



Tai Chi
Chuan

SPRING 2018

42

STEALING BOXING

THE ILLNESS IS
DIAGNOSED
AND THE
BEGGAR BRINGS
THE MEDICINE

国际杨氏太极拳协会杂志

JOURNAL OF THE INTERNATIONAL YANG FAMILY TAI CHI CHUAN ASSOCIATION

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*Tai Chi
Chuan*

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

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Transcribed by Edward Moore

PRESIDENT'S LETTER

In 2018, I travelled to teach in Zhongshan, Guandong Province, where my second grand uncle taught in the 1940's. At that time, they were also celebrating the 10 year anniversary of their school there. I was invited to be a coach and advisor for the Zhongshan Yong Nian Tai Chi Association. I was also very excited to attend the Belt and Road China Tai Chi Culture World Tour. This is an important program connected with the Silk Road Research and Planning Institute.

I was honored to be one of the teachers representing the Yang style for this event. This group had six teachers within two styles, which were Chen and Yang style. The Chen style representatives were Chen Xiao Wang, Wang Zhong Hai, and Huang Xin. The Yang style representatives

were Tong Hong Yun and myself. I was honored to be one of the teachers representing Yang style. The tour started in Berlin and was located at the Chinese Culture Center Berlin. The event was attended by nearly 200 people and we were also invited to demonstrate at the Chinese embassy. The embassy also hosted a banquet for the event, which was very nice.

The second location was near Venice, and Jack Cornell was one of the organizers. We had close to 200 people there also. I was very happy that many of our directors and instructors joined us in Italy to offer their support, including Claudio Mingarini, Giuseppe Turturo, Ylaria Fiora, Anna Siniscalco, and many others. I was very happy that they took the time to travel to Vicenza to help this program and make Yang style shine in Vicenza.





The third stop in the tour was in Vienna, and the host was very welcoming. This was my first trip to Austria, which is very beautiful, and the location was very nice. The last place we went to was Budapest, and it went very well thanks to the help and support of Vadas and Csaba Simó. The idea of Belt and Road is to spread Chinese culture and to follow the idea of how to trace a path from East to West. As China continues to develop a very strong economy, they also have the idea to bring the areas around China to develop together with them. Tai chi chuan is a symbol of the living culture of China, and it can help to spread the benefits of health, balance, and Chinese philosophy. These are the cultural treasures of China, but we also understand that tai chi comes from China but belongs to the world. This is why we wanted to be of the Belt and Road program. Before the trip began, there was an ad about it displayed in New York's Times Square. The trip started in Europe, but will travel to the US, South America, Asia, Austria, and then all over the world. The Belt and Road program will host an annual tai chi chuan week this year, which will be held in Shandong Province in November.

On March 21st the first Shanxi Province Yang Family Tai Chi Chuan Research Institute Association Representative's Meeting will be held. This was approved by the China Shanxi Martial Arts Association and founded in January of 2018. We will host the first whole province representative meeting, and this will continue my grandfather's idea to spread Yang Family Tai Chi Chuan in the province, as well as working together with all the other organizations.

In other news, we are continuing to work on the new design for the website, as well as a new database that is supported by the Brazil team. I hope that we can publish the new website soon.

This summer in July we are going to host a tai chi discussion forum in Datong, Shanxi Province, which will be hosted by the Datong Yang Family Tai Chi Chuan Association. In the summer Datong is not too hot, and the weather is fresh and pleasant. The famous Yungang Grottoes are also nearby. This UNESCO World Heritage Site of ancient Buddhist cave temples features 252 caves and 51,000 statues that date back to the 4th and 5th centuries. Everyone is invited, so I hope that you will be able to attend!



I was also very excited to attend the Belt and Road China Tai Chi Culture World Tour.





In March 2018, Master Yang Jun held a disciple training in Datong, China.

This event included disciples of his grandfather, and also a ceremony for new disciples of Master Yang Jun. In the tai chi tradition, this relationship is a big family of brothers and sisters.

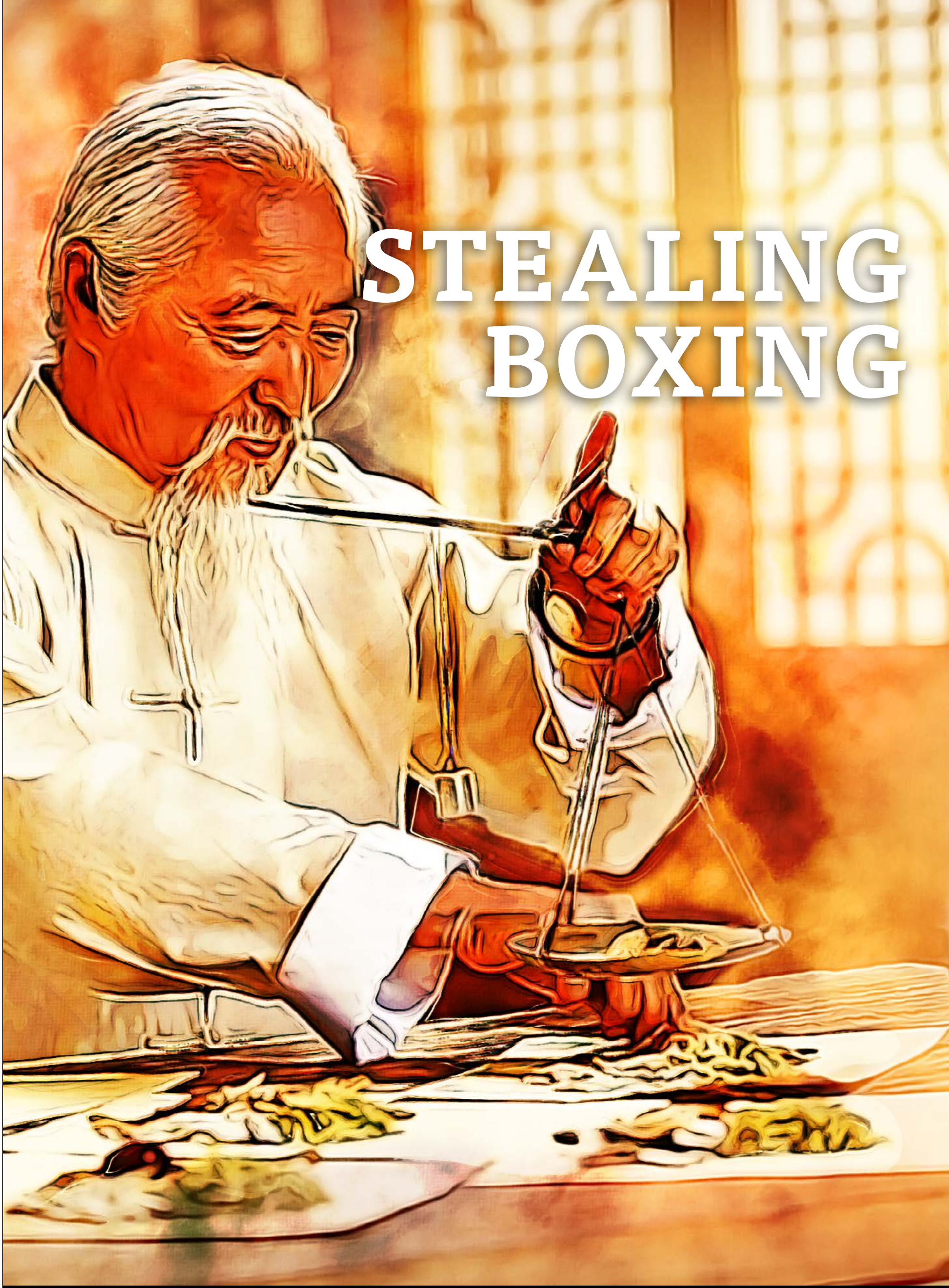
For five special days, this tai chi family stayed in Datong to learn, practice, and eat together each day.







STEALING BOXING



Stealing Boxing (偷拳) was written by Gong Baiyu (1899-1966). It is a fictional martial arts novel that is loosely based on the life of legendary Yang Family master, Yang Luchan.

- CHAPTER 11 -

**THE ILLNESS IS
DIAGNOSED
AND THE
BEGGAR BRINGS
THE MEDICINE**

BY GONG BAIYU

Translated by Ken Ning
and Edward Moore

The mute young man had gotten used to his new life in the house of Master Chen. Each morning he woke before dawn to clean the practice field. By the time the field was clean, Master Chen would have normally gone out do qigong, so he next went to the master's quiet room to sweep and clean there also.

That day things were different. When the young man went outside, a steady rain was falling, and the field was wet and muddy, so he decided to wipe off the weapons first. When he finished with the weapons, he put them back where they were stored. Next, he went to clean the master's quiet room. When he walked in with his broom and dustpan, the young man stopped suddenly in surprise to see the elderly master still lying in bed. In the two years that he had lived in the house, he had never seen the master in bed at this time.

After standing very still in the doorway for a few minutes, the young man decided that it must be the rain that made the master decide to stay in bed that day. He walked in very quietly and began to sweep the floor and dust a few things. Master Chen was very still, but he was not sleeping. When he heard the footsteps, he opened his eyes slightly to see the young man and called out for him to bring some water. The young man turned around quickly and walked over to stand in front of the master's bed. Master Chen spoke again in a solemn voice: "Bring some water here. I'm thirsty."

The young man leaned over the bed to see him better in the dim room. The master's face was red and swollen, and his breathing was labored. He nodded quickly and went to the kitchen to tell the cook to boil water. As he walked, he also saw the third disciple, Geng Yongfeng. Hurrying up to him, he pointed to the bedroom and tried to wordlessly signal that the master was ill. He pulled at Geng Yongfeng's arm and also pointed at the kettle.

Geng Yongfeng struggled to understand the mute young man. Finally, he said: "You mean the old master wants water?"



The young man nodded repeatedly and signaled to follow him as he carried the boiled water back to the master's room. He checked the temperature of the water before serving it. Master Chen drank three large bowls, one after the other.

Geng Yongfeng wondered what the young man was up to, so he walked into Master Chen's room. When he saw the master in bed, he was surprised and concerned, and said: "Master, you are waking up late today."

Master Chen just shook his head and said: "I don't feel right today."

Geng Yongfeng bent over and touched Master Chen's wrist. His hand felt hot, and his pulse was quick. His bloodshot eyes kept shutting with exhaustion. Geng Yongfeng stood up in alarm, but spoke in a soft voice: "Shifu, you were doing great yesterday. Why are you so sick today?"

Master Chen summoned his energy to answer. His head was burning, yet his whole body shivered despite his warm blankets. With strength in his voice, he spoke: "There is no illness. We were busy saving the food in the storm, and I was rained on."

Geng Yongfeng said: "Shifu, this looks like a serious illness. How do you feel? Please call a doctor."

Master Chen laughed: "It doesn't matter. It's only a little cold. Let me lay down for a while until the fever passes. I'll do a little gong fu and everything will be okay. Is a little cold a serious illness?"

It doesn't matter. It's only a little cold. Let me lay down for a while until the fever passes. I'll do a little gong fu and everything will be okay. Is a little cold a serious illness?

Master Chen usually avoided doctors, saying: "People should be self-sufficient. It's better to care for oneself rather than rely on a doctor all of the time." However, the third disciple felt very concerned after seeing the master, so he went straight out and told Master Chen's wife about his condition.

The master's wife frowned when she heard what Geng Yongfeng had to say. She responded: "You know how his temper is. Calling a doctor might just bring more trouble for us. Even when we are sick, he still doesn't like for us to call the doctor. The last time our oldest daughter-in-law was sick, I asked him to send a car for the doctor. He refused, saying that doctors are quacks, and that none of their cures actually work. He believes treatments that work are just a lucky guess." She continued: "Later, the family brought a doctor so that he couldn't block it. Because of his personality, I'm afraid to call a doctor. He relies on his gong fu and won't agree to being treated like the elderly, or for anyone to say that he is sick." She looked worried as she spoke: "He was in the cold rain yesterday, so I asked my daughter-in-law to check on him, but he wouldn't let her in. Last night I asked my grandsons to see him and they brought him fruit."

Geng Yongfeng listened to Shimu's concerns but knew that Shifu's sickness was serious and treatment should not be delayed. As the master's disciple, he had to make a difficult decision. He decided to go to town himself to find the famous doctor, Zhuan Qinglai.

Master Chen's wife felt worried in her heart because she was afraid that the doctor would not come, or that Master Chen would be very angry that they brought him. Geng Yongfeng finally arrived with the doctor after lunch. Although he was still very ill, Master Chen noticed that the doctor arrived right away and was very unhappy. Several of the disciples and grandsons gathered at Master Chen's bed, trying to convince him to cooperate. They told Master Chen that it didn't really matter whether he had medicine or not, but the honored doctor had travelled so far on short notice, why not let him do the diagnosis? It wouldn't hurt to listen to his opinion.



The fourth disciple, Fang Zishou was most polite but persuasive, saying: “Shifu, I know that you are in excellent health. How can they say that you are sick?” He continued: “But Master, since the doctor is already here, shouldn’t we humor him? Let’s watch him do his diagnosis, but don’t say a word. Then we can test this doctor to really see if his reputation stands up. What do you think?”

The fifth disciple, Tan Yongnian caught on to the strategy and chimed in: “My brother has a good plan. The master has practiced gong fu for many years, so how could he be sick? It’s only a little cold, but why not go ahead and see what the doctor says?”

Master Chen thought they were worrying too much, but after so much persuasion, he finally gave in, saying: “None of you have seen me drink medicine for decades, but you are still so concerned. I’ll just drink it so that you won’t worry so much. I’ll let the doctor look at me for your sake. Then we can finally have some peace here.” The disciples felt relieved when they heard this, and they went out right away to bring the doctor in.

Dr. Zhuang was familiar with Master Chen’s honorable reputation, and he was determined to give him the best possible care. He checked the master carefully for signs of illness, making sure that he did not miss anything. After the examination, he went to the living room to speak to Geng Yongfeng. After a few moments of silence had passed, the doctor spoke. “The elder gentleman’s illness is very serious. This is not the common cold. I can see both liver heat and a harmful chill. The master is suffering from typhoid fever.” The doctor glanced around at the table. “Bring me a brush and paper, and I’ll write out a prescription. This illness should not be neglected. I suggest talking to another doctor for a second opinion just to be sure, but please do not delay treatment.” Geng Yongfeng considered this, but he was already talking to the only good doctor in the prefecture. He got up and quickly returned with a brush, paper, and ink stone for the doctor to write out the prescription.

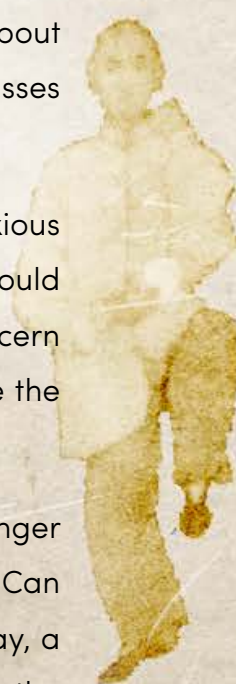
“The elder gentleman’s illness is very serious. This is not the common cold. I can see both liver heat and a harmful chill. The master is suffering from typhoid fever.”

The ink was prepared on the stone, and Dr. Zhuang took the brush and wrote the prescription. “Let’s see how this medicine works.” he said as he put down the brush. “I appreciate your confidence in me, and I will do my best to help Master Chen.” He mentioned a few details about the correct diet for the illness, then put on his sunglasses and left.

When the doctor was in the house, everyone was anxious to get the prescription, and also worried that he would not come next time. After the doctor left, their concern changed to whether the patient would actually take the medicine or not.

Geng Yongfeng looked at Fang Zishou, saying: “Younger brother, you are the best at convincing the teacher. Can you convince Shifu to take the medicine?” Right away, a worker was sent to the town to purchase the herbs for the prescription. When he returned, a charcoal fire was set to begin to cook the mixture. The disciples all went into Master Chen’s room, wondering how to persuade him to take the medicine.

Fang Zishou had always been able speak very persuasively to the master, but he suddenly felt powerless to help. Master Chen’s symptoms were obvious, his cheeks were burning red, and although he was covered with blankets, he still shivered with a chill. When the master saw the disciples come in however, his mind seemed clear. He looked directly at them and asked, “Did Dr. Zhuang leave? What did he say?”





***“Master,
Dr. Zhuang’s diagnostic
skills are excellent.
Just one look at you and he knew
that you are very strong.
He says that typhoid is worse
for stronger patients.
The stronger they are,
the worse they get.”***

Fang Zishou relied in a polite tone, “Dr. Zhuang said that master is very sick. He sounds reasonable. Master, he tells us that you have typhoid fever.” Master Chen did not speak, so Fang Zishou continued. “Master, Dr. Zhuang’s diagnostic skills are excellent. Just one look at you and he knew that you are very strong. He says that typhoid is worse for stronger patients. The stronger they are, the worse they get.”

The doctor respects you Master, so he has very carefully diagnosed the sickness. He believes that master knows how serious his illness is and will be willing to take the medicine. He knows that you will listen to your heart.” Master Chen snorted impatiently, “Nonsense. Would I get typhoid? There is a saying that typhoid causes ‘angry qi’. Where is my angry qi? Don’t listen to this nonsense. I simply have a serious cold. I’ve been lazy for two days, but it’s going to be fine. A few days at home is a good enough cure for me.”

The young man carefully cooked the medicine that the doctor had prescribed, but Master Chen refused to touch it. The family members grew anxious and the disciples had no idea what to do. The more insistent they were about the medicine, the more impatient Master Chen grew with them. Master Chen’s wife was worried most of all, so she brought in her daughter-in-law to check on Master Chen’s condition. Normally, no females were allowed into the master’s bedroom, so this rule being broken agitated him even more. Finally, Master Chen

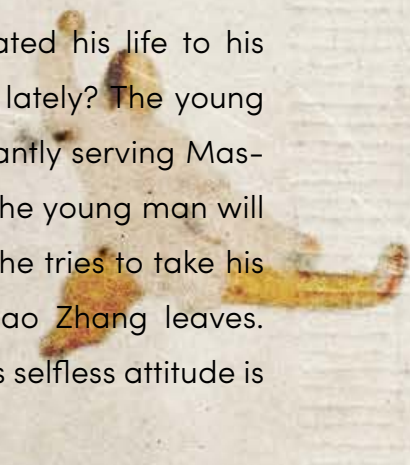
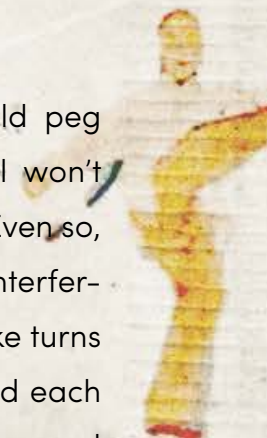
snapped and threw a bowl of water to the ground, saying, “What do you want? I’m not dead yet. Why are you already wiping the tears from your eyes?”

Grandmother Chen was angry, saying, “This old peg takes the stick. How disappointing when the ill won’t touch the medicine. It doesn’t take much to die.” Even so, she didn’t dare provoke Master Chen’s anger by interfering, so she asked the relatives and disciples to take turns caring for him instead. Master Chen’s wife waited each day until he fell asleep, then she snuck in to his room and checked his head for fever with tears in her eyes, asking the nurse about his condition.

Because Master Chen’s son was living away from home, only his long-time disciples and workers were entrusted with his care. Although they tried everything that they could, his condition worsened each day. Dr. Zhuang was invited to the house again, but when he learned that Master Chen would not take his medicine, it was clear that he was not very happy. Geng Yongfeng begged the doctor to help, but he only wrote another prescription and went back to town.

Master Chen laid miserably in bed each day, burning with fever. The sickness seemed to make his temper even worse, and he scolded several of the disciples. The disciples Deng Yongfeng and Fang Zishou went to Granny Chen and said, “Don’t worry, Shifu has taught the young man to be very good at caring.” Granny replied, “Oh, yes. He has been very helpful.”

Geng Yongfeng said, “It’s really true. Shifu saved the young man, and now he has dedicated his life to his master in return. Have you seen him lately? The young man’s eyes are bloodshot from constantly serving Master Chen. Xiao Zhang is worried that the young man will get typhoid fever also, but whenever he tries to take his place, the young man hides until Xiao Zhang leaves. This young man is really not afraid. His selfless attitude is really very rare.”





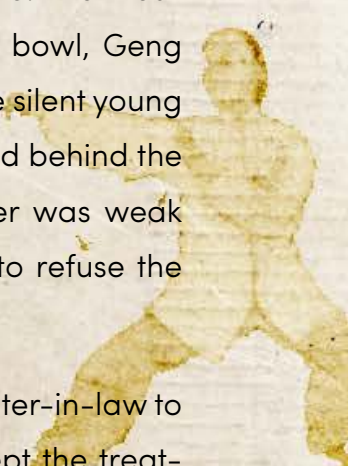
Granny Chen overheard these words and was very moved. She called him in and spoke to him encouragingly. After this, Granny let it be known that during the day, everyone was to care for Master Chen, but at night it would only be the young man. She also told Lao Huang to let him off of his other regular chores so that he could focus his energy on caring for Master Chen.

The silent young man waited with Master Chen all night with only a round chair in the corner to sit on, and a small footstool. Sometimes he half-laid down across the stool and footrest to close his eyes for a few minutes. When he heard Master Chen stir in the night, he went right away to check on the master. Since Master Chen had gotten sick, the young man had worked very hard with little sleep, but he still tirelessly served the master. Even though all the family members and disciples cared for Master Chen, the young man worked the hardest.

Master Chen continued to use his advanced gong fu and qigong skills to fight off his illness, but typhoid is a very powerful sickness. However, since Master Chen refused to take medicine, the illness got worse and worse. Finally, his spirit waned and he could not fight anymore. The fever kept him in bed and he could not stir.

The members of the family and the disciples came to Master Chen to beg him to take the medicine. The master's grandson stood holding the medicine bowl, Geng Yongfeng held a cup of mouthwash, and the silent young man held a spittoon. Grandmother Chen hid behind the others, secretly crying. Although the master was weak and lethargic, he still had enough energy to refuse the treatment.

Grandmother Chen quietly asked her daughter-in-law to go in and plead with Master Chen to accept the treatment. In his semi-conscious state, he was polite to her in



his reply and did not scold. He only said, "Do not bother me now. My heart flutters with panic."

Master Chen's body continued to burn with fever, and he was sometimes unable to hear anything. His face became very thin and pale. Grandmother Chen said, "He still refuses to take any medicine. This is no use, we have to find another way. Just look at how his appearance has changed. He's getting older, but he still has the temper of a young man."

At this moment, Master Chen's hearing had returned, and he replied angrily, "You are making trouble for me again. Get out." Everyone in the room became discour-

"The weather is warming, and you have been here four full months." The young man listened with his full attention. Master Chen continued, "Although you do not want to be paid, I am still going to give you some money. Don't you want to go home now?"

aged and walked out into the living room to discuss the matter anxiously.

Grandmother Chen turned to Geng Yongfeng and said, "Do you see what is going on with your Shifu's illness? It looks very bad." Tears began to wet her face again.

Geng Yongfeng frowned and said, "If the patient won't take the medicine, what can we do?"

Fang Zishou replied, "Shimu, please don't worry, I have an idea. We can pour half a bowl of the medicine and mix it with tea. We can give the tea to the master to drink and he won't know the difference.

Geng Yongfeng shook his head, saying, "This drug is very strong, how can he not taste it?"

Fang Zishou replied, "Let's think about how it could work."

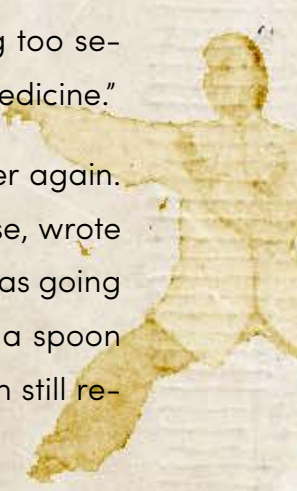
Master Chen briefly woke from his fevered slumber and said that he liked the idea of having a traditional brew called qing blast detoxification soup. Everyone in the house was glad to hear this, since they thought that the flavor might be strong enough to conceal the taste of the prescription. They made the qing blast detoxification soup right away, mixed in the medicine, and brought it to Master Chen. He had one drink of the soup and said, "What is this? It doesn't taste right."

The silent young man brought out the qing blast recipe and showed it to Master Chen, who only glanced suspiciously at it. He took another very small drink and laid back down again.

Because the illness was so life-threatening, they started to add the medicine to everything Master Chen ate or drank. They added as much as they dared to the master's porridge and tea each day, and because he was so ill, he could not taste the difference very well. Master Chen was so sick at this time that he spent as long as 4 days in an unconscious state. Grandmother Chen became more and more anxious, saying "This illness is getting too serious. Please get him to somehow drink more medicine."

Geng Yongfeng invited Dr. Zhuang to come over again. He arrived and after checking the master's pulse, wrote out another prescription. The Chen household was going up and down with panic, and they tried to use a spoon to get some of the medicine down. Master Chen still refused.

After fever had burned for more than half a month,





Master Chen began to slightly improve. He could drink water on his own again, so he asked for some. The silent young man brought over the water bowl and the master drank a few mouthfuls. He looked up and saw both Geng Yongfeng and Fang Zishou standing in front of the bed. Grandmother Chen sat watching, and everyone looked around at each other.

Master Chen groaned and said, "Why are you all surrounding me as if something important is happening? I didn't take the medicine as you can see, but I'm still recovering."

Everyone sat without replying to Master Chen. He tasted his tea and said, "What is this tea? The flavor is not right."

Everyone just looked at each other secretly, and Master Chen frowned and thought for a moment, saying, "Did you trick me into taking that useless medicine? This illness has only lasted for four days."

They could no longer hold silent, and everyone began to laugh. Grandmother Chen said, "Old master, were you only sick for four days? I'll tell you something, you nearly scared us to death. You've been sick for eighteen days."

The most dangerous stage of Master Chen's illness had passed, and his spirit and strength had almost returned. The terrible fever had gone, and he was able to stay awake for a while before fatigue overcame him and he slept again. The family members all came in to check on his condition. They all remarked to Master Chen how the young man had stayed by his side for ten days without sleeping. After hearing this, he looked up at the young man, seeing that his eyes were red and swollen from lack of sleep. He could barely keep them open.

As the master lay back into his bed with exhaustion he heard something that sounded like people moving things. There was a swishing sound, and also footsteps. He wondered what it could be, saying to himself, "Hmm?" He thought he heard something swinging, but then the

"Why are you all surrounding me as if something important is happening? I didn't take the medicine as you can see, but I'm still recovering."

sound suddenly disappeared.

Master Chen laid in bed, wondering if the sound was someone coming to see him. He was too tired to talk to anyone, thinking, "Who cares to come and see me? This would probably be my wife. I'll just go back to sleep for now."

A long time passed as he lay there with his eyes closed, but no one came in. He heard the footsteps go back and forth outside. They sounded light and quick. The swishing noise continued, but he thought it also sounded like someone moving dried branches.

Master Chen wondered in his exhausted state what the sound could be. Was it tinnitus? He could be imagining the sound, but it seemed to really be there.

The sound seemed to get closer, and the rear window began to rattle. Master Chen lay quietly in his bed, thinking, "What exactly is going on?"

Master Chen looked up and remembered that there was a window not far from his bed. He took a breath to gather strength, and then sat up with the intention to walk over and look out so that he could figure out what the mysterious noise was. Master Chen took two steps towards the window and his legs began to shiver. His whole body collapsed in exhaustion, and he lay on the floor unable to move.



VIDEO DESCRIPTIONS BY
GANG HUANG



This video features Master **FU ZHONGWEN**



<https://www.youtube.com/watch?v=KSnCmnG6Pvg>

Fu Zhongwen was a famous tai chi chuan native of Yongnian County in Hebei Province.





MASTER FU ZHONGWEN

1903 — 1994

Fu Zhongwen started learning Yang Family Tai Chi when he was 9 years old and followed Grand Master Yang Chengfu since he arrived in Shanghai at the age of 14. He respected the Master and trained very diligently.

Fu Zhongwen earned the trust of Master Yang and learned a lot from him. He was asked to do live demonstrations when Grand Master Yang Chengfu taught in Guangzhou, Nanjing, Wuhu, and other places. He also competed on behalf of Yang Chengfu in numerous contests and won. He became a highly regarded tai chi referee, instructor and coach from 1930s to 1994. He did a lot to promote Yang Family Tai Chi in Shanghai as well as other countries like Singapore, Japan, Australia, Germany, Italy, and Switzerland.





YANG FAMILY
TAI CHI



Yang Family Tai Chi has a new logo.

It was designed to also be readable in China as we expand in that country. Grandmaster Yang Zhen-duo painted the calligraphy used in the logo's design. Another change made was to use the words "Yang Family Tai Chi" instead of "Yang Family Tai Chi Chuan". "Tai chi" is a more expansive term that can refer to health, business, and many other areas.

INSTRUCTOR PROFILE

By Edward Moore

Director Angela Soci is the first to be featured in our new Instructor Profile article. This purpose of this series is to highlight some of the exceptional people in our association and give them a chance to tell us a little more about their schools. Angela Soci has been studying tai chi chuan since 1978, teaching since 1988, and has been the director of the Yang Chengfu Center of São Paulo Brazil since 1998. Angela has attended many training seminars with Master Yang Zhenduo and Master Yang Jun over the years. In 2012, she was given the special honor of becoming a first-generation disciple of Master Yang Jun.



ANGELA SOCI

SÃO PAULO - BRAZIL

www.sbtcc.org.br

When did you first begin to study tai chi?

I was introduced to tai chi chuan in 1978. It was love at first sight!

Why did you originally choose to learn tai chi? What was interesting or attractive about this art that made you want to learn it?

What most caught my attention was the slow pace and harmonious movements. I was in a very special moment of my life because I was looking for a reason to live and a meaningful activity to dedicate myself to. I began practicing and studying

at the same time, and both the practice and theory opened up a new world to me! To understand the philosophy, have a way to put it into practice, and also have a method to help people, this was the most meaningful activity I could ever find. From 1978 until today, I never stopped practicing and studying this wonderful art. Through tai chi I found that it is possible to help people overcome both health and psychological issues, and I dedicated my life to this art. Tai chi chuan brought meaning of my life.





What do you enjoy most about teaching tai chi?

I enjoy teaching tai chi chuan because I see people transforming their lives for the better in many different ways. They become more relaxed, happier, and can enjoy life. With tai chi, people can find ways to overcome all kinds of difficulties in their lives and avoid struggling with small issues that make them unhappy.

What do you think is the most challenging part of tai chi for beginners and advanced students?

Patience with their own difficulties and limitations can be very challenging for beginners. More advanced students sometimes think they know everything and then stop learning...

What are your goals for developing as a tai chi instructor and practitioner during the next 2-5 years?

To bring together tai chi chuan and the academic environment. If we search the scientific studies of our

ancient art, we can discover good results that will motivate even more studies and research. This will also bring more and more people who are interested in practicing tai chi chuan.

Please tell us about your school and what you think is special about it.

We have had our national school since 1980, and we met Master Yang Zhen duo and Master Yang Jun in 1990 at the First Event in Winchester, Virginia, called "A Taste of China".

In 1998, we started a personal relationship with Master Yang Zhen duo and Master Yang Jun, and in 1999 they came to Brazil for the first time. Since then, we have been developing and spreading Yang Family Tai Chi Chuan around South America together. Our school today teaches instructors that serve in all of Brazil and South America. This is our specialty and we are very pleased to invite anyone to be part of our dream.

Please share one or two important experiences you have had in your tai chi career that have significantly increased your understanding of this art.

My private meetings with Master Yang Zhen duo in 1998 were one of the best experiences I ever had! This opportunity changed my life and made me fall more in love with tai chi chuan. It also reinforced my strength for sacrificing everything to learn and teach this art. Master Yang's patience and love made such an impression on me. His explanations of the art and talks about the morals of tai chi were so inspiring, as well as the way that he opened his heart to receive me in his home! Everything that happened at that time made me want to dedicate my life to this art and share it with my fellow South Americans. ☯



VIDEO DESCRIPTIONS BY
GANG HUANG



This video features Master **DONG HULING**



<https://www.youtube.com/watch?v=vaHy2PYdtNY>

Master Dong Huling is one of the most well-known Yang Tai Chi Chuan successors.





MASTER DONG HULING

1917 — 1992

Dong Huling was the son of Dong Yingjie, who was himself one of the top disciples of Grand Master Yang Chengfu.

Since his childhood, Master Dong Huling strictly adhered to family teaching and learned everything from his father, who had excelled in tai chi.

Master Dong Huling excelled in his interpretation of Yang Family Tai Chi with his rooted, steady, and smooth style. He taught tai chi chuan very actively and had a great impact in areas like Southeast Asia and the United States.

BY LI SHENG WU

Translated by Han Hoong Wang

A MASTER AS A FATHER

THE STUDENT AND THE MASTER

The master-disciple relationship in Chinese culture is a bond that reflects centuries of tradition. This series of stories is meant to help Westerners better understand the deep nature of this special relationship.

I began to practice Yang Family Tai Chi Chuan out of luck and coincidence, but it is now with great respect and admiration that I think of Grand Master Yang Zhen duo. Since I was little I liked to play with the spear and the staff and I began to study martial arts at the age of 9. I studied Long-Fist, Sanhuang Cannon Fists, and Ba Gua Zhang. While I was studying at the school in Taiyuan in 1988, I heard that Master Yang Zhen duo regularly taught in front of a tower in Yingze Park. I went there myself one Sunday before dawn and saw hundreds of people gathered around the master. He looked very kind, with a vigorous and graceful posture. His voice

rang out through the park like a big bell as he explained the movements in great detail. This was the Grand Master Yang Zhen duo. I hurried closer to watch and listen and was captivated by his skill and charisma. From that moment on I began to study Yang Family Tai Chi, and every Sunday for the next three years I went to the tower to listen to the master teach. The more contact that I had with the master, the deeper my feelings of respect and admiration grew. In 2005, I was fortunate enough to be accepted into the second group of the master's disciples and was happy to become part of the Yang family heritage.





[Left to Right: Bai Yao Zong, Ma Xiao Feng, Yang Zhenduo, Li Sheng Wu]

When the teacher/student relationship changes to a master/disciple relationship, the way that we address each other changes. After the disciple ceremony, the disciple calls Master “Shifu”, and his wife “Shimu”. There are also special names that are used for every other disciple in the family depending on their age, and which generation of disciples they belong to. Besides this, there are also added responsibilities to pass on the traditional culture, and it is even more important to build the father-like relationship that the master has to the student. After becoming a disciple, I had the responsibility to study harder and attend the disciple trainings, but more importantly, I also paid more attention to my master’s daily life, diet, physical condition, and every event that Master has done. As long as I have the time and the opportunity, I visit Grand Master to wish my father happiness and longevity no matter how busy I am, especially on his birthday. When Grand Master came to Datong for the 20th Shanxi Yang Family Tai chi Chuan Invitation Competition, Chairman Yang Bin devoted himself fully to the competition event. During this

time, my younger tai chi brother and I were given the responsibility of taking care of the Grand Master and his wife, and we felt honored to be able to help with such an important task. I do really have a feeling as if Master is my father.

Master went through a long-distance journey to Datong in 2014 and took part in some of the activities there. Although Master was glowing and full of energy, he was 90 years old at the time and his daily diet required great care. The August climate in Datong is very nice, with fresh air in the villa environment. In order to help him have a good night’s sleep before the opening ceremony, Master was hosted at the elegant Wen Ying Villa for the night. After the long and exhausting day, I was happy to help Master fill his bath with hot water so that he could be more rested and comfortable. Although the purpose of the visit is to participate in the activities, for a disciple, the most important part is to support Master in this way. Shifu has taught his students with great dedication for decades and has weathered many rainy days without a hitch. It takes a strong mind and will to make such an important contribution to the health of so many people. When I look at Shifu, I am reminded of his dedication and strength, and my respect for him grows stronger. If there was not a “master as father” relationship between shifu and disciple, I could not feel affection in this way.

During the several days that we stayed in Datong we attended the opening ceremony and also visited interesting places in Datong, such as Yungang Grottoes, Hunyuan Hengshan, Xuan Kongsu, Yingxianmu Tower, the ancient city of Datong, and some of ancient artifacts from the Northern Wei Dynasty. Shifu was energetic and spirited and I helped him and Shimu take a lot of precious photos so that their happy time would be preserved for the future. Times like this with Shifu help me to understand that the feeling between a master and a disciple is much like that of a father and child, a very deep and real feeling. The disciple inherits more than just the martial arts tradition from the master. We also gain an emotional dependence and sense of trust and respect. My feeling for Shifu is the love that a son feels for a father, a love as deep and as wide as the sea.





PRACTICE DEPARTMENT

Master Yang demonstrates one of the many single whip applications with Mike Lucero.

單鞭

APPLICATIONS



1

As the opponent punches with their left hand, raise your right arm. Connect to their arm with your elbow down and your wrist sitting. Blend your arm movement to their punch so that you do not resist it.

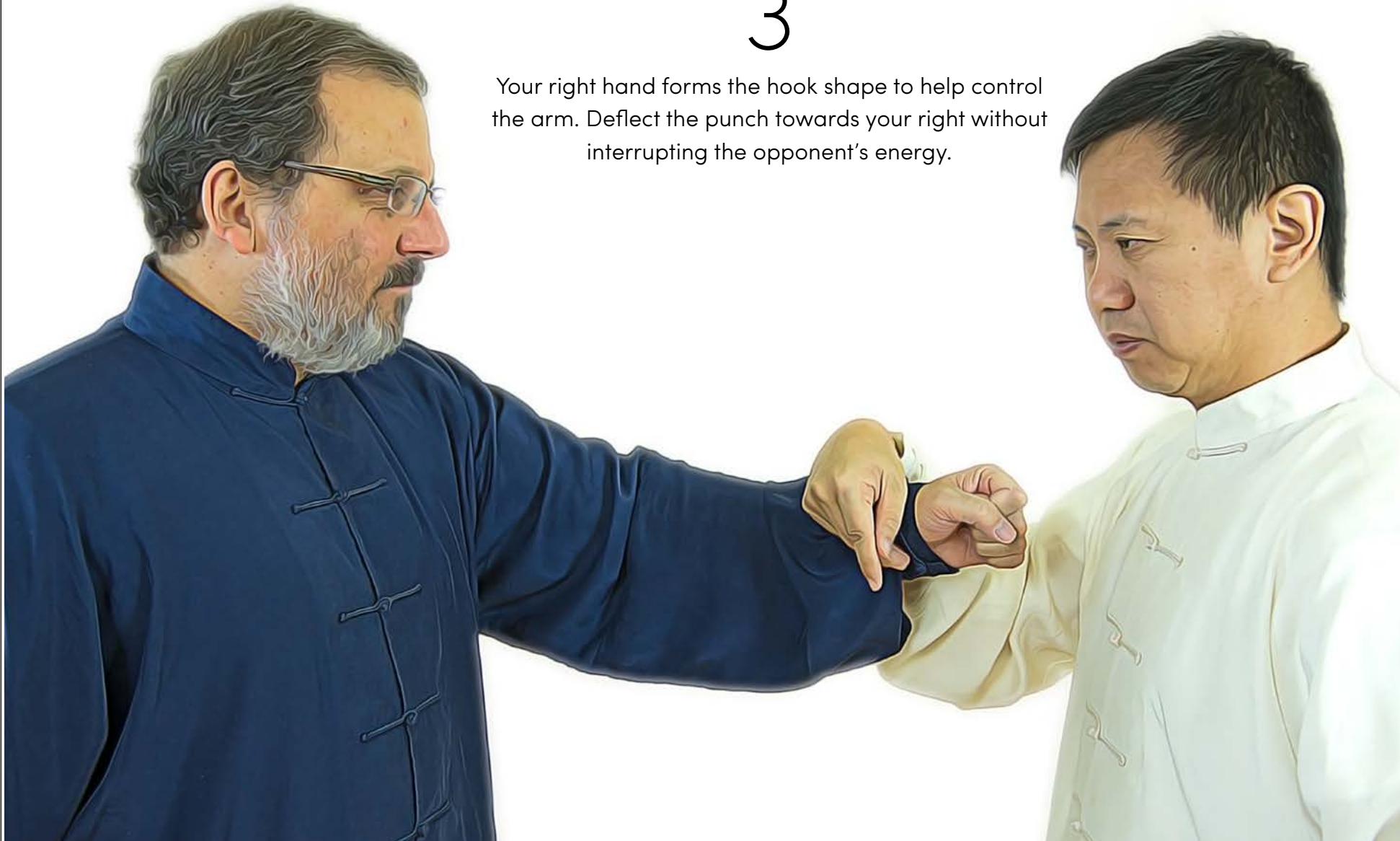
2

Follow the energy of the attacking arm and stick to it. Bend your right wrist over their arm.



3

Your right hand forms the hook shape to help control the arm. Deflect the punch towards your right without interrupting the opponent's energy.



4

Stick to the opponent's arm and turn your waist to deflect the punch away from your center. Raise your left arm with your palm sitting.



29

5 Continue turning your waist to neutralize the punching energy. The hook-hand sticks to the opponent's inner-wrist, guiding their energy forward. The movement of your waist turning transfers the opponent's energy to your left arm. Your left-hand strikes to your opponent's body. Repeat the movement until the punch can be neutralized and transferred into the strike in one complete and unbroken motion.





GRANDMASTER YANG JUN

2018 SEMINARS



國際楊氏太極拳協會雜誌

太極拳

JOURNAL OF THE INTERNATIONAL YANG FAMILY TAI CHI CHUAN ASSOCIATION

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Apr 18 | Saber Form
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49 Hand Form | Saber
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COLOGNE, GERMANY

May 24 | Push Hands
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Jun 4-5 | Sword Form
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July 6-10 | 2nd Instructors Part II
July 13-17 | 3rd Instructors Part I

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