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JOURNAL OF THE INTERNATIONAL YANG FAMILY TAI CHI CHUAN ASSOCIATION

Tai Chi  
Chuan

WINTER 2016-17





## **INTERNATIONAL YANG FAMILY TAI CHI CHUAN ASSOCIATION**

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





# CONTENT

Tai Chi  
Chuan

|   |           |
|---|-----------|
| <b>PRESIDENT'S LETTER</b>   | <b>4</b>  |
| <b>THE THREE TREASURES</b><br><i>Jīng, 精, Qì 气, and Shén 神</i>      | <b>8</b>  |
| <b>CHINA TRIP 2017</b>  | <b>11</b> |
| <b>DEVELOPMENTS IN CHINA:</b><br><i>An Interview with Fang Hong</i> | <b>12</b> |
| <b>ARTEMISIA ANNUA</b>  | <b>18</b> |
| <b>HOW'S YOUR JIE?</b>  | <b>22</b> |
| <b>THE YIN AND YANG OF</b><br><b>JIE RANK TESTING,</b>              | <b>24</b> |
| <b>YIN AND YANG</b>   | <b>29</b> |
| <b>WHY IS TAI CHI CHUAN</b><br><b>GOOD FOR YOUR HEALTH?</b>         | <b>31</b> |
| <b>SABER PAGES</b>  | <b>33</b> |
| <b>SEMINAR PAGE</b>   | <b>44</b> |

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 journal are welcome. Please send correspondence in electronic format to: [editor@yangfamilytaichi.com](mailto:editor@yangfamilytaichi.com)

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## PRESIDENT'S LETTER

**YANG JUN, President**

*Transcribed by Carolyn Fung*

4

**D**ear Member, I would like to take some time to share with you some of the many exciting developments for our association that have happened in recent months. These include organizational restructuring and development, my first visit to the continent of Africa, business development in China, and an upcoming China tour.

To meet the changing needs of our association, we have restructured at the organizational level. We have simplified the organization and created an executive committee to run the whole association. The new executive committee and organizational chart was implemented on September 1, 2016, and an email was sent out to members in August 2016 regarding the main features of the restructuring with the new organizational chart. We believe this restructuring will make things simple, more efficient, and allow

us to provide better service to our members and develop our association. Also, any directors, instructors, or association members who have association-related questions, concerns, issues, problems, or recommendations are encouraged to send these to **executivecommittee@yangfamilytaichi.com**. Every member of the executive committee will receive and read your email, and a response will be provided by one of the committee members.

We have also been improving and developing other areas of our association. First, our association's ranking system. The ranking system was established when the association was founded almost 20 years ago. The beginner (ranks 1-3) and intermediate (ranks 4-6) levels are well established and members are





moving through them. At this point in time however, there is a need to establish methods and requirements of ranking for the advanced levels, ranks 7-9. We are scheduled to complete this project by the end of this year, so that hopefully next year we can offer ranking exams for members who wish to apply for advanced level ranking.

Second, we are continuing to develop our Tai Chi Chuan Teacher's Academy and build our approach for educating and training more instructors. Our first Teacher's Academy teacher training methods event in North America was held in July 2016. Previously, these events have been run in Italy, Brazil, France, and Germany. The Teacher's Academy program helps our instructors as well as people who wish to become instructors understand how to teach tai chi chuan. We are continuing to refine the program's curriculum and hope it can eventually be a continuing education program for instructors.

Third, we have been working on modifying our instructor certification system. In line with our goal of building a good quality base of instructors, we will be adding an instructor certification exam. This will include the requirement of a performing and teaching video that applicants can submit to be scored so they do not need to travel. We will also develop material for people teaching tai chi chuan so they can learn our standards for how to teach. When the instructor certification system changes are complete, they will be published on our website.

In May 2016, I traveled to Antananarivo, Madagascar to teach a seminar which was organized by Hugues Raharimanantsoa. We have had a Yang Chengfu Tai Chi Chuan Center in Madagascar for years, however this was the first time I visited the country. The visit was an important milestone because this marked the first time that a Yang family member traveled to Africa and stood on African soil. I felt happy to take my family's art to a

***Our first  
Teacher's  
Academy  
teacher  
training  
methods  
event in  
North America  
was held in  
July 2016.***





***The Chinese government chose to present tai chi chuan, and in doing so elevated tai chi chuan to the level of a national treasure.***



new continent. I enjoyed my visit, experiencing the culture and many interesting new sights. Hugues did an excellent job of organizing and promoting the seminar. Madagascar is not a highly developed country, yet I was surprised and very pleased to see a large group of around 80 people attending the seminar. Even though the participants had never met me, they showed so much respect to me and to the practice of tai chi chuan. It made me very happy to experience this on my first visit to Africa.

Our association is also expanding in China. I have travelled to China four times this year already, as I believe that now is the best moment for developing tai chi chuan in China. In the past, people in China thought tai chi chuan was just for older people. Tai chi chuan had not yet been elevated to the level of a national treasure, such as calligraphy or the Beijing Opera. Last year, when the Prime Minister of India visited China, the two countries each presented a cultural performance from their countries. India presented a yoga

demonstration. The Chinese government chose to present tai chi chuan, and in doing so elevated tai chi chuan to the level of a national treasure. The event received major newspaper coverage. This cultural event began to change peoples' perceptions and has also generated more public interest in learning tai chi chuan. Also, China's population is aging and as a result, more people are interested in good health. The Chinese government is very interested in promoting health, and tai chi chuan fits into this area. Because of these factors, it is an excellent time for the promotion of tai chi chuan in China.

While in China, I had the chance to meet some people in the sports industry. I met a man who runs a successful network of fitness centers. He also sees tai chi chuan as a national treasure and believes it should be promoted for its health benefits. Together we formed a business to help everyone running tai chi schools and classes be better and more successful. Currently, tai chi chuan is taught in various schools, gyms, and clubs,







but in general, the instructors are not running their programs very successfully and are struggling to get students. One reason is they are not unified and are struggling by themselves with no help. China wants to use tai chi chuan to promote health, and we see an opportunity. The new company we formed will build an offline and online platform using the internet and mobile devices as outreach tools to help connect students and teachers. The fitness company wants to put tai chi chuan programs in all its centers. The platform will be used to assist not only the tai chi teachers in the fitness centers, but all tai chi teachers across China. It will be a trusted platform for tai chi instruction and for students to find a qualified teacher. The fitness company will handle marketing, advertising, and online techniques. Our contribution will be in training and certification. Our goal is to build a great platform and help tai chi teachers to be more successful. During this summer in China, I also shot a new teaching video for the company as a starting point for this

new platform. It includes the hand form, weapons, and push hands. It was recorded in Mandarin, however in the future we plan to add subtitles for different languages. Today, tai chi chuan is growing rapidly in China. My goal is to develop more opportunities there in line with the needs of the Chinese market. Our end goal is to build internationally and also include China as one big family.

Finally, on March 25, 2017, there will be a grand opening celebration for the new Yang Chengfu Tai Chi Chuan Center in Kunming, Yunnan province in southwest China. This center will also be our association's first office in China and we will make this center a training base for the southwest area. This will be our first step in developing and promoting our international association in China. Along with the grand opening celebration, we will be planning a tour package. More information about the tour and a registration form can be found on our website ([www.yangfamilytaichi.com/articles](http://www.yangfamilytaichi.com/articles)). I hope that you will join us in China!.



楊軍

**Yang Jun**  
**President**





歲在辛巳清和。如堂白子忠於京華

精

氣

神氣精





# THE THREE TREASURES

JĪNG, 精, QÌ 气, AND SHÉN 神.



BY TERESA ZUNIGA MAGLIONE

Academy Instructor

## WHEN WE TALK ABOUT THE THREE TREASURES WE REFER TO:

**Jing:** *the essence, the prenatal energy*

**Qi:** *life force, the vital energy*

**Shen:** *the spirit, the mental and spiritual energy*

The reader from China can usually understand these without any further explanation, but how can we explain it further to those who are not as familiar with these concepts?

**Jing:** “essence, prenatal energy”. Our essence is the most intimate part of us. In the world of today, we call this DNA. This is the part that encodes what we are and how we appear. Who we are is given to us by our parents at conception time and is called genotype. In Traditional Chinese Medicine, the origin of the essence comes from much farther away, from the moment

of creation in the Big Bang. It is called “anterior heaven *xian tian jing*”, or “*prenatal energy*”. How we appear is the modification of encoding DNA given by the environment. Chinese Medicine calls this “*postnatal energy*”, or “*hou tian jing*”. We call this phenotype according to Western medical terminology.

It is known that only a small percentage of DNA is actually coding. The remaining 98.5% of the genetic code is called “junk DNA”, which is presumably a sort of “evolutionary refuse”.





From the part of DNA that is actively encoding (approximately 1.5%), only 1.2% exclusively belongs to the human species, and remaining genes are shared with other species. There is also a ratio of as much as 1:100 between "human" DNA and the DNA of other organisms in our bodies, which might lead us to wonder what it really means to be "human".

**Qi:** We can say that qi is the real basis of all events in the universe. We all know what energy is, but when we have to explain energy, it is difficult to define. This is because energy can only be understood and explained in a relative way; indirectly. We can explain it by looking at the changes that it produces in matter. Through the knowledge of these changes we can have an awareness of the presence of the energy.

*In humans, qi is manifested in two ways:*

1. The qi participates in the formation of the building blocks of the body that allow life to manifest itself. It is represented both by the essence (*jing*) and the breathing *qi* (*qi* of the sky). Both are yang in nature. It also makes up the substance *qi* of nutrients (*qi* of the earth), which is yin in nature.
2. The *qi* formed by the physiological activity of organic tissues, for example the *qi* of the organs, muscles, ect.

These two aspects of the *qi* have a reciprocal relationship. The first is the material basis of the second, the second is the manifestation of the activity of the first.

**Shen:** "Which dwells in the heart and is the center of man"<sup>1</sup> Shen is the vital spirit, the global intelligence. It is the ability to synthesize the information we receive and access a higher level of understanding. Shen is the ability to have judgement. It is the ability to perceive the fundamental reality of things and to gain direct knowledge.

The spiritual capacity of heart is shen: it has been translated by many as spirit and by others as the mind. In this case how do we interpret "mind"? Not as the thinking intellect that is the dominion of the earth (pi, or spleen, in Traditional Chinese Medicine). Shen represents consciousness, and is the intelligence as guided by the principles of reason and morality, not by instinct and need. Although the Traditional Chinese Medicine is antecedent of Buddhism in China, the concept of shen is similar to the Buddhist concept of the mind as pure. In this sense, the mind is pure when it is not linked, non-attached. It is pure consciousness without attachment, the Buddha nature that exists in all beings. Enlightenment takes place when one recognizes and identifies this attention in its purest state within oneself. The attention is the nature of Buddha, pure and without attachment. Then only when the mind is "empty" and without attachment does it provide a clear and careful place where our spiritual and mental capacities can operate. As a result, there follows irreproachable and appropriate behavior (*wude*).

Now speaking in tai chi chuan terms, what does all of this have to do with our practice?

***Buddhist  
concept of the  
mind as pure.  
In this sense,  
the mind is  
pure when it  
is not linked,  
non-attached.***

For example, considering the three treasures from a very material point of view we can consider *jing* as the body, *qi* as the kinetic energy useful to the movement, and shen as the organizing of each movement.

- contact with the sky.
- move in the world.
- roots

Here we can see on a subtle level how we can consider the *jing* as the roots in the ground, the *qi* as the way we move around the world starting from the roots, and the shen as a contact point with the sky. The spirituality that guides us. ☯

<sup>1</sup> The Huangdi Neijing.



# CHINA TRIP 2017

## THE GRAND OPENING OF THE INTERNATIONAL YANG FAMILY TAI CHI CHUAN ASSOCIATION - ASIAN HEADQUARTERS

To be held in Kunming, Yunnan, China, March 25, 2017.

It also marks the establishment of the Yang Family Tai Chi Chuan Southwest China Training Base, and the Kunming Yang Chengfu Tai Chi Chuan Center. To celebrate this occasion, along with the grand opening ceremony itself, there will be a 5-day tour of Yunnan Province and a 3-day hand form seminar.



| — TOUR PACKAGE —   |  | — TOUR PACKAGE + SEMINAR —  |
|--|--|---|
| <p><b>3/24</b> Arrive Kunming.</p> <p><b>3/25</b> Kunming.</p> <p>Morning - Participate in the Grand Opening Celebration of International Yang Family Tai Chi Chuan Association Asian Headquarters.</p> <p>Yang Family Tai Chi Chuan Training Base, Southwest China.</p> <p>Kunming Yang Chengfu Tai Chi Chuan Center.</p> <p>Evening - Master Yang Jun's disciple ceremony.</p> <p><b>3/26</b> Lijiang.</p> <p>Following breakfast, travel 4 hours by private air- conditioned coach to Dali. After lunch, visit Three Pagoda Park and Dali Old Town (Stay in Lijiang).</p> | <p><b>3/27</b> Lijiang.</p> <p>After breakfast, visit Yulong Snow Mt. Following lunch, travel by bus to the Blue Moon Valley.</p> <p><b>3/28</b> Shangri-La.</p> <p>After breakfast, travel three hours by bus to Pudacuo National Park. After lunch, visit Dukezong Old Town, and see the biggest prayer wheel in the world.</p> <p><b>3/29</b> Lijiang.</p> <p>Travel by bus to Tiger Leaping Gorge, the world's deepest gorge.</p> <p><b>3/30</b> Kunming.</p> <p>After breakfast, travel by bus to Suhe Old Town. Afternoon return flight to Kunming.</p> <p><b>3/31</b> Return home sweet home.</p> | <p><b>3/31</b> Seminar Start.</p> <p><b>4/1</b> Seminar.</p> <p><b>4/2</b> Seminar.</p> <p><b>4/3</b> Leave Kunming for home sweet home.</p> <p>Full payment must be received by Feb 1, 2017. After Feb 1, 2017 additional fee may apply.</p> <p>Cancellations before Feb 25, 2017 will be charged 60% of total tour and bank fees. Cancellations after Feb, 25, 2017 will be charged 100% of total tour and bank fees.</p> <p>Each person is responsible for their own travel insurance. Please contact your travel or insurance agent for more information.</p> |





# DEVELOPMENTS IN CHINA:

AN INTERVIEW WITH FANG HONG







**BY CAROLYN FUNG**

Student at the Redmond/Seattle  
Yang Chengfu Center

I am a student at the Redmond/Seattle Yang Chengfu Tai Chi Chuan Center. I often feel lucky, maybe even a little spoiled because I am used to being able to attend classes with Master Yang and Fang Hong. This summer, I was asked to teach Fang Hong's classes while she was away for many months in China. I had the chance to interview her and find out more about how she and Master Yang are working in China to develop tai chi chuan.

**Carolyn Fung (CF)** – Fang Laoshi, you were away in China from mid-June to early October. Please tell me why it was important for you to spend so much time in China.

**Fang Hong (FH)** – There were a few things we needed to do in China. We needed to build our partnership with an internet company. They are producing online videos that people can watch. Also, we needed to prepare the IYFTCCA Asia headquarters in Kunming. We now have an office in Kunming and I had to be there to prepare everything, for example a

business certificate and also to build local relationships. Even though we came from China, Kunming is a very new city for us. We lived in mid-north China. Kunming is in the southwest.

**CF** – China is a big country. There are many places to choose from for the Asia headquarters. Why Kunming?

**FH** – Master Yang and I wanted to choose a place where tai chi is not too popular. We could have put it in Taiyuan where we were born and raised and it is very familiar for us. But lots of people teach tai chi there,





***We were more focused on developing the art in a new area, not the business competition.***



so we wanted to move somewhere new to develop tai chi.

**CF – When you say tai chi chuan is less developed in Kunming, is your choice to go there because that means less business competition in that area so business is somewhat easier, or does the decision come more from a desire to bring the art to people who aren't as familiar with it?**

**FM** – We were more focused on developing the art in a new area, not the business competition. Kunming is in Yunnan province. Yunnan province has lots of people from ethnic minorities. Taiyuan area is mainly Han. Everything in life in Yunnan, not just tai chi chuan seems slower to be developed, maybe because it is far away from Beijing. So we wanted to develop this area of the country. The other nice thing is the weather is very good in Kunming. It's called a "spring city". It's not too cold, not too hot, and not too much rain like in Seattle.

**CF – The weather isn't extreme. It's very mild.**

**FM** – Yes, it's mild. And my experience during my visit was that the people are good there, very nice.

**CF– They made you feel welcome.**

**FM** – Yes. I thought it was a friendly place.

**CF – So you are renting a facility in Kunming?**

**FM** – No, we bought some office space.

**CF – Why did you choose to develop tai chi chuan in China now? Why not wait a few years?**

**FM** – One reason is the government is now supportive of developing the whole nation's health.

**CF – It's looking at preventative healthcare for an aging population?**

**FM** – Not just older people. It wants everybody to have a healthy lifestyle.

**CF – Please tell me more about how this relates to tai chi chuan and developing it in China now instead of waiting.**

**FM** – Tai chi chuan is a very popular activity in China. There was a government report that said that one of the areas they wanted to put more money into was developing tai chi chuan for the general public.

**CF – You believe there is a supportive environment in China to develop tai chi chuan and that is why this can't wait.**

**FM** – In Chinese we say timing is very important. What does this mean? You can do the same thing but at different times and the effect is different. Actually there are three things in this old Chinese saying: time, location, and people. All of these are important for success. The right time is placed first. So for us, we think it's the right time now.



**CF – Developing a business in the same city you live in is challenging enough. I think it would be very challenging to develop a business on the other side of the world. You have to spend more time in China, but you have many ties here. Your kids are here. Your school is here. Was this an easy decision for you and Master Yang to make?**

**FH** – Yes, I know. This was not an easy decision for us to make. Let me tell you a story. Last year, we discussed this topic. We were hesitant to develop China. At the time, we were in China and decided to fly to Kunming to take a look. The flight was about three hours and we talked the whole flight, wondering if we should do this or not. We looked around the city and the potential office space and decided yes, we must do it. I don't think the decision was easy, though. For us, it seems like it's the second time in our lives that we are starting a new life, the first being when we moved from China to the United States. This time I think it's much easier than the first time, but it is still difficult. Now I have to work on the other side of the world just like Master Yang, even though our children, friends, and school are here.

**CF – How is it much easier for you this time?**

**FH** – I speak Chinese! Having no language barrier is a huge difference for me. When I moved here, I knew nothing. I learned some English in China growing up. When it was written, I could understand, but it was difficult to understand when people spoke. Another thing is when we moved to the U.S. the culture was very different. In my first year in the U.S., I felt very confused. Really confused. I didn't know what I would do here or how life would look. At least

going to China we know the language and have family members there. It feels different, you know.

**CF – So it's easier this time in terms of speaking the language and understanding the culture. The difficult part is you don't live there, and there are challenges that come with this, including having to travel more often.**

**FH** – Yes.

**CF – What do you want to accomplish in China? For instance, what are your general goals, specific projects, and priorities? Also, are you planning to take the same approach to developing the international association that you used in other countries (opening new centers) or does China require a unique approach or business strategy?**

**FH** – We have about twenty years of experience. Our goal in the first five years is to develop Yang Chengfu centers in each big city.

**CF – What's a big city by Chinese standards?**

**FH** – Capital cities. China is very big. Also, we are opening the southwest training base. In the next five years we plan to have training bases in different districts; east side, west side, middle part.

**CF – What is a training base? How is it different from a regular Yang Chengfu center?**

**FH** – A training base is bigger. We can have regular YCF centers in big or small cities, maybe even two or three in a big city. We plan to open a few training bases in different areas of the country. These training bases can organize large seminars, grouping people together from different provinces. China is a big country. In the future, Master Yang wouldn't likely teach

***He could visit the larger training bases for larger seminars and we would perhaps send other instructors to teach seminars at smaller YCF centers.***





***We certify teachers because we want them to follow our style's standards. If everyone does a standard form, it is the best way to develop our style.***



seminars one center at a time. It would be too much traveling. He could visit the larger training bases for larger seminars and we would perhaps send other instructors to teach seminars at smaller YCF centers. The center in Kunming is really three things. It is a YCF center. It is also a training base. It is also our association's Asia headquarters, just like we have association headquarters or branches in Europe and South America. All of these headquarters are part of the IYFTCCA.

**CF – Thank you, that's much clearer for me now. So the training bases are a way to hold fewer, but larger seminars. It makes it easier for Master Yang to train large numbers of people without having to travel so much.**

**FH –** Right.

**CF – What are some other goals you have in China besides opening YCF centers and establishing training bases? Master Yang's president's letter mentioned forming a company and partnering with fitness centers and also being involved in an internet/online platform for tai chi.**

**FH –** That's another part. We want to develop tai chi in big fitness centers across the country. We want to bring tai chi to neighborhood communities. They will need lots of tai chi instructors. There are thousands of fitness centers.

**CF – Our association will provide a certification process to ensure these instructors are good?**

**FH –** Yes. The process is similar to what we have already done internationally. We will train and certify them and send them to the fitness centers.

**CF – Can you tell me about why certification is important in China?**

**FH –** Actually, I don't think certification is really important in China, but it is important to us. We certify teachers because we want them to follow our style's standards. If everyone does a standard form, it is the best way to develop our style.

**CF – What does the online project look like?**

**FH –** There are videos and other content. I'm not sure, but I think people join for free and when they watch videos, they pay a fee. We will have videos up there and lots of different things to watch. We have hand form sections, push hands, saber, and sword videos. Someone else is in charge of the technical aspects and marketing.

**CF – Are you saying this online tai chi platform is for training instructors or is it for the public to watch?**

**FH –** It's for the public. It's hard to train instructors online.



**CF** – So it's a place online where people who are interested in tai chi can watch videos and network. I also remember Master Yang mentioned it being a trusted source for finding a tai chi teacher. How does it help people find a good tai chi teacher?

**FH** – People can watch teachers teaching tai chi classes by livestream. If someone who is watching likes the teacher's class and if the teacher's school is close to them, they might want to attend a class in person.

**CF** – It helps tai chi teachers promote their classes and get more students.

**FH** – Yes, and that's good for both students and instructors.

**CF** – Well that sounds exciting!

**FH** – Yes!

**CF** – So in terms of goals, the first five years include opening more YCF centers, opening a few more training bases, certifying instructors for fitness centers, and the online tai chi platform. That sounds like a lot of work for your first five years. Are those all the main things?

**FH** – That's enough, I think!  
(laughter)

**CF** – Yes, I think so too! (laughter) I'm not trying to suggest there should be more. Is there anything else about these developments in China that's important to share that I haven't asked about?

**FH** – No, I think that's it. Perhaps just a reminder that the grand opening of our Kunming YCF center, training base, and Asia headquarters takes place in Kunming on March 25, 2017. We invite everyone to join us there.

**CF** – Well, it sounds like you have an exciting and ambitious plan to develop tai chi chuan in China. I think you can look at the success you've had internationally and be confident. Like you said, you have much experience and no language and cultural barriers this time. Just one question. In the end, how will you know you've been successful in China? What's your big dream?

**FH** – Just to do our best. We didn't set goals for how many centers we must open by a specific date. If we do that, maybe the quality of the YCF centers won't be as good.

**CF** – It's important to maintain high standards while spreading your family's art.

**FH** – Yes.

**CF** – Well I wish you lots of success. I have no doubt that you will be successful in China.

**FH** – Thank you.

**CF** – You're welcome. Thank you for taking the time for this interview, Fang Laoshi. ☯

***We want to develop tai chi in big fitness centers across the country.***





# ARTEMISIA ANNUA



*In China,  
Novartis works  
with about  
100,000 farmers  
who cultivate  
Artemisia annua,  
a crucial plant in  
the production of  
our antimalarial  
treatment.*





**BY LAMBERTO TOMASSINI**

Dipartimento di Biologia  
Ambientale, Università di Roma  
"Sapienza"

**T**he story of *Artemisia annua* is an interesting and paradigmatic one. We are familiar with this story because of the 2015 Nobel Prize which was awarded for the first time to a Chinese woman, the scientific researcher Tu Youyou. Although this happened recently, the story started in a land and time set very far away from us.

It all began sixteen centuries ago in Hunan (middle-eastern China), the region where this kind of artemisia grass grows spontaneously. Because it grows over large areas, this plant (which the Chinese people call qinghao from its dark iridescent green and the straightness of its tops) is considered a weed. But this is a very useful weed, because the upper part of the plant, which is very bitter in spite of its sweet smell, is gathered by local people to be used for medical purposes. As it often happens in popular medicine, the decoction of this herb has many different uses. The most common one is as an antiparasitic (especially cutaneous, but even as polluted water disinfectant), anti-inflammatory, and antipyretic. All these uses were established more than a thousand years ago: species of artemisia are

indeed mentioned in the legendary book, *Shennong Bencao Jing* ('The Classic of Herbal Medicine'), the most ancient text on agriculture and herbal therapy that we can find in human history.

Sixteen centuries ago in China, someone, perhaps a herbal researcher with keen powers of observation influenced by ancient texts, had the idea to experiment with an artemisia formulation that could treat ague, which was said to have been spreading in a marshland region of Hunan. Such an idea looks perfectly logical because the qinghao is both antipyretic and antiparasitic. Sure enough, this treatment seems to have been effective, and its formulation was recorded in a medical recipe book together with many others.







*Scientific researcher Tu Youyou*

***Facing this test,  
she perfected  
the formulation  
using modern  
scientific  
knowledge.***

Time goes by. In 1967, at the peak of the Chinese Cultural Revolution, life for intellectuals, especially scientists, was anything but easy. On the other hand, scientists were an important source to rely upon in times of troubles, and that period was full of troubles for the People's Republic of China. Vietnam was fighting a deadly war and the Northern State, besides confronting South-Vietnamese soldiers and Americans, had the difficult task of annihilating the malaria that was devastating its army. North Vietnam was a main political ally of China and so Mao Zedong entrusted the Chinese scientific community with a huge project: conduct secret research focused on studying any possible chemical matter able to defeat ague. Incidentally, malaria's plasmodium – the microorganism causing the illness – was starting to show resistance to quinine and chloroquine, as both substances tended to increasingly lose their efficacy over time.

For two years Chinese scientists studied a stunning range of synthetic molecules without success. Then, Mao turned to Beijing Traditional Chinese Medicine Academy, which assigned the project to its young researcher Tu Youyou, a medical herbs specialist.

Tu Youyou undertook a detailed project to revive ancient traditional knowledge: she travelled for long distances, visiting villages, consulting healers and herbalists, copying thousands of recipes from ancient texts, and gathering the described plants in order to extract precious metabolites from them.



When Tu Youyou brought the sixteen century old Hunan recipe back to life in 1971, she found at last that *Artemisia annua* was able to halt the microorganism's growth. Its activity was weak, but Tu Youyou found out why the active ingredients degraded: it was the high temperature reached during the decoction preparation. Facing this test, she perfected the formulation using modern scientific knowledge. Due to the low temperature, the extract retained the plant's components and their powerful medicinal activity.

Soon after, the active ingredient was isolated and the chemical structure determined: Qinghaosu is the Chinese name, while Artemisinin is the denomination spread in the international scientific community. During blossom time is the best period to gather this herb, since the leaves and tops contain high amounts of this healing substance. To speak in chemical terms, we are dealing with a sesquiterpene lactone, which has a chemical structure and mechanism of action that is very different from those of the cinchona alkaloids of other antimalarial compounds. This difference is why no drug resistance phenomena was registered in the beginning, and also has occurred very little over time.

The following years were characterized by hard work to settle laboratory findings into clinical practices, as a lot of international scientific publications show. In the meantime, qinghaosu-based pharmaceuticals took hold everywhere and they are still in use today. They are also associated with anti-ague treatment.

In the decades since, the medical research of Tu Youyou has been recognized with many awards. In 2015, at the age of eighty-five years old, she at last reaped the rewards of her sacrifices, the Nobel Prize in Medicine. She was the first Chinese woman to be awarded this prestigious prize.

So the story ends in our present time. Although the fight against malaria is far from over, we are nevertheless still striving forward, especially in the way of knowledge. As we have said at the beginning, this story is an interesting and paradigmatic one: this Chinese woman was not limited by the usual opposition between West and East, or ancient wisdom and modern science; she reached her extraordinary goal by combining all the elements together in perfect harmony. ☯

*In 2015 at the age of eighty-five years old she at last reaped the rewards of her sacrifices, the Nobel Prize in Medicine. She was first Chinese woman to be awarded by this prestigious institution.*





# HOW'S YOUR JIE?

*What's "jie", you may be asking? No, it's not a new tai chi move.*



© Marco



***Jie means  
section, segment or part, and that is exactly  
how this ranking works.***



**BY PAM BOYDE**

Co-Head, Ranking Department

**J**ie or 节 (jié in pinyin) is the Yang Family Tai Chi Chuan Association's primary tier of ranking. It was developed to help students, particularly new students to the Yang Family Tai Chi Chuan, to bring more focus to their study and practice of the hand form. It fosters a greater understanding of the movements, provides a goal for the student's studies, and contributes to a sense of achievement. Jie ranking is also a gentler, less intimidating, and more encouraging way to enter the association ranking system.

Jie means section, segment or part, and that is exactly how this ranking works. With jie ranking, candidates are assessed on their performance of the traditional hand form one section at a time. Thus, there are three jie ranks:

**Jie One** is for successfully completing **section one**;

**Jie Two** is for successfully completing **section two**;

**Jie Three** is for successfully completing **section three**.

A certificate is awarded for achieving each of these ranks. It's that simple.

With jie ranking, a single reviewer assesses the candidate's performance rather than a panel of judges, as happens in standard ranking or competitions. It is truly a more informal process, and hopefully minimizes any anxiety the candidate may have when performing the form. Certified instructors or students who are listed higher in the judges registry may be a reviewer.

You don't have to go through jie

ranking to embark on Duan, or standard ranking, but it's a nice way to ease yourself into the ranking system. Mind you, once you begin your journey down the jie ranking road, you must complete it before you enter the duan ranking highway.

If jie ranking is something you would like to pursue, speak to your instructor for details and to set a date for your assessment. Instructors, you'll find all the information you'll need to conduct jie ranking in the Judges and Ranking Handbook and in the email Pat Rice sent to you on October 29, 2014. And of course you may always contact the Ranking Department: [ranking@yangfamilytaichi.com](mailto:ranking@yangfamilytaichi.com) for more information.

Happy jié to you!!





# THE YIN AND YANG OF JIE RANK TESTING

BY STEFANIE RUSSELL

Academy instructor

A Teaching Tool in the Classroom, and Stepping-Stone Along the Path to the Classic Ranks.

Just as a cook enjoys using a new ingredient to enhance a favorite recipe, I myself as an instructor have enjoyed adding a little jie rank testing into the mix in a few of my classes. Here is the story of what has happened so far.

## Yin

Teaching 16 classes a week in a variety of settings has introduced me to a wide range of students who have a correspondingly wide range of reasons for taking up the practice. There are those who just want social interaction, those who want to move around a little, those who want to improve their health and/or mind, those who want to learn to relax or to improve balance, and those who want to study tai chi chuan as a martial art.

Each new student brings a different level of ability and motivation, as well as different understandings and expectations. As an instructor, I strive to "speak" to each of them.

As we all know, there are many ways of studying and many ways of learning. Some students enjoy delving into a good challenge and look forward to the day when they will know the sequence of the entire hand form. These students already understand how to train in a way that works for them.

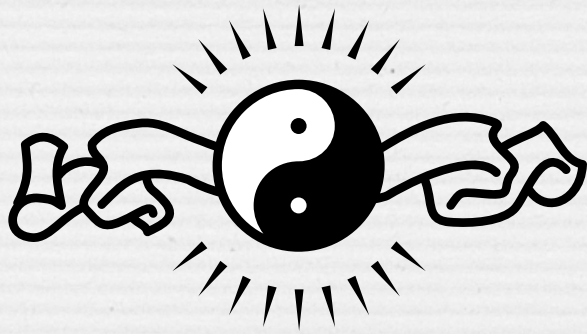
Others prefer smaller, achievable challenges. For those seeking to improve their memory, remembering the movements in "Grasp the Bird's Tail" can be a challenge in the beginning. Thinking about the fact that there are 103 movements in the entire sequence can be quite daunting!

Some class members are encouraged by acknowledgement of their small successes along the way. The sense of accomplishment that they gain can then energize them to proceed further.

When the jie ranking system first came to my attention, I realized that this was the very thing I was looking for as an instructor. Jie rank testing







provides very approachable and achievable goals. The positive effect of passing each section of the test can help propel the student forward towards the next goal: learning the movements and sequence of the next section or improving what they have already learned.

After respectfully obtaining permission from my supervisor at one branch of the YMCA, I explained jie ranking tests to one of my classes there. This class had students who had all studied the entire hand form, yet some had completed those studies more recently than others. The answer was yes; they did want to try. All of the students reviewed in earnest to prepare for the first section test. The enthusiasm in the classroom was palpable. They all applied for membership in the Yang Family Tai Chi Chuan Association, as required, and arrived in class invigorated, with questions written down. Little details were clarified. Together, they endeavored to achieve a more even pace, better hand technique, or more stable kicks. We were now “studying” tai chi chuan!

I was encouraged by the students’ reaction, and I offered the option to a class at another branch of the Y. Yes, instructors need encouragement too, since we learn from our students just as they learn from us.

As per jie ranking protocol, the class members agreed on the dates for their first jie rank tests. In January of 2015, they performed the first section in front of me in our own classrooms at two branches of the Y just as they had done many times. This time however, I was their reviewer, and the feeling in the class was different. The focus, the effort to maintain pace while being nervous, the sense of fellowship, the attention to detail – delicious! Although these had always been great classes, this new ingredient had really enhanced the “flavor” of their performances!

It was my great pleasure to pass out the congratulations extended by the Ranking Department along with their certificates.

After those successful experiences, I offered the option to two classes at yet another branch of the Y. One class was a review class whose members had completed the entire form. One class had just finished the first section. There, the enthusiasm of one student had a ripple effect! Her enthusiasm spread like wildfire until everyone was caught up in the spirit. The battle cry: “We can try!”

More importantly, that taste of adventure snared even those who chose not to take part in the test. They also improved as they worked alongside their ranking classmates.

***The positive effect of passing each section of the test can help propel the student forward towards the next goal: learning the movements and sequence of the next section or improving what they have already learned.***



Association members who study at the Bellevue, Washington YMCA.

**Wendell Simmons,**  
**Shirley Reithel, Midori Nichols,**  
and **Stephen Dilworth.**



***All of this leads me to conclude that jie rank testing is a superlative teaching tool and a great addition to the curriculum!***

They too had more questions, more spirit, and more commitment. The level of participation in the class grew. Those who had previously been content to just follow along realized the benefit of making the form their own.

Students drove up and down Interstate 405, taking advantage of classes at both Y branches in preparation. Some of the students who had passed their first section jie rank in January served as leaders during the preparations of those who had yet to test. Our community was thriving!

In June of 2015 we all had a great time jie rank testing!

As I realize that there is much more to tai chi than the sequence of movements, I strive to nurture the students' spirit, their energy, and their commitment. It was undeniable that I saw this happening right in front of my eyes during the classes leading up to our jie rank testing dates.

All of this leads me to conclude that jie rank testing is a superlative teaching tool and a great addition to the curriculum! I intend to strengthen and solidify the review of each section I teach by offering jie tests routinely before moving on into the study of the next section. Those who want

to participate in the test are welcome to. As before, I believe that those students who are not interested in testing will benefit as well.

### **YANG**

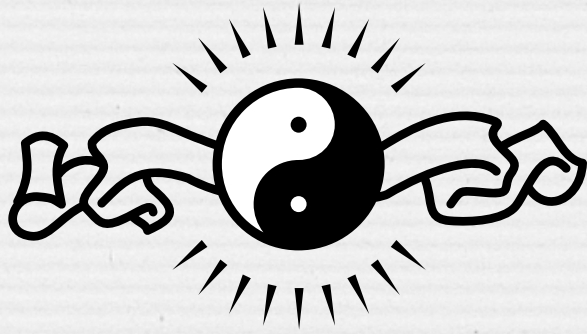
This March, six students who had previously completed all three of their jie ranks passed their first classic rank at the Seattle/Redmond Yang Chengfu Tai Chi Chuan Center. I don't recall encouraging them to do so, other than mentioning that the annual ranking event was taking place. Other members are planning to do the same once they have completed the jie ranks. Their spirit has grown! Now they understand that there is more. Here is proof that jie rank testing functions just as beautifully as it was designed to do.

Will, endurance, patience, perseverance and courage! Maybe you cannot teach these except by your example, but I believe you can inspire them to grow in the right milieu. Adding this ingredient to the mix in the classroom has helped!

I do hope that others will try this system and find it to be a useful addition to their own teaching, or as intended, a step leading practitioners toward the classic ranks.







It is with heartfelt gratitude that I take this opportunity to thank Fang Laoshi and also the Ranking Department: initially Pat Rice and currently Pam Boyde, for their support and guidance.

I would also like to express my thanks to my supervisors, past and present, at the YMCA for agreeing to allow this testing to take place in their branches. Their support of our tai chi community is encouraging.

Mostly, I would like to thank my students who taught me about the value of jie rank testing!

The journey continues!

#### **Jie rank testing from a student's perspective:**

As a 61 year old with a hip replacement, I am proud to say that I have achieved my jie /primary rank in all three sections of the Yang Family Tai Chi Chuan Hand Form. You may wonder why someone would bother to go through the preliminary ranking process. Why not just prepare for the first classical rank? Perhaps my reasons will help you consider the value of preliminary ranking.

First and foremost, I want to improve my own form. When I started taking tai chi classes, I never

considered going through the ranking testing. It seemed like something only someone on the path to becoming an instructor would consider. The jie ranking process has changed my perception.

In my quest to learn tai chi, it has been extremely helpful to set small, obtainable goals that I can achieve over time. Working in four-month increments to prepare for each section helped me focus and gave me a challenge that felt comfortable, not overwhelming.

What is amazing is the noticeable transformation in each one of us. Not only have our skills improved, but there is a discernible difference in our overall level of commitment to tai chi. We truly enjoy working together to expand our understanding of the tai chi hand form.

I believe that with a little encouragement from an instructor, many tai chi students who are like me will benefit from going through the jie ranking process. I am thankful for the opportunity to learn and grow by practicing tai chi.

*Note: Kathi is currently preparing to take her first classic ranking test!* ☯

***What is amazing is the noticeable transformation in each one of us. Not only have our skills improved, but there is a discernible difference in our overall level of commitment to tai chi.***





*We Love  
Tai Chi  
Chuan*



The purpose of the International Yang Family Tai Chi Chuan Association is to enable everyone to work closely together to promote Tai Chi Chuan worldwide.





# Yin and YANG

**A**ccording to the Chinese philosophical and scientific view, fundamental yin and yang dualism could have originated by observing relationships such as those between a body and a shadow, an object and its reflection in the water, dream and reality, or between the moon and the sun. All of these are considered suggestions, or clues to the existence of two different worlds and realities: the physical one, which we see, and another one, which we perceive by observing the natural phenomena around us.





BY ANNA SINISCALCO

Affiliated School Director, Academy  
Instructor

**Usually, the word “yin” is associated with female:** cold and cloudy weather, and rainy skies. The word yang is alternately associated with male: light and sunny weather, and the southern side of the mountains. However, in a poem of the 3<sup>rd</sup> century BCE called Tian Wen (‘Heavenly Questions’), a triad concept of yin and yang can be seen.

Here below, you can find the first verses of the poem<sup>1</sup>, ascribed to Qu Yuan who lived during 340-278 BCE, and was one of the greatest poets of ancient China.

*Who could ever answer when I ask  
What was at the beginning of time?  
Back then, heaven and earth hadn't  
been split,*

*Who knows what took place?  
Light and darkness merged together,  
Who can explain what happened  
then?*

*When things impalpably swarmed  
formless,  
Who can tell how it was?*

*The shining light and the darkest  
dark,*

*When did they form?*

*The yin yang three union,<sup>2</sup>*

*Where do they come from?*

*The nine-sphered heaven,*

*Who has measured and divided it?*

*Who conceived of a scheme so grand?*

The three combinations of yin and yang in verse 11 refer to heaven, human being and earth. This is because the two abstractions yin and yang, while materializing and joining together, generate everything in this world, both spiritual and material. Basically, yin and yang are more an idea or alterity that is yearning to combine: they tune and harmonize each other.

The whole philosophical and scientific Chinese way of thinking is dominated by this concept of yin and yang, since they are not substances, powers or principles, but abstractions that represent substances, powers and principles.

When concisely expressed, these concepts allow us to have a glimpse of a philosophy in which human beings and nature are not two distinct and separate entities. They are united together, because yin and yang gave birth to the whole human world, whether earthly or heavenly. For this reason, human beings must learn to behave in order not to unsettle the state of things, but to conform and unify themselves with the world without altering the genuine course of events of nature. When we are talking about nature and world, we must consider them both in a material and spiritual way.

Matter and spirit are not two different spheres, but one and the same. In this way, we can see that the human being who is settled in the genuine course can help keep harmony in the world by following the flow of events, and thereby find balance in the universe. ☯

1. Translated from Italian version.

2. This verse has been translated from the most ancient version we have, that is by Wang Yi, official of the imperial archives 114-119 d.C. Guo Moro (1892-1978) has translated the poem in modern Chinese, changing the verse: “three” has become “two”, and the sense has been distorted.







# WHY IS TAI CHI CHUAN GOOD FOR YOUR HEALTH?

**TERESA ZUNIGA MAGLIONE**

Academy Instructor

**T**he term “health”, as defined by the World Health Organization is a “state of complete physical, mental and social well-being”. The official medical model of well-being corresponding to the absence of illness leads to a ‘check-up’ practice: if I want to know how I feel, all I have to do is undertake all the possible tests, especially those which allow me to exclude any existence of an actual disease. This definition tends to value the subjectivity of each person on one hand, and their ability to express social and personal potential on the other. In the final analysis, well-being can be considered as the sensation of feeling well that every person experiences, including its psychological and emotional implications. These feelings are strictly related to the ability of a person’s peripheral tissues to consume oxygen. This is known as “aerobic power”.



This power is measurable, and even more interesting, it can be increased through specific training, which is therefore called “aerobic” and has specific features.

It is well known that tai chi chuan is good for one’s health. Newspapers and magazines report that it’s the ultimate aerobic discipline. It is also reported that tai chi chuan is healthy for your joints, your muscles, your circulatory system, and that it also reduces stress. However, this is just a list of its benefits without actually describing how it works. What happens to our body-mind from the functional/physiological, metabolic, psychological, nervous and immunologic points of view? These are topics that we will discuss in further issues.

In this article I’m going to talk about a very important effect of tai chi chuan: **relaxing.**


When we talk about relaxing, listeners sometimes think that we are talking about being limp, but the way that we relax in tai chi actually involves slightly extending your joints, tendons and muscles, which helps promote improved circulation. And, even more so, a better peripheral oxygenation – that increases the aerobic power of tissues – enhances cellular interchange as well as the health of tissues in the whole body, as a consequence improving:

**Elasticity** - the muscle makes us elastic (allowing extent of movement)

**Flexibility** - our joints make us flexible (allowing us or not allowing us to make that movement).

Moreover, movement is life, and if you improve it, you can avoid illness and diseases, such as osteoporosis and metabolic syndrome. The calm and continuous movements of tai chi chuan make our body train the tendons to be more elastic and efficient, thus enhancing energetic consumption and metabolism.

Aging means that many cells die, but they can be replaced according to the request, that is, from what the body needs. ‘Use it or it gets atrophied’ it’s the organic efficiency law: what you don’t use is meant to be wasted; only if a need/request occurs, the stimulated tissues are kept efficient. It is nowadays recognized that physical activity is the most efficient way to improve strength and balance in elderly people.

Tai chi chuan practice – which emphasizes slow, continuous, soft and relaxed movements – requires the participation of many muscles in the whole body for long periods of time, meaning that not only your body activates and strengthens the muscles engaged, but also your mind is involved in controlling and memorizing the movements, thus prompting neurons to create new neural connections and increasing the brain plasticity (we are going to talk about this in future issues). 

***The calm and continuous movements of TCC make our body train the tendons to be more elastic and efficient, thus enhancing energetic consumption and metabolism.***







# SABER FORM

- 3- Looking leftward, gazing right, the two components spread.
- 4- White crane displays its wings to Palm the five-fold states.
- 5- Breezes turn the lotus bloom to hide it in the leaves.
- 6- Treasured maidens work their shuttles facing eightfold ways.

Wancho





**25** Shift your weight back slightly, the left toe follows your body turning and turns straight. Bring your saber up.

**26** Shift your weight to your left and bring your right foot in until it is straight and your feet are shoulder width distance from each other. The saber is over your head and in front of your body.





**27** Standing up, pick up your leg, with knee direction straight forward and separate your arms to both sides. The saber splits to your right at shoulder level. Look in the direction of the saber.

## 4 — White crane displays its wings to Palm the five-fold states.



**28** The left arm circles up and towards the right until it is in front of your body, with a rounded shape. Keep the hand standing.







**29** Step out with your left foot. The step is narrow so that both heels are near the centerline. The left toe is open to the corner. Open the left arm from right to left.

**30** Step out with your right foot. The right toe points straight ahead. This is a bow stance, and the feet are shoulder width distance from each other. Move your saber vertically in a downward circle, taking care that the saber tip does not touch the ground.





**31** While bending the knee, the saber moves from down to up in an upper cut. At the end of the posture, the saber is at shoulder level. The knee, toe, and saber are all aligned. The left arm follows the body's turning and circles to the back left corner. Keep your head up and look in the direction the saber is pointing.

**32** With your weight shifting back, the body turns left. Circle your saber up and to the left side of your body. At the same time, bring your right foot in close to your left leg but not touching it.

**33** Step out with your right foot, both heels near the center line. The right foot is open to the corner. Continue circling your saber from up to down.



Front view





**34** With the turning of your body to the right, step out with your left foot into a bow stance. The left foot points straight ahead and the feet are shoulder width apart. Your saber moves from a low position to up over your head, and horizontally leveled. The left arm follows the saber's circling to the right.



**35** Shift your weight forward and bend your left knee. At the same time, strike out with your left palm. The left arm is at shoulder level, and straight out from your shoulder.



**36** Shift your weight back and with the body's turn to the right, turn your left toe 135 degrees towards the corner. The left arm circles, following the body's turn. Pass the saber over your head so its tip points to the back corner.





**37** Shift your weight back and with the body's turn to the right, turn your left toe 135 degrees towards the corner. The left arm circles, following the body's turn. Pass the saber over your head so its tip points to the back corner.

**38** Pick up your right foot and put it down on the same place with your right toe towards the corner. Then shift your weight to the right as the body continues to turn right. During the turn, drop the saber down to shoulder level. The left palm follows the turning of the body, and then sits touching the saber ring.



Front view



Front view





## 6 — Treasured maidens work their shuttles facing eightfold ways.



**39** Bring your left palm to the left side of your chest.



**40** Extend your left arm to the left corner direction.



**41** Step out with your left foot with toe direction open straight. In the corner direction, both feet are on either sides of the center line. The left is arm is rounded in front of your body. The right arm is rotating and the saber tip is pointing down.





**42** Turn your body and step out with your right foot. Both feet are on either side of the corner center line. The right toe is pointing straight. At the same time, circle your saber to the front of your body. Keep the saber tip pointing down.



**43** Continue stepping out with your left foot pointing to the corner and with a shoulder width distance from the other foot, into a bow stance. The saber circles your head, passing to the right side of your body. The left arm circles up and slightly over your shoulder in a ward-off shape.



**44** Move your weight forward and bend your knee. Turn the upper body to the left and the saber chops down. The left arm wards off upwards. It is rounded, over your head, and in front of your body. The saber tip slightly points upwards and the position of the saber from your right shoulder is straight to the corner.





**45** With your weight shifting back, bring your left foot in. At the same time, both arms circle down. Touch the saber with the center of the left forearm, and keep the saber handle up. The saber is in front of your body and at a 45 degree angle.



**46** Step out with your left foot into a bow stance. Point the toe to the corner. Feet are shoulder width apart.



**47** Move your weight forward and bend your knee. With your weight shifting forward, push your saber out. Your left arm is rounded. Keep the saber at an angle of 45 degrees, and the tip pointing down. In the final position, the left elbow and the left knee are aligned. Your head is up and looking forward.



Front view





**48** Shift your weight back and turn your body to the right. Turn your left toe in 135 degrees, pointing straight. Your upper body posture does not change while the body turns.

**49** Shift your weight back to the left. Step out into a bow stance with your right foot to the corner direction. Feet are shoulder width apart. Bend your left arm and sit up your left palm

**50** Continue turning your body to the right, with your weight shifting forward and bend your knee. The saber diagonally slashes down and to the right, with the handle coming to rest by your right hip. At the same time, strike out with your left palm to the corner. At the end of the posture, both your saber and your left arm point to the corner direction. You look forward as your gaze follows your left arm.



**Front view**







# SEMINARS

## ROSARIO, ARGENTINA

**Nov 26-28, 2016 | Hand Form**

Contact: Ruben Coirini

Tel: 54 341 5858787

[rubencoirini@yangfamilytaichi.com](mailto:rubencoirini@yangfamilytaichi.com)

## SAN JOSE, CA

**Jan 14-16, 2017 | Hand Form**

Contact: Mingyang Li

Tel: 415 757-7318

[mingyang@yangfamilytaichi.com](mailto:mingyang@yangfamilytaichi.com)

## MEXICO CITY, MEXICO

**Feb 17-19, 2017 | Hand Form**

Contact: Daniel Corona

Acoxa 343, 3rd Flor

Tlalpan, DF 14370

Mexico DF, Mexico

Phone: +52 5559055963

[daniel@yangfamilytaichi.com](mailto:daniel@yangfamilytaichi.com)

[www.taichilegacy.org](http://www.taichilegacy.org)

## SHANGHAI, CHINA

**Feb 24-26, 2017 | Hand Form**

Contact: Fang Hong

Phone: 206-618-2119

[fanghong@yangfamilytaichi.com](mailto:fanghong@yangfamilytaichi.com)

## CHENGDU, CHINA

**Mar 18-20, 2017 | Hand Form**

Contact: Fang Hong

Phone: 206-618-2119

[fanghong@yangfamilytaichi.com](mailto:fanghong@yangfamilytaichi.com)

## PARIS, FRANCE

**Apr 7-10, 2015 Hand Form**

**Apr 11 Push Hands**

**Apr 12-13 Sword Form**

Contact: Duc Nguyen Minh & Carole  
Nguyen

27 Allee des Graviers de La  
Salmouille, 91190 Gif. Sur Yvette,  
France

Phone: +33-(0)9- 620 683 65

Mobile: +33-(0)6 07 26 72 96

Fax: +33-1-60 12 24 19

[duc@yangfamilytaichi.com](mailto:duc@yangfamilytaichi.com)

<http://taichiyangchengfu.fr>

## FLORENCE, ITALY

**June 1, 5:30-7:30pm | Theory**

**Jun 2-4 | Hand Form**

**Jun 5 | Push Hands**

**9:30-Noon | Beginners**

**3:30-6 | Advanced**

**Jun 6 | Saber Form**

Contact: Roberta Lazzeri

via S. Spirito 32

50125 Firenze, Italy

Tel: +39-347-7309931

[roberta@yangfamilytaichi.com](mailto:roberta@yangfamilytaichi.com)

<http://taichi.firenze.it/en/>

## ZIBO, CHINA

**Sep 22-24, 2017 | Push Hands**

Contact: Fang Hong

Phone: 206-618-2119

[fanghong@yangfamilytaichi.com](mailto:fanghong@yangfamilytaichi.com)

太極拳