng, that involved doing the "Grasp Bird's Tail" sequence (Ward off, Roll Back, Press and Push) alternately on each side of the body, in each of the four cardinal directions.

I am deeply grateful for this form, which I have "borrowed" and personalized, adhering to Yang Family Style Tai Chi specifications. It comprises 1. Opening and Closing, 2. Grasp the Bird's Tail

postures and 3. Transitional Modifications. I am assuming that anyone who wants to learn this Push Hands practice form is already competent in the Yang Family Long Form. Consequently, the instructional information below will be limited to descriptions of the directional requirements and transitional modifications necessary for the performance of the form.

Preparation and Opening:

Stand in the preparation Posture facing South. Raise and lower arms in the same way as the opening of the Long Form.



1. South-Right Side:

As the palms reach the bottom position at the end of the Opening movement, shift the weight to the right foot and lift the sole of the left foot. Using the waist, turn the body by pivoting on the left heel, placing the foot down to the left corner (south east). Bend the left knee, sink and put the weight on the left foot as you lift the heel of the right foot. At the same time, circle the left arm out and then as you drop the elbow, sit the wrist and extend the fingers while circling the right arm under the left, with the right palm facing upwards below the left elbow. (These transitional movements are identical to those required to begin the Long Form except they are performed on the left side instead on the right.) Then step directly south with the right foot moving into a bow stance and do the Grasp the Bird's Tail sequence on the right side of the body.

2. North Right Side:

At the end of the last move you are facing south in the Push position. The foot and arm movements required here for the 135-degree transition sequence are identical to the first transitional motion in the Long Form from Push to Single Whip. Shift the weight back to the left foot and lift the sole of the right foot as the palms flatten and press down. The outside of the left forearm and palm angle inwards as you use the waist, turning the right foot inwards 135 degrees to the northeast corner. As soon as both arms reach a position parallel to each other at shoulder height, pointing northeast, pivot the left heel inwards by turning on the ball of the foot and simultaneously drop the right elbow, settle the wrist and extend the fingers as you circle the left arm, palm upwards, below the right elbow. You are now in the empty stance, feet parallel, with the torso facing northeast. Step directly north with the left foot and move into a bow stance performing the Grasp Bird's Tail sequence on the left side of the body.

3. East Right Side:

At the conclusion of the Push posture, lift the sole of the left foot and shift the weight back to the right foot as the palms flatten and press down. The arms are shoulder height and shoulder width apart, remaining so during the first part of the 45-degree transitional sequence. Using the waist turn inwards 45 degrees until the left foot points northeast. As soon as both arms and torso are facing northeast, shift the weight to the left foot and lift the heel of the right foot. Simultaneously drop the left elbow, settle the wrist and extend the finger as you circle the right arm palm upwards under the left elbow. Then step directly to the east with the right foot moving into the bow stance and do the, Grasp Bird's Tail sequence on the right side of the body.

4. West-Left Side:

At the conclusion of the Push posture, do the 135-degree transition sequence the same way you did in #2 above.

As soon as you are in the empty step facing north west, step directly to the west with the left foot moving into the bow stance and do the Grasp Bird' Tail sequence on the left side of the body.

5. North-Right Side:

At the conclusion of the Push posture, do the 135-degree transitional sequence the same way as in #3. Then step directly to the north with the right foot and moving into a bow stance do the Grasp Bird's Tail sequence on the right side of the body.

6. South Left Side:

At the conclusion of the Push posture, do the 135-degree transitional sequence the same way in #2 above. As soon as you are in the empty stance facing south west, step directly south with the left foot moving into the bow stance and do the Grasp Bird's Tail sequence on the left side of the body.

7. West-Right Side:

After you complete the previous Push, do the 45-degree transition to the southwest as in #3. Then step directly to the west with the right foot moving into the bow stance and do the Grasp Bird's Tail sequence on the right side of the body.

8. East Left Side:

When you finish push, do the 135-degree transition sequence the same as in #2 above. As soon as you are in the empty stance facing southeast, step directly east and repeat the Grasp Bird's Tail sequence on the left side of the body.

At this point you have completed the one cycle of the Push Hands form. If you want to continue simply do the 45-degree transitional sequence and the step directly south with the right foot and repeat the entire cycle.

Closing and Restoring

If however, you wish to conclude the form after one cycle, you do so the same way you conclude the Long Form: by moving from the final Push position to Cross Hands and Closing Form.

For the past several years I have used this Push Hands form alternately as an extension of my warm up routine and as an integral part of the forms section of my practice regimen. I have often thought that this form would be an excellent way to introduce Tai Chi to community groups because there are only a few movements to learn and it doesn't require a lot of practice space. In addition it illustrates the essence of Tai Chi and Push Hands.

In his book, Yang Style Taijiquan, Master Yang Zhenduo comments on the Grasp Bird's Tail sequence as follows, "They are the main sources of the variations of the Hand Skill in Taijiquan and play a very important role. That is why special emphasis is placed on the requirement that " warding off, pulling back, pressing forward and pushing must be done conscientiously". I hope that trainees will learn them conscientiously, so as to lay a good foundation for learning Push Hands later on."

Yang Zhi

MASTERS TEACHER

An Approach

By Dave

I first met Yang Laoshi ten years ago. In July 1993, I flew from Oregon to Washington, D.C. and then drove forty miles north to Frederick, a town in rural Maryland. Arriving at Hood College I was surprised to be among a group of eighty or so, many of who were Tai Chi teachers and long time players. We were from four European countries, Argentina, Canada, the Bahamas, and all parts of the U.S. Over the next eleven days I was plunged into an intensive period of study and practice that revolutionized my approach to Tai Chi.

The setting was ideal. We had five hours of classes daily and then many would practice after dinner on the large quadrangle lawn in front of the dormitories. There was little else to do in Frederick and



乃太極拳事出
的發展共勉

楊振鐸
辛未年秋
于青島

en Duo:

STER CHER

eciation



*« For Myself,
I want you
to become
better than me.
Practice harder. »*

Master Yang Zhen Dou, Frederick Maryland, 1993

Barrett

since we were working through the hand, saber and sword forms in ten days, we practiced late into each evening. An extraordinary atmosphere was developing. As we were pushed to the limit by the hot weather and challenging curriculum an esprit de corps was emerging: serious yet playful, exhausted yet motivated to practice "one more time".

The catalyst for all of this was of course Master Yang Zhen Duo. On the first day the gym was full: six across and twelve rows deep. In what became a familiar occurrence, the applause rang

through the old gymnasium as Master Yang Zhenduo and Yang Jun entered, taking their place and giving the opening class salute. If I had to sum up my first impression of Yang Laoshi in one word it would be: impeccable. Speaking clearly with great energy he delivered a lecture on the Ten Principles that was comprehensive and insightful. I quickly realized I was in the presence of a Master Teacher, one whose charisma was rooted in a mastery of the material and a passion for sharing it.

My first teacher, Dr. Yuet Sun Chan, had a similar luster. Working with him for eleven years until his passing in 1988, I had developed a habit of taking notes during class, documenting not only specific points but the flow of information as the classes progressed. In fact, Dr. Chan was the reason I had traveled so far to study with Yang Laoshi. He told me many times that he was an amateur compared to the high level instructors in China, and wished that one day I would be able to work with such a teacher.



I took out my pen that first day and started writing down everything: specific points, general instructions, encouragement and training advice. I have not stopped writing for ten years. Each summer I traveled to wherever Yang Laoshi was teaching to continue my training. I have five full notebooks and counting, and as I've been going through them I'm amazed at how consistent he has been. His vision of the form and how he teaches it has been an unwavering inspiration.



In many ways Yang Laoshi's teaching resembles his performance of the forms: clean, clear, precise, elegantly organized and powerfully expressed. He said early on that first day, "I'm teaching, but let's treat it as studying together." Classes always begin with the phrase, "Now we will review." As he watches the group performance, he is analyzing every student looking for those who will be benefited by specific corrections. After the run through he has the corrections point-by-point, person-by-person. He has the uncanny ability to look at a group of eighty performers and make you feel like he is watching you the whole time. On that first day he offered forty-five minutes of corrections on the Opening through Single Whip and then said, "Other than those things it doesn't look too bad!"



His is unfailingly supportive and positive in the correcting process, "Try it this way. How does it feel?" Very rarely will he demonstrate the forms other than impeccably, as they should look. He brings certain students to the floor in front of the class and has them model a less than perfect sequence. Then gently and cheerfully, he will adjust an elbow here, drop a shoulder there, reset a torso angle and knee position pointing out to the class, "This looks a lot better, this looks good!" If you have ever been on the floor with the Master, you will never forget that particular correction. Likewise, if you are on the floor and fail to make the correction you won't soon forget the stern look and flash of impatience that creases his otherwise friendly face.

Over decades of teaching, Yang Laoshi has honed his presentation of the forms to a fine point. "When practicing we concentrate on torso positions, hand techniques and footwork." As he introduces sequences he generally divides the sequence into four counts and uses a stop motion method to show each of the finer points of torso motion, body weight shifting, footwork placement and hand technique. Then he will reassemble the motion in continuous sequence using a short narrative to describe the

important elements of each sequence as he moves. Then the group is lead through the sequence using the same verbal cues. This innovative method allows a large group to move together, providing those in the back of the group crucial cues that they would otherwise be unable to see. I have used his technique to great advantage, especially teaching Seniors, who like to be reminded and guided through difficult to remember motions.

Yang Laoshi's appetite for repetitions is legendary. He will have the class do it until they get it right however long it takes. That summer in 1993 we worked and worked and then worked again on difficult motions. In particular I recall during the sword form class we were unable to get the jumping sequence "clever cat catches the rat with agility" right. We were neither clever nor agile. I lost count at fifteen the number of times he ran us through it, leading each repetition himself saying, "If I can do it, you can do it" The temperature and humidity in the gym were both hovering in the high eighties and here is this man twice our age jumping each time with perfect poise, timing and execution. He'd turn and smile and say, "One more time". Indeed, this has become a catch phrase for his long time students and is just about the only English phrase the Master can speak. He returned from a Seminar in France one year and said proudly, "Encore une fois!"

This is the first summer in over ten years that Yang Laoshi gets to stay home. It has been an extraordinary decade of accomplishment for this master teacher. Some years he and Yang Jun would be on the road for three months at a time presenting as many as eight full week seminars in Sweden France, Germany, Switzerland, Italy, England, the U. S, Canada, and Brazil. Through all of this hard travel, Yang Laoshi has worked even harder to share his knowledge and help people the world over to deepen their practice of Tai Chi and improve their lives. Now that he is no longer teaching as frequently it is up to us to embrace his lessons, studying and practicing according to his suggestions, hearing the echoes of his voice and envisioning the beauty and grandeur of his forms.

"I can guide you through the Principles but you need to find out for yourself. Practice everyday. Skill level depends on diligence. Study seriously based on my requirements. Spend time. Use your mind. Gradually, it takes time: study more, practice more, understand more. It is a continuous cycle. From skill to skill progress gradually." ●



RANKING RESULTS

LEVEL 1

| | |
|------------------------|-----------|
| Noriko Fukei | Seattle |
| Paolo Fracasso | Milan |
| Giosi Gazzaniga | Milan |
| Andrea Moroni | Milan |
| Silvia Zetti | Milan |
| Susanne Diekmann | Milan |
| Elena Scirea | Milan |
| Samantha Zito | Milan |
| Paola Notti | Milan |
| Domenico Commodo | Milan |
| Stefano Labate | Milan |
| Belelli Claudio | Roma |
| Hutter Lara | Roma |
| Chiappe Laura | Roma |
| Di Sciullo Franco | Roma |
| Di Biagio Pietro | Roma |
| Baratta Silvio | Roma |
| Galli Remo | Roma |
| Basili Sergio | Roma |
| Pascale Delca | Pau |
| Anne-Marie Boydron | Pau |
| Eliane Aguetzaz | Pau |
| Ildi Szoke | Michigan |
| Jerry Katz | Michigan |
| Seijum Iranina | Sao Paulo |
| O. Mavricio Varella | Sao Paulo |
| Monica Carrer T. Costa | Sao Paulo |
| Ana Ceistina Miyamoto | Sao Paulo |

LEVEL 2

| | |
|------------------------------|-----------|
| Trevor Mearns | Seattle |
| Peter Lamanna | Seattle |
| Arlene Fowler | Seattle |
| Grassi Vincenzo | Roma |
| Siniscalco Anna | Roma |
| Zuniga Teresa | Roma |
| Nadelle Anna | Roma |
| Mastini Luca | Roma |
| Battistoni Maurizio | Roma |
| De Santis Davide | Roma |
| Carchio Roberto | Roma |
| Ostrica Sonia | Roma |
| Robert Irrausch | Lausanne |
| Andre Kuster | Lausanne |
| Edward Wojcik | Buffalo |
| Kathleen McLain | Michigan |
| Rosangela Maria Verdv Davoli | Sao Paulo |
| Robin Dianne Zang Santos | Sao Paulo |
| Neide Silva | Sao Paulo |
| Jose Luiz de Castro Junior | Sao Paulo |

LEVEL 3

| | |
|----------------------------|-----------|
| Serena Newhall | Seattle |
| Lance Lu | Seattle |
| Michael Lucero | Seattle |
| Sharon Watters | Buffalo |
| Irene Cursons | Buffalo |
| Alice Swanger | Michigan |
| Jose Carlos Vitorazzo | Sao Paulo |
| Jefferson Iitake Duarte | Sao Paulo |
| Fernando De Lazzari | Sao Paulo |
| Bertolino Theodoro Messias | Sao Paulo |

LEVEL 4

| | |
|-----------------|----------------|
| Duc Nguyen Minh | Paris |
| Nancy Lucero | Seattle |
| Peter Spool | East Brunswick |
| Beverly Spool | East Brunswick |

LEVEL 5

| | |
|-------------------|------|
| Claudio Mingarini | Roma |
|-------------------|------|

ZEHN ESSENTIELLE PRINZIPIEN DES TAI CHI CHUAN

Muendlich uebermittelt von Yang Chengfu, niedergeschrieben von Chen Weiming

Translated by Frank Grothstueck, Koln, Germany

1. LEER, LEBENDIG, AUFRICHTEND UND ENERGETISCH ¹

„Aufrichtend und energetisch“ meint, dass die Position des Kopfes aufrecht und gerade ist und Bewusstsein und Energie den Scheitelpunkt durchdringen. Man darf dafuer keine Kraft benutzen. Setzt man doch Kraft ein, werden Ruecken und Hals starr, Qi und Blut koennen nicht frei zirkulieren. Die Intention muss leer, lebendig (oder frei) und natuerlich sein. Ohne eine Intention, die leer, lebendig, aufrichtend und energetisch ist, wird man nicht in der Lage sein, seinen Geist emporzuheben.

2. DIE BRUST EINSENKEN UND DEN RUECKEN HOCHZIEHEN

Der Satz „Die Brust einsenken“ meint, dass die Brust leicht nach innen gehoeht ist, wodurch das Qi zum Zinnoberfeld (dan1 tian2) sinkt. Die Brust darf nicht herausgestreckt werden. Tut man dies, dann ist das Qi in der Brustregion blockiert, der Oberkoerper wird schwer, der Unterkoerper leicht und es kann leicht passieren, dass die Fersen sich vom Boden loesen. Kann man „den Ruecken hochziehen“, wird das Qi am Ruecken haften. Wenn man die Brust einsenken kann, kann man auf natuerliche Weise den Ruecken hochziehen. Ist man in der Lage, den Ruecken hochzuziehen, wird man eine Kraft von der Wirbelsaeule aussenden koennen, der niemand widerstehen kann.

3. DIE TAILLE ENTSPANNEN

Die Taille ist der Befehlshaber des gesamten Koerpers. Nur nachdem man die Taille entspannen kann, werden beide Beine Kraft haben und der Unterkoerper stabil sein. Die Wechsel von leer und voll gehen alle vom Drehen der Taille aus. Daher heisst es: „Der Quellbrunnen des Schicksals ist abhaengig von dem winzigen Zwischenraum der Taille.“² Wann immer es in der Form an Kraft fehlt, muss man den Grund dafuer in der Taille und den Beinen suchen.

4. LEER UND VOLL UNTERSCHIEDEN

In der Kunst des Tai Chi Chuan ist das Trennen von voll und leer die erste Regel. Wenn der ganze Koerper auf dem rechten Bein sitzt, dann wird das rechte Bein als „voll“ und das linke Bein als „leer“ betrachtet. Wenn der ganze Koerper auf dem linken Bein sitzt, dann wird das linke Bein als „voll“ und das rechte Bein als „leer“ betrachtet. Nur nachdem man in der Lage ist, voll und leer zu unterscheiden, werden Drehungen und Wechsel leicht, behende und fast ohne jede Anstrengung sein. Kann man voll und leer nicht unterscheiden, dann werden die Schritte schwer und traege sein, man wird nicht in der Lage sein, stabil zu stehen und fuer einen Gegner wird es einfach sein, uns zu kontrollieren.

5. DIE SCHULTERN SENKEN UND DIE ELLBOGEN HAENGEN LASSEN

„Die Schultern senken“ meint, dass die Schultern entspannt und geoeffnet werden und nach unten haengen. Wenn man sie nicht nach unten entspannen kann, werden die Schultern hochkommen, das Qi wird folgen und steigen, sodass es dem ganzen Koerper an Kraft fehlen wird. „Die Ellbogen haengen lassen“ meint, dass die Ellbogen nach unten entspannt werden. Wenn die Ellbogen angehoben werden, dann koennen die Schultern nicht sinken. Versucht man auf diese Weise, jemanden wegzustossen, wird die Wirkung gering sein. Dies waere aehnlich der „abgeschnittenen“ Energie der aeusseren Kampfkuenste.³

¹ Dieser aus vier Schriftzeichen bestehende Satz ist wahrscheinlich innerhalb der Tai Chi Literatur am schwierigsten zu uebersetzen. Hier wird jedes der vier Worte so betrachtet, dass es die Funktion eines Praedikats oder eines Verbal-Satzes erfuellt. Eine andere plausible Moeglichkeit waere, die ersten beiden Worte adverbial und die beiden anderen als Subjekt-Praedikat zu nehmen: „Leer und beweglich, der Scheitelpunkt ist energetisch.“ Viele andere Interpretationen sind moeglich.

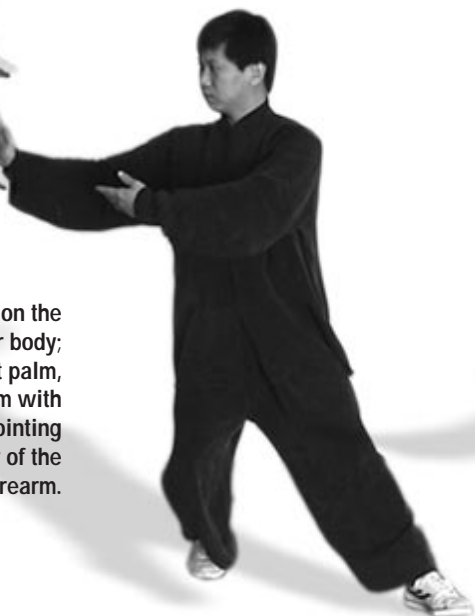
² Nach chinesischer Vorstellung bezeichnet die Taille eher die Region der Lendenwirbel als einen Guertel um die Koerpermitte.

³ Es wird davon ausgegangen, dass aeussere Kampfkuenste wie das Shaolin die Energie einzelner Koerperteile oder -sektionen benutzen, im Gegensatz zur „Ganzkoerper-Energie“ des Tai Chi.



太极拳

Both arms sit on the right side of your body; sit your right palm, round your left arm with left palm pointing toward the center of the right forearm.



Shift your weight to the left, left arm wards off forward, sit your right palm on the right side.

Put your weight on your right leg, left leg steps to the left side.

Shift your weight backward, lift up your left leg and steps backward, straighten your left arm and turns your left arm, circle your right arm on your right side, sit your right palm.



Shift your weight backward; turn your body to the left.



Left foot touches ground with left toes pointing at 45 degrees, turn your left arm up until your left palm is facing upward, curve your right arm inward and sit your right palm.



Shift your weight backward, left arm pulls downward, gradually curve your right arm horizontally inward.



Turn your body to the left, left arm circles from inside out, right leg makes half step to the right side with right toes pointing to the corner.

Left arm pushes upward, sit your left palm, right hand makes fist and punches horizontally inward, right wrist slightly bent, at the same time lift up your left leg and step forward with left heel touching ground and left toes pointing forward.

At the same time, left arm pulls backward until it reaches the side of your left hip, right palm strikes out horizontally, use your right heel as a pivot to turn your right toes inward.

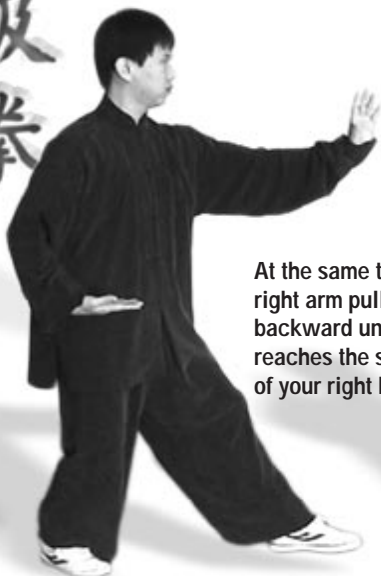


Shift your weight backward, lift up your right leg and step backward, straighten your right arm and turn your right arm, circle your left arm on your left side, sit your left palm.

Right foot touches ground with right toes pointing at 45 degrees, turn your right arm up until your right palm is facing upward, curve your left arm inward and sit your left palm.

太极拳

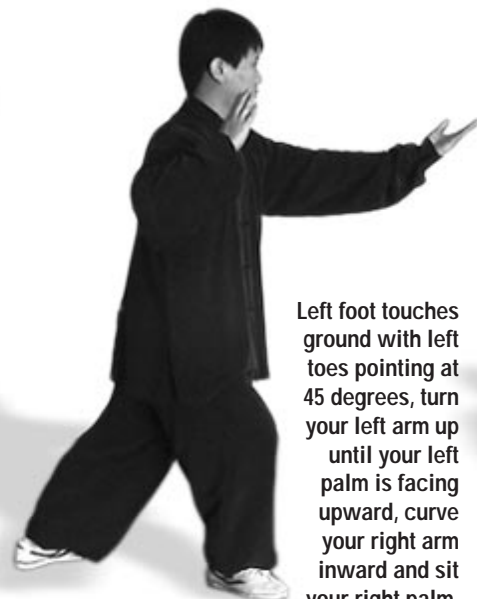
Shift your weight backward; turn your body to the right.



At the same time, right arm pulls backward until it reaches the side of your right hip;



Left foot touches ground with left toes pointing at 45 degrees, turn your left arm up until your left palm is facing upward, curve your right arm inward and sit your right palm.

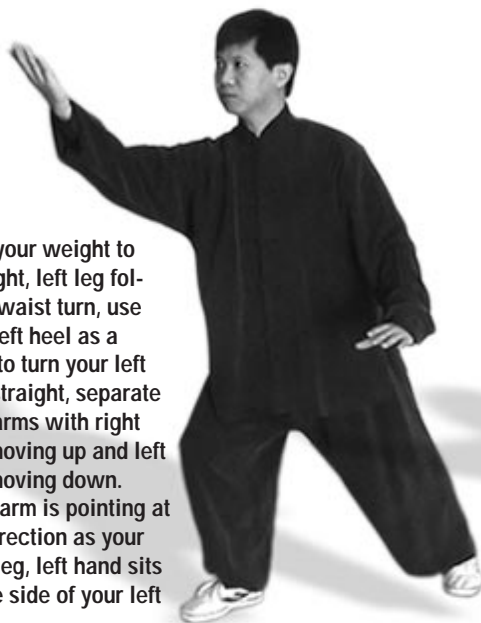


left palm strikes out horizontally, use your left heel as a pivot to turn your left toes inward.

Shift your weight backward, lift up your left leg and steps backward, straighten your left arm and turns your left arm, circle your right arm on your right side, sit your right palm.



Shift your weight to the right, left leg follows waist turn, use your left heel as a pivot to turn your left toes straight, separate both arms with right arm moving up and left arm moving down. Right arm is pointing at the direction as your right leg, left hand sits on the side of your left hip.



Shift your weight forward, raise your left leg, step down your left leg with your left toes pointing at 45 degrees.





Shift your weight backward; turn your body to the left. At the same time, left arm pulls backward until it reaches the side of your left hip, right palm strikes out horizontally, use your right heel as a pivot to turn your right toes inward.



Shift your weight backward; left arm rotates up, right arm rotates in.



Raise your right leg and step backward to the right at 45 degrees; right heel touches ground, both arms meet on the left side.



Shift your weight onto your left leg, open both arms, gradually raise your right leg.



Right leg steps forward, right heel touches ground, at the same time circle both arms



Right heel touches ground to form the empty stance; both arms follow the waist turn and meet in front of your body.

This movement is same as the Raise Hand movement in the first section.

VIDEO

Yang Family Tai Chi Chuan Competition and Demonstration Form 49 MOVEMENTS



A 150 minute instructional video performed by Master Yang Jun, 6th generation Yang family.

Professionally produced with Master Yang's verbal instruction presented in English \$ 44.99

ORDER NOW AT :
sales@yangfamilytaichi.com
or by phone : 1-425-869-1185

Quantity discounts available.
\$4.95 shipping/handling in U.S., additional required outside of U.S.



www.yangfamilytaichi.com



國際楊氏太極拳協會

MORELOS, MEXICO

Sept 5-7, 2003 • Hand Form
Contact: Daniel Corona
Ph: 52-777-317-6019
Email: daniel@artes-marciales.ws
http://www.kungfu.com.mx

PORTO ALEGRE

Oct 16-22, 2003 • Hand Form
• Saber Form
Adriano Jagmin d'Avila
Ph: 55 51 226 0224
Fax: 55 51 226 0224
www.centroculturaltao.com.br/
Adriano@yangfamilytaichi.com

RIO DE JANEIRO

Oct 3-5, 2003 • Sword Form
Edson Marcio V. Lacerda
Ph: 55 21 2521-28-06
Fax: 55 21 2521-28-06
carla@yangfamilytaichi.com

ITALY, ROMA

December 3-10, 2003
Saber & Hand Form
Claudio Mingarini
Tel (W) 39-6-8610590
Tel (H) 39-0744-407985
claudio@yangfamilytaichi.com

SAO PAULO

Oct 8-9, 2003 • Sword Form
Oct 10-12 • Hand Form
Angela and Roque
Ph: 55-11-38848943 or
55-11-47046578
www.sbtcc.org.br
angela@yangfamilytaichi.com



**INTERNATIONAL YANG STYLE
TAI CHI CHUAN ASSOCIATION**
4076 148th Ave NE
Redmond, WA 98052 USA