

國際楊氏太極拳協會

The Journal of the International Yang Style Tai Chi Chuan Association



Tai Chi Chuan

Number 14 • Summer 2004



CHINA *Adventure* 2005

*Heritage Tour and 80th
Birthday Celebration*

YANG LAOSHI'S LAST
TEACHING TRIP TO PARIS

GRASPING THE BIRD'S TAIL
IN TAIYUAN

TAI CHI CHUAN FOR
YOUNG AND OLD

PREPARING FOR THE
RANKING TEST



PRESIDENT'S LETTER

Dear Member,

Summer has almost ended. When I came across many friends, they asked me how my grandfather was doing. They also wanted me to send their best regards to him. Early this summer, my grandfather and I toured Europe. This was my grandfather's final seminar outside China. We had seminars in Paris and Stockholm. We had students from U.S.A., Canada, Spain, Greece, Italy, Germany, Poland, England, Finland, Denmark, and Argentina. My grandfather has been to France for seminars many times. He was very happy to meet all the old friends. Many people were happy to see that my grandfather is healthy and full of energy – just like he was fifteen years ago. In Sweden, students had arranged some performances and we also had a BBQ gathering. During the BBQ, students sang folk songs from their countries. My grandfather also sang a song from a Chinese opera. When the gathering was over, we all had a happy time and many of us felt sad as we bid farewell to my grandfather on his final European seminar trip.

July, 2005 will be my grandfather's eightieth birthday. Many of my grandfather's disciples and students are going to celebrate this special occasion with him. We are planning a big birthday party in Taiyuan. The International Association is also planning a three week tour to China (Please refer to the details in this issue.) My grandparents will travel with the tour group. My grandfather will lead the morning Tai Chi practice sessions. My grandfather and I will also teach a seminar while we are staying on Wu Tai Mountain. I believe this trip will be very memorable for everyone involved.

The International Association is re-designing the web site to improve the appearance and functions. We will add more services for our members. In the new site, members can read all the previous journals and preview articles for upcoming issues. Members can also use the site to update their email addresses or pay membership dues. All the Yang Chengfu Centers will share Association information, review Association articles and arrange newsletters for individual Centers. The new site will greatly improve the management and services for the Association. We understand these changes require lots of work and time from many volunteers. They all love Tai Chi Chuan and are willing to work hard to promote Tai Chi Chuan. On behalf of all our members, I would like to sincerely thank them for all their efforts. We are all looking forward to visiting the new web site. ●

Yang Jun

President

Translated by Hon Wah Chan

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China Adventure 2005

Heritage Tour and 80th Birthday Celebration

By Dave Barrett

In honor of Master Yang Zhenduo's 80th birthday, the Association is pleased to announce a special China Adventure in July, 2005. The center piece of the trip will be a grand event in Taiyuan to celebrate Yang Laoshi's 80th birthday that will include friendship demonstrations, international exchanges and, of course, a banquet.

There are two tour packages offered: 23 days and 7 days. Each package will include the celebration and then a four day stay on Wu Tai Mountain, the most famous Buddhist temple complex in China. During our stay on Wu Tai Shan there will be a special Seminar with Masters Yang Zhenduo and Yang Jun. There will also be an International Ranking Test. Mornings will be devoted to classes and afternoons will be spent exploring the famous temples and scenery. Following our sojourn in the mountains we will travel to Beijing by bus, stopping at two famous cultural sites: Hang in the Air Temple and the carvings at Yun Gang Cave.

The 23 day tour begins in Shanghai and explores important historical and cultural locations throughout southern China. The itinerary is an exciting voyage through some of China's most outstanding scenery, famous temples and artistic centers. Master Yang Zhenduo and family will join the tour for the 3 day cruise through the Three Gorges and Yangtze River.

Both packages are all inclusive: in-country travel, lodging and meals will all be first rate. International roundtrip air fares are not included. The Ranking Test fees will be \$20 for levels 1-3 and \$40 for levels 4-6. The 23 day Tour will be limited to 100 participants, the 7 day Tour will welcome as many friends as possible! All fees must be paid in full by March 31, 2005. To register please contact Fang Hong @yangfamily-taichi.com.

The Association hopes that this will be an exceptional opportunity to tour China's heritage and celebrate a very special birthday!

Datong Yun Gang Cave



Wu Tai Mt

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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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China Adventure 2005

TOUR PACKAGE #1 :

Total cost: \$2770, based on double occupancy, for single accommodations add \$670.

7/10 Arrive in Shanghai

7/11 stay in Shanghai

6-7am Practice Taichi. 8am Leave for Zhouzhuang water village (~1.5 hour driving). After lunch, return to Shanghai and visit the waterfront Bund and tour Pujiang by boat.

7/12 stay in Huangshan

6-7am Practice Taichi. After breakfast, Bus tour of the new Pudong district, South Pu Bridge, Pujiang Tunnel, get on top the Pearl of Orient tourist tower for a scenic view of Shanghai city. 21:00 Fly to Huangshan. 22:00 Arrive in Huangshan

7/13 stay in Huangshan

6-7am Practice Taichi. Climb the historical mountain – Huangshan, visit North Sea, West Lake, Shi Xin Peak, Miao Bi Sheng Hua, and White Crane Peak.

7/14 stay in Huangshan

6-7am Practice Taichi. After breakfast, descend Huangshan by

tram, tour Yu Ping Peak, Yu Ping Tower, Ao Yu Peak, Fei Lai Rock, Yi Xian Tian, One Hundred Scaling Ladder, etc. After lunch, visit Toriis. After dinner, free activity around Tun Xi streets.

7/15 stay in Shanghai

6-7am Practice Taichi, tour Xi Di, Hong Village. After dinner, 19:50 Fly to Shanghai. 20:50 Arrive in Shanghai

7/16 stay in Chengdu

After breakfast, 8:50 Fly to Chengdu. 11:30 Arrive in Chengdu. After lunch, bus tour to Du Jiang Yan, sight seeing the Du Jiang Yan construction, Two King Temple, An Lan rope bridge.

7/17 stay in Emeishan

Bus to Dongshan and tour the historical mountain – Dongshan, Emeishan. Visit the highest Buddha statue – Dongshan Buddha, Ling Yun Temple, Ling Yun Passage way.



TOUR PACKAGE #2 :

Beijing, Taiyuan, Wutaishan, Datong, Beijing

Total: \$942 based on double occupancy, for single accommodations add \$322



Wu Tai Mt.



Yun Gang Cave

Hanging in air temple





Shanghai, Huangshan, Chengdu, Chongqing, Three Gorges, Wuhan, Taiyuan, Wutaishan, Datong, Beijing

7/18 stay in Chengdu
6-7am Practice Taichi. Tour Emeishan Gold Peak, Hua Zang Temple, Qing Yin Ge, Yi Xian Tian, Mt. Monkey. Bus to Chengdu

7/19 stay in Chongqing
8:00 Fly to Chongqing. 8:50 Arrive in Chongqing, tour the historical site – Da Zu Bao Ding Carved Stone

7/20 stay on the boat
6:30 – 7:30am Practice Taichi. 11:00 Boat cruise the Three Gorges of the Yangtze River. Afternoon, port in Fengdu and tour the ghost town

7/21 stay on the boat
Cruise through Qutang Gorge, The Three Little Gorges, Wu Gorge, Xiling Gorge, pass the Three Gorges Dam ship lock

7/22 stay on the boat
In the morning, land tour of the Three Gorges Dam

7/23 stay in Wuhan
12:00 Arrive in Wuhan. Afternoon, tour Yellow Crane Tower

7/24 stay in Taiyuan
6-7am Practice Taichi, Tour Lake Dong. 16:00 Fly to Beijing, 17:35 arrive in Beijing. 20:10 Fly to Taiyuan. 21:00 Arrive in Taiyuan

7/25 stay in Taiyuan
In the morning, birthday celebration. Afternoon, Taichi demonstration and exchange among various nations.

7/26 stay in Wutaishan
In the morning, leave for Wutaishan – one of the four famous mountains for Buddhism in China. In the afternoon, tour Bodhisattva Peak, Xian Tong Temple, Tower Temple. 8-9pm Taichi chuan lesson.

7/27 stay in Wutaishan
In the morning, attend the Wutaishan International tourist month opening ceremony. In the afternoon, Taichi chuan lesson. In the evening, ranking examination.

7/28 stay in Wutaishan
In the morning, Taichi chuan lesson. After lunch, tour Dai Luo Peak, Shu Xiang Temple

7/29 stay in Wutaishan
In the morning, Taichi chuan lesson. In the afternoon, tour Long Quan Temple, Ten Thousand Buddha Temple

7/30 stay in Datong
After breakfast, leave for Datong by bus. Tour Hang in the air Temple.

7/31 Stay in Beijing
After Breakfast, Leave for Beijing, Tour Yun Gang Cave along the way. Beijing duck banquet in the evening

8/1
Tour complete after breakfast **Day 23**

7/23 Stay in Beijing
Arrive in Beijing

7/24 stay in Taiyuan
Fly to Taiyuan

7/25 stay in Taiyuan
In the morning, birthday celebration. Afternoon, Taichi demonstration and exchange among various nations.

7/26 stay in Wutaishan
In the morning, leave for Wutaishan – one of the four famous mountains for Buddhism in China. In the afternoon, tour Bodhisattva Peak, Xian Tong Temple, Tower Temple. 8-9pm Taichi chuan lesson.

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In the morning, Taichi chuan lesson. In the afternoon, tour Long Quan Temple, Ten Thousand Buddha Temple.

7/30 stay in Datong
After breakfast, leave for Datong by bus. Tour Hang in the air Temple.

7/31 stay in Beijing
After Breakfast, Leave for Beijing, Tour Yun Gang Cave along the way. Beijing duck banquet in the evening.

8/1
Tour complete after breakfast **Day 9**

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YANG LAOSHI'S *Last Teaching Trip to* PARIS

By Duc & Carole Nguyen Minh

In this year 2004, for the last International teaching trip of Master Yang Zhenduo, only two sites were scheduled in Europe for the seminars. One of them was naturally Stockholm, for historical and symbolic reasons, being the headquarters of the Association in Europe. The Yang Chengfu Center Paris had the honor to host the other one. One reason is that we are a new Center – 2 years old, but there are symbolical and historical reasons as well. Symbolic: as 2004 has been declared, “The Year of China” in France, which is an opportunity for France to honor Chinese culture, sports and economy. Historic: as the first international teaching trips of Master Yang occurred in France – in Paris – in 1985, at the invitation of Mr. Kou. However, contact with Master Yang was lost for a while, until the Leray’s in Pau resumed contact with the Masters in 1999, and set up the first YCF Center in France in 2000.

As a consequence, France may be one of the major countries practicing Traditional Yang style, but many of her Clubs and Tai Chi players have grown up without any contact with the Yang Family Masters, and without much communication between themselves. Moreover, there are two federations in France for Tai Chi Chuan: The National Committee for Kung Fu Wu

Shu CNKW-FFKAMA and Federation of Tai Chi and Qi Gong: FTCCG, in which the Clubs practicing the Yang Family style are not well represented. As a Yang Chengfu Center, we hope to change this situation progressively. By keeping in close contact with the Yang Family, we’ll promote exchanges with other Tai Chi players and transmit the best of the Yang Family style: the valor they embody, generosity, open-mindedness, sharing abilities, and humility.

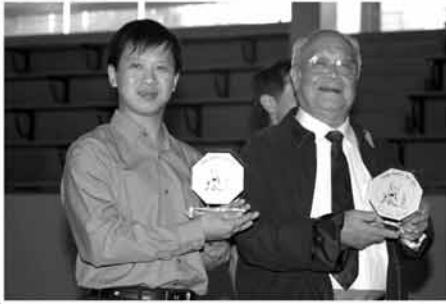
Organizing International seminars with the Masters, and presenting smaller preliminary mini-seminars, are means to achieve this objective. Thus, two earlier International seminars have been organized. Our first seminar in 2001 was the first time Yang Laoshi came back to Paris, and we sought to welcome the Yang Masters with dignity. The seminar was a success, although a part of the Yang Style Tai Chi community did not take part in the event. At a reception at the prestigious “Ecole Polytechnique”, Master Yang Zhenduo and Master Yang Jun were greeted by General de Nomazy, chairman of the school, and received the medals of the town from the Deputy-Mayor of Palaiseau (20 km South of Paris).

Our second seminar in 2003 was the first time Master Yang Jun came in France without his Grandfather.





Again, the French Yang Style Tai Chi community was still hard to convince, many other groups did not participate intentionally, but the seminar was finally a success thanks to European participants with a large group coming from Sweden. Moreover, specialized French magazines greeted Master Yang Jun as the leading teacher of the Yang Family: he was interviewed by "Generation Tao" and was the front page interview in "Energies" a special issue of "Bushido-Karate Magazine". Master Yang Jun was also honored at a party where the Mayor of Gif sur Yvette (30 km South of Paris), a deputy, and the chairman of Club Chevy were in attendance.



For this third exceptional seminar in 2004, our first goal was to honor Master Yang Zhenduo with a massive attendance. Previous articles on the Masters along with extensive advertising in specialized magazines helped a lot as did the Web site of the Association. This was an occasion for many of us to meet the Grand Master again, and for others to finally discover the leading teachers of Traditional Yang Family Style Tai Chi. This goal was largely achieved: around 25% foreign students joined the seminar, 12 different countries were represented including Italy, Switzerland - with a special mention to the remarkable Spanish group, America, and also Guadeloupe and Madagascar.

Although some problems arose with the Masters' visas, finally tenaciously resolved by Mei Mei Teo, everything and everybody was ready for the opening, including the wiring for sound of the large and beautiful gymnasium. Even the sunshine was present and the weather mild on the green and hospitable Orsay Campus, 25km south of Paris. On the morning of June 12th June, the students welcomed Grandpa Yang Laoshi with his

Grandson, for a six day intensive Tai Chi Seminar: covering the Hand form, Saber, three push hands sessions. Both Masters appeared in very good shape, despite a short one day rest and many hours jet lag.

Then a magic atmosphere seemed to hover on every moment of the seminar, from its opening to its closure. There was a special taste to every detail, every familiar occurrence as if it were happening for the last time. Conversely, it reminded many of us of how fantastic it was when we discovered these marvelous teachers for the very first time. One will long remember the clear and insightful lecture of Master Yang Zhenduo on the history and theory of Tai Chi. He delivered the lecture with his legendary charisma and passion, showing the deep accomplishment of his art, well backed by two appreciated translators, one for Chinese to French, and the other one for Chinese to English.

Then everybody enjoyed the teachings of Master Yang Jun, who made a keen presentation of the forms from the stage, along with a generous display of applications using our friend Duc, who seemed to some to have gained special "flying abilities". During classes, while students repeated the sequences with Master Yang Jun, Yang Laoshi passed as usual through the ranks, checking conscientiously any participant with a penetrating look, without any detail escaping to his attention, correcting a student here and there, sometimes making him repeat many times. Many of us are familiar with this exceptional teaching team of the two Masters from their numerous international teaching trips, and this was no exception. What was special was that an observant eye could catch from time to time a fugitive glimpse of Grandpa full of restrained pride in his grandson...

One of the most exceptional moments occurred at the end of the Hand form seminar, when, as usual, the 100 students performed straightforwardly the 103 postures, driven by Master Yang Jun under the declamations of the sequences by Yang



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Laoshi. The atmosphere there looked more magical than usual. Why did the Master's un-amplified voice sound so particularly powerful and beautiful, filling the whole space of the large gymnasium and resonating inside the heart of everybody? Why did the students feel as if transported by its energy into a kind of martial opera? Was it the large number of students, or the feeling of an approaching farewell instant which moved the students, making them feel so nimble? Perhaps this moved Yang Laoshi as well, giving him such power in his voice.

Then, the reception was a privileged occasion to greet the Masters and was a relaxing break in the seminar for friendly exchanges among the students, the Masters and invited persons. The Yang Chengfu Center Paris humbly offered Master Yang Zhenduo and Master Yang Jun a trophy of the seminar Paris 2004 specially designed by Arthus & Bertrand. Among the invited persons were some VIPs: Mr. Shen Zhong Wen Secretary of Chinese Embassy, the Director of the University and the President of the Club Chevy. Under spotlights and to music the 49 demonstration form was majestically performed by students from different levels and countries, which had trained hard in the days before during their free time. There followed a fresh young Wu Shu artist, Miss. Lin Xia, who demonstrated a fan and a Wu Shu hand form tao lu, and finally a hip-hop group from Club Chevy demonstrated acrobatic dance figures. The outstanding moment of this event was no doubt reached with the Masters' demonstrations. When Yang Laoshi performed under the spotlights the 13 short form postures, time seemed to have "suspended its flight", and

everybody held their breath. This demonstration was the most marvelous gift to the attendants, who will forever keep in their memories the sight of these grand and powerful postures of the Yang style, embodied by the world leader of the style. Then Master Yang Jun treated the attendants with an unexpected push hands demonstration with the brave Claudio Mingarini. Every attendant and invited person could appreciate the specific push hands techniques of the Yang Family Tai Chi, and the martial aspects which are often overlooked in many schools. Then, the attendants enjoyed Asian and French food, sampling some good French wines and Champagne while talking or taking pictures.

Finally, the seminar came to an end, students returned to their respective homes, enriched with their insights into Tai Chi practice but also, with their circle of friends enlarged, and invaluable memories kept in their mind. Later on, when thinking back to this marvelous week they will say: "we were there!" Naturally, this outstanding event didn't escape to the attention of the press; in particular, you can read a front page interview of Yang Laoshi in the new and valuable French magazine for Martial Arts: "Dragon".

Grandpa Yang Laoshi has honored us with his last teaching trip, an invaluable gift, which will in the near future definitely help to raise up the traditional Yang Family style to the level it deserves in France, promoting closer relationships and friendship between the different Clubs. Additionally, with assistance of Yang Jun, Grandpa Yang Laoshi has also appreciated French gastronomy. Perhaps some of you already know that he loves grilled beef and French

fries, sweet wines and champagne. But this time, after six days and studious attempts he also appreciated good red wine, especially Bordeaux and Bourgogne.

The final day, in his farewell address, Master Yang Zhenduo gave us this message: this was his last trip in France, in the midst of the "Year of China" in France. Next year his 80th birthday will be celebrated in China. Why not come and visit China and participate in the festival, celebrations and seminar? A very tempting invitation! This remark appeared us as a symbol, to which can be added another one: Grandpa Yang Laoshi is returning to China, from now on, our guide in the

West will be his grandson Yang Jun. And readily, Master Yang Jun promised to come back to Paris next year in June of 2005.

« Yang Laoshi, Zai Jian » !

« Au revoir, Maitre Yang » !

About the Yang ChengFu Center PARIS

The YCF center Paris was created in November 2002. It is directed by Duc Nguyen Minh and his wife Carole.

Besides his work as a lab researcher in the well known "Ecole polytechnique",

Duc shares Yang Style Tai Chi teaching duties with Carole at four Tai Chi Clubs, with a total of 100 students. Carole is also the treasurer of the "Tai Chi Section of Club Chevy at Gif sur Yvette", which is the main Club for the YCF Center. The

other Clubs are ASL Marcoussis, CSX polytechnique and CLAS Meudon.

The YCF Paris has already held 3 International seminars in the Paris region with the Masters Yang in 2001, 2003 and 2004, with 4 to 5 preparatory seminars per year.



Yao Junfang, center, and students

Grasping the Bird's Tail in Taiyuan

By Glenda Liu Quarnstrom

Grasping the Bird's Tail (ward off, roll back, press and push) is the first four of the eight gates which form the basis of taiji. It is said that in order to master the art of taiji, you must first learn to grasp the bird's tail. This past summer, I had the privilege of living in Taiyuan for a month, working with some of the finest Yang-style players, who not only taught me to "grasp the bird's tail", but in doing so, allowed me to experience what is entailed in preparing for a competition in China.

When I arrived, Yao Junfang and her students were practicing for the Shanxi Yang Family Taiji Competition which will be held in July. Yao Junfang, a disciple of Grandmaster Yang Zhenzhou, began studying taiji 23 years ago because she "liked movement exercises". A year later she began studying with Grandmaster Yang. Between 1988 and 1992, she won three overall provincial championships, demonstrating her proficiency in the 49, sword and saber. She currently teaches over 100 students in the parks around Taiyuan, some of whom have gone on to win overall and individual championships themselves. Among them is Guo Xuling, who won the international competition in the sword two years ago. In addition, Yao Laoshi has taught students from Japan, the United States and France.

Those participating in the upcoming competition practiced every night for 2 hours at a plaza sandwiched between two of the busiest boulevards in Taiyuan. By the time they peddled home on their bikes at 8:30, the sun had long set. In addition, when possible, they practiced in the park from 7:30 in the morning. Working with them, I gained a deep appreciation not only for their level of commitment and proficiency, but for the challenging conditions under which they must practice. While practicing in the park sounds romantic, I immediately discovered that park space is shared with other users and you first must learn to ignore the recordings of aerobic exercise groups, the wail of traditional opera troupes, as well as periodic shouting and clapping, which I assume develops the lungs in some way. The pavement is uneven, you have to dodge shuttlecocks and of course there are the vagaries of the weather. Although practice was cancelled on two

occasions due to rain and heavy winds that uprooted two trees in the park, a drizzle did not deter the most determined. When I asked what they do in the winter, I was told "we wear coats and gloves". On the other hand, because there is no fee for using parks, they are free to practice as often as they like.

The first weekend I was there, we attended a three-day workshop on the 49, sword and saber taught by Grandmaster Yang. Yao Junfang assisted when Master Yang needed someone to demonstrate the moves and taught one of the sections when we broke off into smaller groups. Her students were called on to stand in the front as models for us to copy. The workshop was held in the parking lot of a school. It was hot, space was limited and we were constantly dodging cars pulling in and out in addition to each other's weapons. At one point, a neighboring Dunlop tire store celebrated their grand opening with the usual Chinese dedication of speeches, lion dances and firecrackers, which set off car alarms all around us, but none of this interrupted Master Yang's discussion of the 49 form and I appeared to be the only one who noticed the distraction.

Yao Laoshi leads her evening practices, assisted by Yang Yongfeng, who also organized the workshop. What impressed me most was the way in which the students all corrected and helped each other. Guo Xiaofang was so funny in imitating our mistakes that I enjoyed receiving corrections from him. Of course it was a little disconcerting the first day when three of them simultaneously grabbed my arms and legs to help me with brush knee. It was an incentive to work hard on the move and by the end of the month, I was "bu cuo" (not bad). Though I continued to seek out times to practice on my own, I was often glad that Huang Jiandong came early to practice and was willing to answer any questions I had. I realized that by practicing every day with a group and receiving constant corrections, you do not develop bad habits which are difficult to correct. They were like a family, with each looking out for each other, the more advanced students serving as role models and teachers to the others. In addition, by working together, their team work on the sword and 49 were near perfect. It was quite inspiring and no

surprise that they have won the overall team championship every year since 1994 and are poised to do so again this year.

Yao Laoshi and her students often stayed after the morning practice to play cards. Once in a while some one would bring fruit to share. One evening I showed up to find Su He cutting a watermelon with his saber. Another night, when I was so cold I could barely make a fist or hold my sword, Guo Xuling called his wife and asked her to bring a jacket for me to wear. After the plastic cases for my sword and saber ripped, He Yuhua made a special case for me out of an old pair of trousers.

In addition, I also worked with Duan Yinglian, a spry 72 year old woman, who is truly a treasure. After contracting hepatitis in 1968, she took up taiji to prove to her husband that it would not cure her illness. Much to her surprise, she recovered quickly and began to take lessons from Yang Zhenzhou in the same plaza where Yao Laoshi's students practice every night. In 1981, she and her husband founded the Shanxi Taiji Research Institute and in 1997 Duan Laoshi received a special award from Grandmaster Yang for her contributions to furthering the practice of Yang-style taiji. She has developed a method for teaching internal energy that must be experienced to be appreciated. She put my hands on her waist to demonstrate grasping the bird's tail and I could feel the strength of her qi moving my body. It was an awesome, incredible experience I shall treasure my entire life. Her teaching is deep and at times difficult to grasp, but just when I felt discouraged, she would get a sparkle in her eyes and giggle, breaking the tension. Formally "retired" from teaching, I feel very fortunate that she found the time to work with me.

I want to thank Duan Laoshi, Yao Laoshi and all those who helped me learn to grasp the bird's tail. Thanks also to Jeremy Blodgett for taking care of all the arrangements to make my trip possible. ☯

Editor note

If you are interested in studying in Taiyuan, you can do so through the Shanxi Association. Please contact International Yang Style Tai Chi Chuan Association at info@yangfamilytaichi.com and we will make it happen!

太极拳



Shift your weight to your back leg and flatten your two palms. Your eyes are still looking forward.

After shifting your weight back, make sure that your torso is not leaning and keep sinking your chest.



Use the turning of your waist to move your arms. Your left hand has the intent of pulling and the right arm follows the movement.



Your head should be turning with your body and looking forward.

Your arms are following the turning of the waist and making a big circle.

Follow the turning of your waist with your right toe.

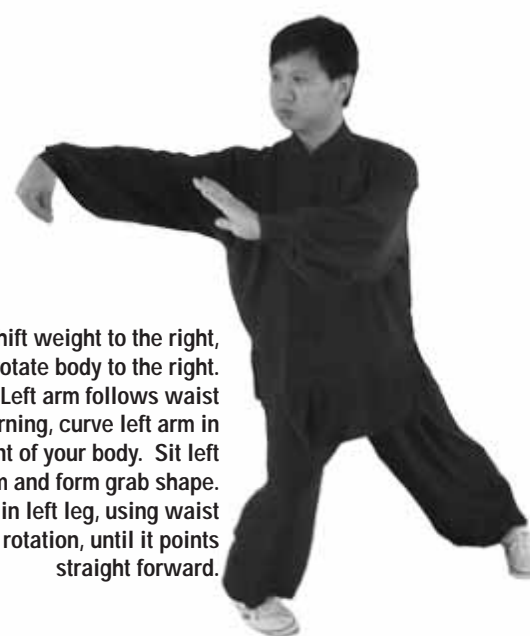


Follow the left hand's motion with your eyes.

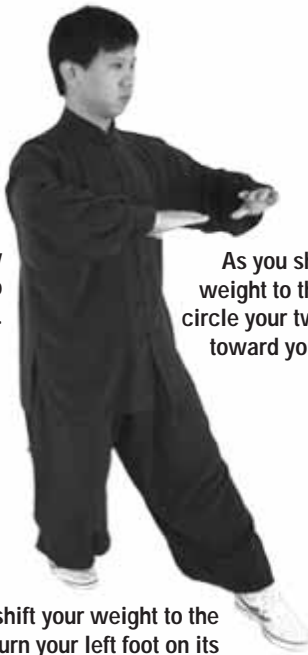
Start shifting your weight forward and turn your body slightly to the left. At the same time rotate and circle your left arm to the cardinal point. Do not extend your arm yet.



Make sure that your torso is straight up and down, and that your chest is rounded. Your torso should be facing between South and Southeast.



Shift weight to the right, rotate body to the right. Left arm follows waist turning, curve left arm in front of your body. Sit left palm and form grab shape. Turn in left leg, using waist rotation, until it points straight forward.



Keep your body straight and do not lean back.

As you shift your weight to the right, circle your two arms toward your body.



Make a hook hand with your right hand.

Keep your weight in your left leg.



Look in the direction of your left hand. Start rotating your left hand to the inside.

As you shift your weight to the right, turn your left foot on its ball until it feels comfortable. Keep your groin open and your knees apart.

Continue turning your body to the left and point your right toe to the Southeast corner, at 135° from where you were pushing. Your arms continue circling to the left side of your body past the cardinal point.



Shift weight to the left. Rotate body to the left by 45 degrees.

Curve right arm to form ward off shape.



Circle left arm downward and right arm upward, right leg steps in with toes pointing forward.

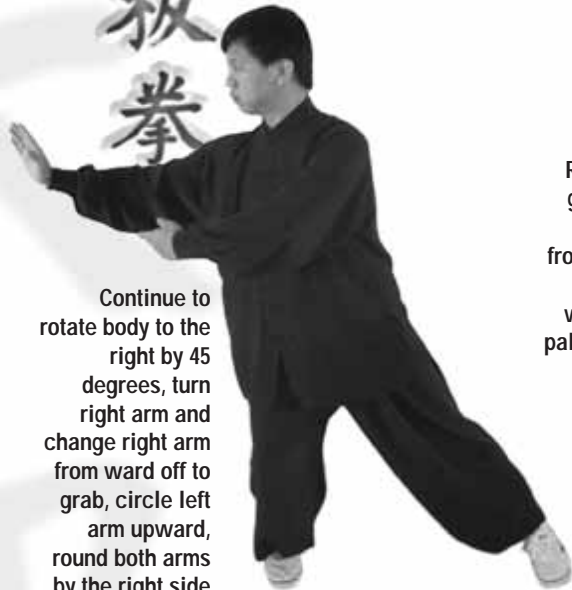
Keep the distance of both legs at shoulder width apart.



Shift weight to the right, rotate body to the right, right arm warding off upward.

Left arm changes from pull to ward off with left palm facing inward.

太极拳



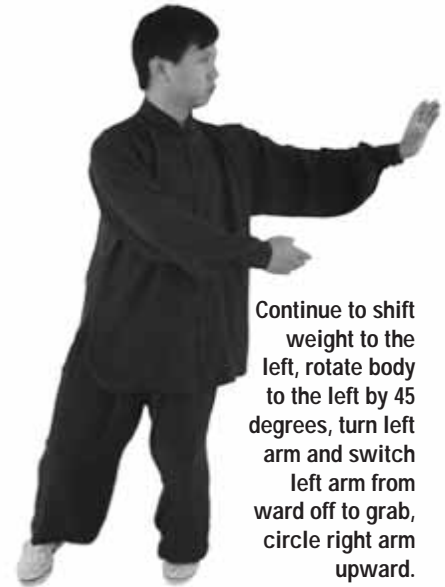
Continue to rotate body to the right by 45 degrees, turn right arm and change right arm from ward off to grab, circle left arm upward, round both arms by the right side of the body.

At the same time, left leg steps out sideways with left toes pointing forward.



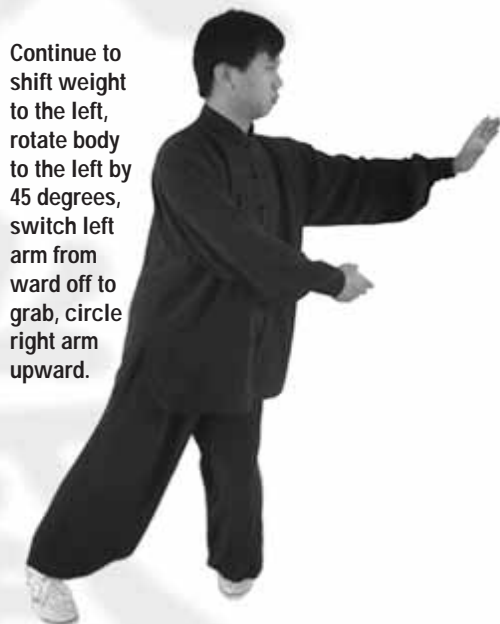
Right arm gradually changes from pull to ward off with right palm facing inward.

Shift weight to the left, rotate body to the left, left arm warding off upward.

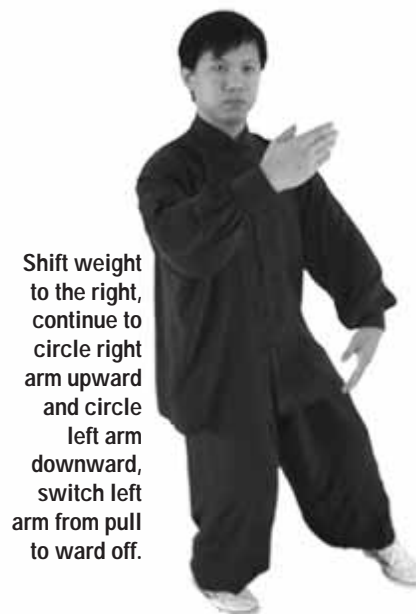


Continue to shift weight to the left, rotate body to the left by 45 degrees, turn left arm and switch left arm from ward off to grab, circle right arm upward.

Right leg steps in with right toes pointing forward. Keep the distance of both legs at shoulder width apart.



Continue to shift weight to the left, rotate body to the left by 45 degrees, switch left arm from ward off to grab, circle right arm upward.



Shift weight to the right, continue to circle right arm upward and circle left arm downward, switch left arm from pull to ward off.



While shifting weight to the right leg, extend right arm, right hand forms hook and points backward, continue to circle left arm upward.

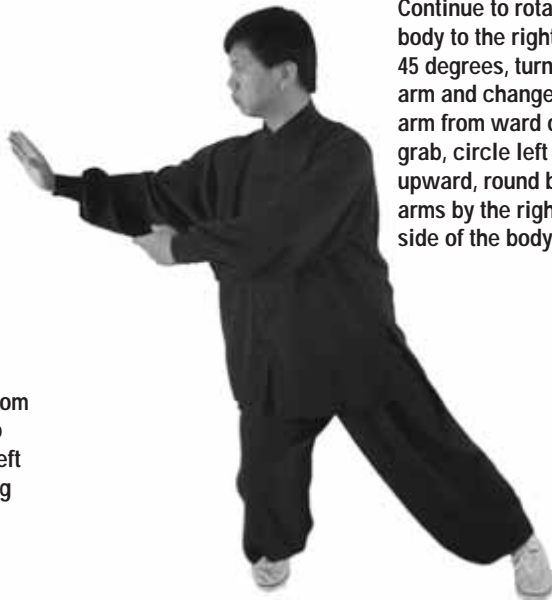
Right leg steps in, turn in right toes by 45 degrees. Keep the distance of both legs about shoulder width apart.



Right arm warding off upward.

Left arm changes from ward off to pull with left palm facing inward.

Shift weight to the right, rotate body to the right.



Continue to rotate body to the right by 45 degrees, turn right arm and change right arm from ward off to grab, circle left arm upward, round both arms by the right side of the body.

At the same time, left leg steps out sideways with left toes pointing forward.



Right arm gradually changes from pull to ward off with right palm facing inward.

Shift weight to the left, rotate body to the left, left arm warding off upward.

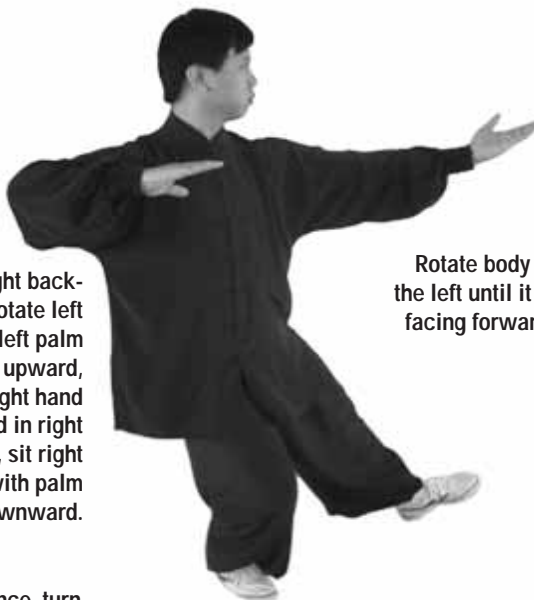


FRONT VIEW ->

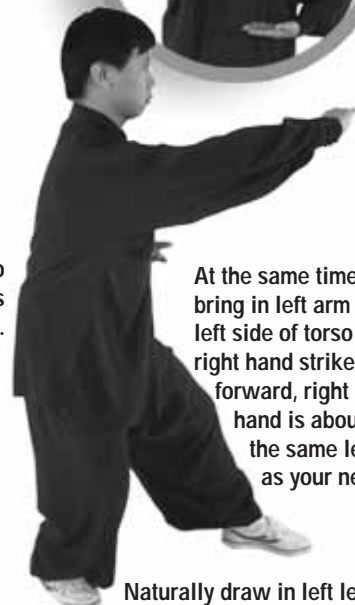


Shift weight backward, rotate left arm until left palm faces upward, open right hand and bend in right elbow, sit right hand with palm facing downward.

Left leg steps forward to form bow stance, turn left palm, warding off with left arm. With weight shifting forward, left arm strikes forward, same form as Single whip.



Rotate body to the left until it is facing forward.



At the same time, bring in left arm to left side of torso as right hand strikes forward, right hand is about the same level as your neck.

Naturally draw in left leg and change to empty stance with ball of left foot touching the ground.



PREPARING FOR THE RANKING TEST

By Robert Wagg, Winchester, Virginia

For the benefit of our members, in this article I will offer my thoughts and experiences concerning our Association Ranking process: both the actual testing as well as the preparation.

I must admit to originally being opposed to ranking. When the Association began ranking, my rebel nature took over. I remember thinking, "Why would anyone want to be ranked?" As time went on I changed my opinion. I found myself very interested in teaching Tai Chi as I desired to share the joys of my knowledge and understanding. I studied with my teacher, Pat Rice, and became an assistant teacher in our school. I now see that it is necessary to have a standard and to qualify teachers to prevent just anyone hanging out a shingle and say they are a teacher of Tai Chi. I decided after meeting a few teachers who I felt were not qualified – that I would need to differentiate myself and the best way was to begin the ranking process. I hope to teach other aspects of Chinese internal martial arts and felt the best place to begin was with my own school, my own family style and my own teacher, Pat Rice.

Then my teacher announced in December 2003 that there would be a ranking test in July 2004 when Yang Jun was coming to Winchester for seminars. I agreed to test for level 3 where I felt comfortable and prepared – only to discover that Pat was setting up only a level 4 test. So, I had to decide if I felt qualified for level 4. I had only begun studying the Yang Family sword form and I felt very uneasy about needing to really know and own the form in six months. After an internal debate - I decided I could do it and signed up for the test.

Thus began a serious undertaking of preparation. Pat gathered about 10 of us together who she felt with proper study might qualify. We began

meeting as a group in January and as the months went on the group had drop-outs, leaving a core of only five of us. Pat felt the best way to prepare was as a group and so in January we began a series of Saturday morning meetings. Over the six months we met an average of twice per month for a total of 12 meetings. In between the meetings we studied individually and in smaller groups.

The key to our success (all five of us passed the ranking test) was, I believe strongly, in our method of preparation much of which was directed by our teacher. But as the famous saying goes, "You can lead a horse to water, but you cannot make the horse drink". All of us put in many more hours of study than the Saturday mornings – that really was just the tip of the iceberg. The Saturday mornings gave us a focus and a strategy to cope with needing to improve our skills.

I will only discuss my own learning curve as I cannot speak for the members of the group, (my guess is that most of us feel the same way).

There are five components to the ranking test for level 4– the four individual forms: Hand Form 103; Hand Form 49; Saber; Sword; and a written test. We began our meetings with a study of theory and Pat recommended specific books for us to study. We then put in time on our resume, and began an in-depth study of the forms. I had a lot of ground to cover. Not knowing sword, I was quite concerned as my career work involves a lot of traveling and keeps me from attending classes consistently every week. I had a copy of the 49 Hand Form instructional video by Yang Jun as well as a tape from A Taste of China 1998 in which Yang Jun performed sword as well as saber and Yang Zhenduo performed a short version of Hand Form. These became my bedtime companions as I made a routine to watch the tapes every day. I also read every day and

increased my practice time to include the weapons forms. (I have taken saber seminars with Masters Yang Zhenduo and Yang Jun – never a sword seminar).

During the group meetings we worked through all of the forms as Pat watched us and offered us instruction on an individual as well as group basis. We also began to watch each other and offer comments and help to each other as training partners. This became a cornerstone in our Saturday mornings as well as other practices where we were helping and looking out for each other. We began to become comfortable asking others' advice. More importantly, we began to discuss the forms and discuss our own individual differences in an attempt to find the standard which would enable us to pass the ranking test. We began performing in front of the group. This was extremely helpful for those of us, myself included, who have never been in competition. We found in front of a group that we might forget where we were in the form or miss movements or lose balance. We even worked in small groups in preparation for performing the test and feeling comfortable with others testing on the floor at the same time.

Pat's instruction was invaluable; yet I must say that our working together as a group was an amazing effort – perhaps like a team sport: basketball for instance and yet we were individuals during the test. As the date grew nearer all of us went into a higher gear of preparation and we practiced in silks to understand the feelings and movement. We practiced facing different directions, different speeds and in different combinations of two and three and even the entire group all together. We practiced very slow, we practiced very fast (lovingly referred to as turbo speed) and we practiced at normal pace. And all along we talked to each other and our powers of observation grew along with our skill level.



RANKING RESULTS

LEVEL 1

Amy Calkins Seattle	Laurie Spicer Michigan
Amy Kajimoto Sao Paulo	Brenda Schroeder Michigan
Edison Eduardo Lupinacci Sao Paulo	Georgia Donovan Michigan
Emilia DeGiuli Rome	Judy Wenning Montclair
Marcello Antonio Fernandes Sao Paulo	Susana de Lellis Ribeirao preto
Nick Duane Seattle	Rinaldo Baldini Sao Paul

LEVEL 2

Curt Robinson Seattle	Vera Lucia Barreto Florebtino Sao Paulo
Vera Lazzeri Rome	Ana Cristina Miyamoto Sao Paulo
Michael McCoy Seattle	Marco Antonio Souza Martins Sao Paulo
Damien Yee Seattle	Viviane Goncalves Ferreira
Y.M. Chan Seattle	Martina Sao Paulo
Anne-Marie Boydron Pau	Oswaldo Mauricio Varella Sao Paulo
Eliane Aguetaz Pau	Monica Carrer Teixeira
Jerry Katz Michigan	Costa Ribeirao Preto
Matt Miller New York City	Luciana Vilas Boas Ribeirao Preto
Seijun Iramina Sao Paulo	Paulo Warschauer Sao Paul

LEVEL 3

Osmilda Brancher Porto Alegre	Robert Henry Montreal
Roberta Lazzeri Rome	Laird Trimble Montreal
Hon-wah Chan Seattle	Pascale Decla Pau
Peter Lamanna Seattle	Philippe Denis Paris
Trevor Mearns Seattle	Karena Kimmel Cologne
Edward Moore Seattle	Horst Duys Cologne
Pascale Decla Pau	Margaret. E. Lavake Montclair
Mary Kaiser Michigan	Kenneth Burgess Montclair
Hans Persson Stockholm	Ann Sloane Montclair
Mirjam Nordling Stockholm	Nicola Kietz Cologne

LEVEL 4

Robert Wagg Winchester	Sharon Watters Buffalo
Robert Stieg Winchester	Mui Gek Chan Seattle
Kevan Frye Winchester	Carole Nguyen Minh Paris
Pete Voll Winchester	Eva Mellerot Stockholm
David Brill Winchester	Netta Frister Aaron Stockholm

LEVEL 5

Elin Agnsater Stockholm

LEVEL 6

Andy Lee New Jersey

We looked at the ten principles and we discussed how to not only show the principles but become at one with the principles. We discussed and practiced holding one principle at a time as the guide, and rotated principles.

And suddenly the time was upon us! Yang Jun arrived and we were in the whirlwind of the seminar: learning, studying his movements and listening carefully to everything he said. We barely slept as we practiced early, we practiced during lunch breaks and we practiced in the evenings. And we continued to talk with each other, discussing what we had learned in the seminars and helping each other with improvements.

The night of the test we gathered together and continued to help each other both in physical and mental preparation. And as we made mistakes we helped each other after each form by instilling calm and confidence. And in the end, we all passed. I seriously believe we all passed because we worked hard not just as individuals but as a group, helping each other throughout the entire process.

In reflection, I cannot emphasize enough how a goal focused my efforts and how much my form, balance, and understanding of Tai Chi improved over the six months. I am so happy I made the decision (certainly not an easy one) to test this summer. My understanding of Yang style is so much deeper than it was only six months ago and I believe that I learned more in the past six months than in all my 10 years of study put together. Of course, I needed the previous years to bring me into the place where I was ready both mentally and physically to test.

My recommendation to other students about testing is that everyone should consider testing. It is an individual decision that will be based on individual circumstances. However, what I found for myself as a result of my preparation is a deeper understanding of Chinese martial arts and ultimately a deeper understanding of myself. And the more I learned – the more I realized I need to learn. I do not think it is important to want to teach to enter the ranking process; I think the ranking process gives us goals and a means to improve our skills.

We have a saying in my school: "Tai Chi is the teacher". I feel very fortunate that my life's path has enabled me to be the student. ☯

“Without our friends’ help, we would not be where we are today”

AN INTERVIEW WITH MASTER YANG JUN AND FANG HONG

By Dave Barrett

This July Master Yang Jun and his family were in Portland, Oregon for the Seminar. This was a very special occasion to have Fang Hong and Jason traveling together as most often Master Yang travels by himself. At the close of each class, young Jason would run across the floor with his arms stretched out wide to be swept up by his happy father. It was a wonderful sight which gladdened all our hearts. I’m not sure that many of us realize how hard this family works and how difficult it has been for them to reach this point in their lives. After the Seminar I had the opportunity to talk with them. During the interview young Jason, now a very busy two year old, was in and out of his father’s lap many times and had much to contribute to the interview as well!

DB: I wanted to ask you first about your own personal history: I was wondering where you two met?

FH: Actually we were classmates in Middle School.

DB: Did you go to the same University?

FH: No, I was in Nursing School and he was a Physical Education student.

Jason Yang completes his first Seminar



DB: So you got together after you graduated?

YJ: Yes, a couple years after I graduated we got married.

DB: When did you decide to move to America?

YJ: Actually we started thinking about this in 1997 because I was traveling many times outside of China with my Grandfather. We met many friends and realized that if we unified in a big organization this would be good for Tai Chi Chuan’s development. So we moved our family here in 1999.

DB: You landed in Seattle’s Chinatown and had a small apartment?

FH: That’s right.

DB: Didn’t you work in a restaurant?

FH: Yes, for two months I worked there.

DB: Do you remember the Grand Opening of the Seattle Center in 1999?

FH: Yes, of course.

DB: I recall driving back to my hotel after the dinner, I saw you and Yang Jun walking down the streets of Chinatown and you were holding a big bunch of balloons. What were you thinking at that moment?

FH: (laughs) I was thinking that for us a new life was beginning. For me especially it was totally new. New people, new language.

DB: Did you take any language classes here in the U.S.?

FH: We took three months of classes, after that we had very little time so we gave up.

DB: Well, your English is very good! Getting better all the time!

FH: Thank you.

DB: When did you start working with the Association?

YJ: She started at the very beginning. She had no specific position but did a lot to help.

DB: What's your position now?

FH: I'm the Association Secretary.

DB: As Secretary you handle all the product sales and shipping and correspondence with the individual members. That must be a huge job?

FH: Yes it is, if you get my emails you may notice that they are usually written after midnight when the family has gone to bed. I usually do the email then, it's a lot of work.

DB: And you handle the Associations' finances.

FH: There are many details that I do.

DB: You are very sharp with money; do you know what I mean?

FH: I'm not sure.

DB: Everyone I talk to says that Fang Hong is very sharp, down to the last penny! That's a good skill to have.

FH: (laughs) Yes, thank you.

YJ: (laughing) Yes, that's true!

DB: Fang Hong, you were working in the restaurant and teaching classes when Yang Jun was gone?

FH: At that time I didn't teach. That was at the very beginning of the Seattle Center.

DB: But you have taught some classes there?

YJ: Yes, from 2001 when I was traveling she took care of all the classes until she became pregnant in 2002.

FH: I remember that year he went out for teaching Seminars, a very long trip. I taught all the classes.

DB: Your Grandfather-in-law, Yang Zhenduo, has said that if it weren't for you, Fang Hong, the International Association would not be so successful. It is because you work so hard, and take care of Yang Jun's home situation that he can go on these long trips. I want everyone to know how hard you work, how difficult it is to raise a family, run a business and have a good home. Where is your new house?

YJ: Now we are in Maple Valley.

DB: New house, new car!

FH: New people!

DB: New baby boy!

FH: Yes!

DB: Do you know the story of the American Dream? If you work hard, you can improve your situation, everyone has a chance. How do you feel about that?

FH: I agree. If you work hard you can improve your life's quality.

DB: Do you miss China?

FH: Sure, of course.

DB: What do you miss about China?

FH: My parents, my friends. So now it is much better, the first couple of years were very difficult. I was very homesick.

DB: That must have been terrible. Now you are making new friends, your children are making friends in the neighborhood. It seems that your daughter, Ning, is very happy.

FH: She has good friends there.

YJ: Actually she has more friends than we do! But we have many friends who have helped us; without their help we would not be where we are today. Also in the Association, many friends have helped, like with the Journal, Website and advertising, many have helped.

DB: Let's talk about the new Website plans.

YJ: When I was in Montreal this April, Marco Gagnon and I discussed these plans. We want to make a new homepage. We are taking suggestions and want a better look for the site. We will also be making the website secure for financial transactions. We're very lucky to have Marco doing the design work and his brother just graduated from the University in web design. We have started on this work now.

DB: Hopefully with the secure website more of the Associations business will be automatic. Right now it is difficult for interested people to join the Association from the website and the product sales must be handled by a separate transaction.

YJ: Yes, we are thinking in this direction, that the automated payment will save a lot of time for us.

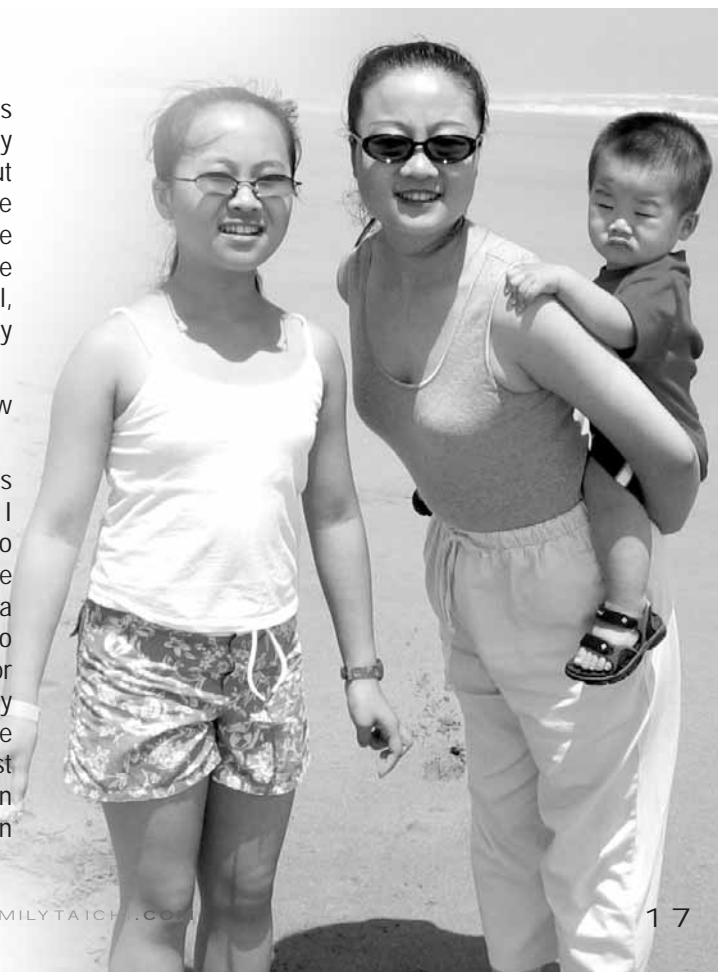
DB: In the future, what are your hopes for the Association?

FH: I hope it grows up, grows up. We want it to grow in a healthy way; not just to expand but to grow up the right way.

DB: How would that be?

FH: It's hard to say. We aren't saying that other organizations are good or not. We want ours to be good, to go the correct way.

DB: Some organizations get too big too fast and then they can't serve the members.





YJ: We are thinking that we want to grow up but we don't want to lose each other, we want to keep it a big family. Each Center has good relations, friendly feelings. We want to be stable, everyone going in the same direction, we can all participate. That is the important thing.

DB: What else are you working on?

YJ: Right now we are working on some new videos. We have redone the 49 form video, there were some quality problems with the first version and we are making a better quality production. We are now working in DVD format as this is more popular. We are also working on a DVD that will have all the forms: Long form, 49, Sword and Saber on one DVD for reference purposes. This will just be the forms in performance. Later we will develop teaching DVDs for each form.

DB: This sounds like it could take some time to produce.

YJ: Yes, we are also working on a book. With the Practice Section of the Journal we have some experience with this and we will be expanding this format into a book.

DB: I have been hoping that you would do this. I think Marco's design of the Practice Section is very useful for students as it has the words and the picture sequences together on the same page. Other books you have to look for the pictures and then go back to read the descriptions.

YJ: That's right. Actually we are working on this right now and are moving ahead with the whole book.

DB: How about the DVDs of your Grandfather that are now available in China?

YJ: The Association will have these available in the next couple of months. We are waiting for the product to be shipped from China.

DB: Is there anything else you would like to discuss?

FH: Yes, sure. As everyone knows, immigration into a new country is very difficult. In China we have a saying: for one hero, there are three people helping from behind. So this means even if you are a hero but have nobody helping you, you are nothing, right? So when we first came here we had many difficulties. I need to thank the many people who really helped us with the Seattle Center and our new life. Especially Shelley Jih gave us a lot of help. When I was sad she kept telling me, "Your future is bright, you have to go forward, keep going and everything will be fine."

DB: Where is Shelley from?

FH: She's from Taiwan and immigrated a long time ago.

DB: Many immigrants go through a difficult period, especially at the beginning.

FH: Yes, sure! Sometimes Shelley would tell me stories of when she had just arrived. Because of her encouragements, I kept my spirits up. Also I'd like to thank Nancy Lucero. Both of these people gave us

a hand during very difficult times. For example, when Yang Jun was in China in 2002 during the big group trip meanwhile I was pregnant with baby Jason. Shelley and Nancy, just like my family members, helped me through the whole thing.

DB: It must have been difficult for you, Yang Jun, to be in China during that time.

YJ: I was thinking of her all the time. Also in China I was very very busy, no time to sleep and a lot of things going on.

DB: But look at you now, sitting here at the table with Jason in your arms and he's a beautiful two year old boy!

YJ: Yes, that's right. Not only from Fang Hong, I also would like to thank our friends like Nancy and Shelley, they really helped our family. Fang Hong's first two years were very difficult. She wanted to go back.

DB: For two years?

YJ: Yes, she wanted to go back to China. Even before we left China I knew that this would be very difficult.

DB: Did you ever have any doubts?

YJ: No! I'm thinking that if I'm here, I have to do something until I go back. I cannot accomplish nothing and then go back.

DB: Let me tell you that you both have done very well in a very short time and it is people helping each other that have made this possible. I want to congratulate you both.

FH: Thank you. Because of friends help, without this we would not be here today.

YJ: Yes, that's what she means by "One hero, three friends helping". Only by yourself you cannot be successful, only you cannot be a hero. You are a hero because many people help you. This is why we would like to say thank you to all the friends who have helped us. ☯



TAI CHI CHUAN FOR YOUNG AND OLD

An interview from Brazil, conducted by **Angela Soci**, Sao Paulo Center Director

In São Paulo's Yang Chengfu Center we have many people of all ages who are benefiting from practicing Yang Style Tai Chi Chuan. We would like to introduce two of our members: Miss Beatriz Warschauer (age12) and Mrs. Lidia Leite (age72).

They have both been practicing Yang Style Tai Chi Chuan with us for more than 5 years each!! In this interview they are going to tell us why they love Tai Chi Chuan so much and which benefits we can expect from our practice.

Their experiences, each from the unique perspective of their age, are great to be shared with all Tai Chi enthusiasts. We hope they can help all of us to go on practicing, studying and developing all the excellent potentialities of the Traditional Yang Style, trusting our Masters, and following their instructions and advice!!

Angela Soci: How old are you?

Beatriz Warschauer: I'm 12 years old.

A.S.: How old you were when begun to practice Tai Chi Chuan?

B.W.: I was 5 years old.

A.S.: Why did you look for Tai Chi instead of any other physical activity?

B.W.: Because my parents began to practice Tai Chi and I joined them. I felt a little difficult and strange in the beginning but after some time, I really enjoy the practices.

A.S.: What difficulties did you find during the learning process?

B.W.: I needed to be patient and not be lazy. Also, to keep the practice continuous was sometimes difficult because I had so many other things to do. I had some pain in my legs in the beginning. But going to the classes with my



“Tai Chi Chuan is a special art, which can be practiced by any person of any age!”

parents was great, because I could see if they could practice Tai Chi, I also could practice it!! And they gave me a great incentive. Today I even practice Tai Chi Sword and love it!

A.S.: What are the benefits you have gotten and still get from your Tai Chi Chuan practice?

B.W.: Especially the balance of body, when I compare with my classmates in regular school, I have such strong legs that I have the best equilibrium of my class, I can stand in one leg without falling for a long time!! Some pains, such as headaches are just gone, my ability to concentrate in school for my studies and my physical posture is now much better. I feel my body in general is very strong also.

A.S.: What advice can you give to a person who is beginning the practice of Tai Chi today?

B.W.: If she really wants to do it, she must be patient in the beginning, and if she goes on, for sure will have great results. The earlier we begin to practice the better we can do for all life. Never miss a Master Yang Jun's Seminar, which is a special opportunity to hear wonderful stories about Tai Chi Chuan, which I loved in the last Seminar he gave in São Paulo.

A.S.: -How old are you?

Mrs. Lidia Leite: I'm 72 years old.

A.S.: How old were you when begun to practice Tai Chi Chuan?

L.L.: I was 53 years old.

A.S.: Why did you look for Tai Chi instead of any other physical activity?

L.L.: When I was young, my ideal was to be a physical education teacher. I loved sports and even in my 18's I often participated of many games in my hometown São Paulo, competing for my school. At that time I began to have some knee problems, and the doctor told me to stop practicing sports. My ideal and dreams came down and I had to look for other ways and new ideals.

I got married, had children, and my life was almost fully accomplished with the family but always something was missing. Then one time, I saw a Tai Chi group practicing some harmonious and soft movements and at the first moment I fell in love with it!! Some years later, one place near by my house offered Tai Chi classes and I got the opportunity to practice! After so many years then, my dream to be a teacher woke up again! I could be a Tai Chi Chuan teacher!! I went through the Teacher's course given by the Yang Chengfu Tai Chi Chuan Center - São Paulo with Prof. Roque Severino and Angela Soci, got my national certification and the real opportunity to study and practice Tai Chi Chuan deeply. This opportunity sounded to me just divine, because practicing and learning the 2,500 years old philosophy and becoming part of a Traditional Chinese Family is wonderful, divine! And knowing





in person our great Master Yang Zhen-duo and Master Yang Jun is much more than a dream coming true!! It is really a special realization. I'm truly happy!!

A.S.: What difficulties did you find during the learning process?

L.L.: I really had many difficulties to overcome my physical limitations and to accept some others because of my age. Making Tai Chi Chuan my life's philosophy to live better and perceiving that is important in the present was a little difficult. Not allowing myself to be overcome by the obstacles when they came, also, it was important to me to be firm and steady in my objectives...

A.S.: What are the benefits you have gotten and still get from your Tai Chi Chuan practice?

L.L.: Centering the mind and better perceiving my limitations and not trying to do more than I can do.

Being a Tai Chi Chuan teacher and serving the people, especially for elders like me, everything I got from my theory and practical learning. I feel my posture is much better and my gestures are much softer.

I'm much more aware about my body and the union between the body and mind and spirit.

Today I can understand others and see what is beautiful in everything that is around me.

A.S.: What advice can you give to a person who is beginning the practice of Tai Chi today?

L.L.: Always be aware of your own needs: physical, psychological, mental, and spiritual. Listen to your teachers and follow their advice! Always remember your ideals and renew them with a sharper mind and look for other ones in such a way that you can feel you are always growing and developing yourself.

Never stop, never quit. Help other people in such a way that you may practice what you've learned. Never make excuses and always make your actions good. Practicing good actions plants new seeds for new ideals!! Let these seeds blossom. Practice Tai Chi Chuan making it one of your daily habits just like brushing teeth! Breath is living! Be happy!! If you do not practice Tai Chi Chuan yet, come to try it and become a part of our family. If you are already a practitioner, keep practicing and feel the pleasure of it.

www.yangfamilytaichi.com



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