



INTERNATIONAL TAI CHI CHUAN  
SYMPOSIUM

*Directly from the Source*





# Contents



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:  
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*The 2019 Symposium is 5 full days of inspiring presentations, performances and workshops with a sprinkling of special events.*

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# PRESIDENT'S LETTER

**YANG JUN, President**

*Transcribed by Edward Moore*

**T**he International Tai Chi Chuan Symposium will take place May 25 to 29, 2019 in Selvino, Italy. This event will be hosted by the Tai Chi Chuan Cultural Association, as well as the Yang Family Tai Chi Chuan Foundation. This will include an academic program, as well as the first International Yang Family Tai Chi Chuan Tournament. There will also be a Taiji Gong Seminar, where representatives of the various family styles will teach short versions of their family style known as taiji gong. This will include famous masters from the Chen, Yang, Wu, Wu-Hao, Sun, and He family lineages.

The seminar will be held in the beautiful mountain village of Selvino, which is near the cities of Milan and Bergamo. Selvino is in the Orobic Alps, and has beautiful river and mountain views like a painting. Because of the mountain weather, the weather is pleasant in the summer. The town is quiet and beautiful. In the past, I met with the mayor of the city and he welcomed us to host our symposium there. During the symposium, we plan to bring academic researchers together with practitioners of every tai chi style to share our love of tai chi and spread the message that we are one big family. After the symposium, we have organized a sightseeing tour of Venice, Rome, Florence, and Milan. We also plan to visit a winery and a tai chi center. Our tour will be around 9 days. Because our association is the major sponsor, I am asking every director, instructor, and member to help with this important event. In the symposium, we will have a showcase of different styles as well as a competition. We will need the help of many volunteers. If you can come, please let us know, because

we would like to set up a volunteer team to present the best to the world for this special event.

Next, I'd like to talk about recent events in China. Since we've been working to develop our schools in China, we have seen the need to change our branding of Yang Family Tai Chi to represent our organization there. We are currently shifting our name from Yang Chengfu Tai Chi Chuan Center to Yang Family Tai Chi Center, and Yang Family Tai Chi Affiliate schools to the Yang Family Tai Chi Schools. The branding of our schools will also change all over the world. The name Yang Family Tai Chi can encompass many different aspects and benefits.

In China, we first want to focus on educating instructors, and then we can further promote our association. In the summer of 2018, we had an instructor training course with two sections. China is a huge country with a very large population. I believe that both today, and in the future that there is a desire in China to focus on health. This has become a national focus. As tai chi has great health benefits, we would like to be part of this focus. The association has changed its website interface and we are also updating the ranking and judging system. With these improvements, we hope that we can create a better standard for our Yang Family Tai Chi development, with our focus on quality instruction and skillful performance.

Please plan for the symposium, and I hope to see you all in Selvino!

Happy Holidays!  
Master Yang Jun







Selvino, Italy 🇮🇹 May 25-29, 2019

*Health, Education and Cultural Exchange*

# INTERNATIONAL TAI CHI CHUAN SYMPOSIUM

***From May 25 to 29, 2019, the Yang Family Tai Chi Chuan Foundation will host the 2019 International Tai Chi Chuan Symposium. in Selvino, Italy.***

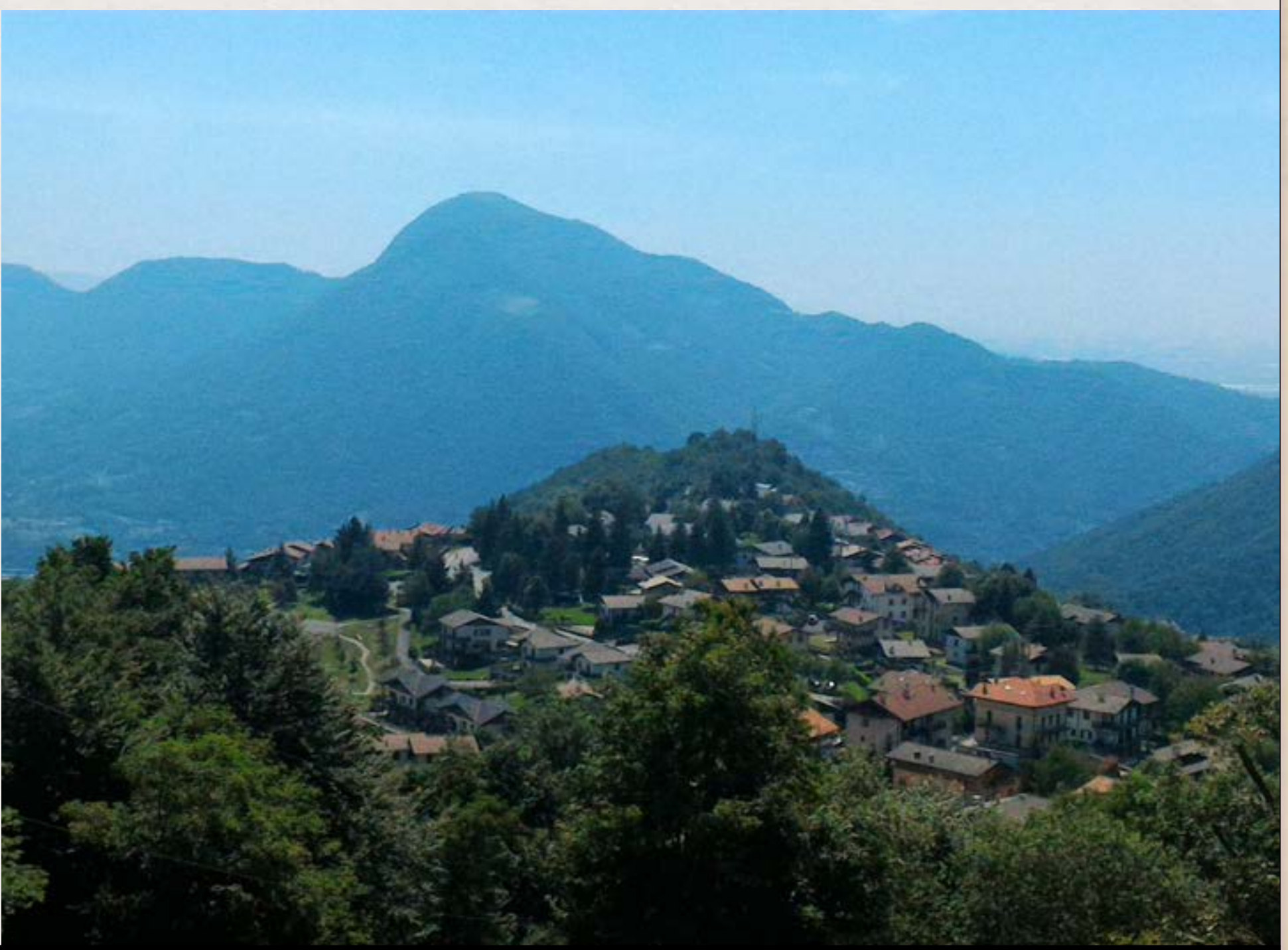
***This is the first tai chi event of this kind to ever be held in Europe. Don't miss this chance to study with legendary masters and practice with other tai chi enthusiasts from around the world. A special Yang style tournament will also take place.***

***Please visit [www.taichisymposium.com](http://www.taichisymposium.com) for more information.***



Images courtesy of Scuola nazionale di Taiji Quan e Qi Gong, Rome.







Selvino, Italy 🇮🇹 May 23-29, 2019

Health, Education and Cultural Exchange

# INTERNATIONAL TAI CHI CHUAN SYMPOSIUM

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## JOIN US FOR THE 2019 SYMPOSIUM!

*Learn directly from six tai chi chuan masters in a beautiful Italian mountain town.*

**T**he 2019 Tai Chi Symposium will include five days of inspiring presentations, performances, and a special tournament, all in the lovely mountain town of Selvino, Italy. Every event will be within walking distance, so you can relax and enjoy the surroundings. The Selvino area is known for mild weather and clean air. Spend the days learning from the masters, and then relax with delicious Italian meals.





## MASTERS

*Study from living legends.*

There will be a unique group of legendary tai chi masters from the most famous lineages in the world who will come together to demonstrate and teach their styles. Each of these masters is revered for their deep knowledge of the arts that they represent. This is a rare opportunity to see these celebrated experts in one place. There will be three master's workshops simultaneously each day. During these workshops, the masters will teach their taiji gong hand form for three hours. The taiji gong is a distilled version of the traditional form. The schedule is designed so that there will be opportunities for everyone to train with each of the masters.

## RESEARCH

*Expand your knowledge and learn about new research on tai chi chuan.*

The academic events will bring researchers and academic faculty together for presentations that will explore the study of tai chi chuan from different research-based fields. The lectures will be based on the study of the impact of tai chi practice on health. There will also be round table discussions that will involve both the tai chi masters and the academic speakers. Each session will include question and answer discussions so that everyone can be involved.

## GRAND SHOWCASE

*See impressive performances.*

The Grand Showcase will feature exciting performances by the visiting tai chi masters. This will be an great opportunity to see many of the most respected living masters together in the same event.

## TOURNAMENT

*See different variations of the Yang style and meet tai chi chuan practitioners from around the world.*

A display of the many schools of Yang tai chi chuan in one place. This is a special event that invites all of the different variations of Yang tai chi to come together. The tournament be both a reunion and gathering of different Yang tai chi schools. Meet and make friends with tai chi enthusiasts from around the globe. The competitions will be for both individuals and groups, with events in hand form, sword, and saber forms.

This will demonstrate the interesting variety of Yang tai chi variations that have developed from many generations of family members and disciples.

*More details on  
the website*

[www.taichisymposium.com](http://www.taichisymposium.com)

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2019 SYMPOSIUM

# CHEN

*Style Tai Chi Chuan*



## MASTER CHEN ZHENGLEI

**M**aster Chen Zhenglei is the 11<sup>th</sup> generation direct-lineage inheritor of Chen Family Tai Chi Chuan and is considered to be one of the most accomplished teachers of his generation. In 1995, he was recognized by the Chinese Wushu Association as one of China's top 10 martial artists. Master Chen has represented his lineage in many tournaments, consistently winning top honors both nationally and internationally. His students have been among China's most successful martial competitors. Master Chen has been teaching tai chi chuan for close to 50 years, and has published articles in major martial arts journals and books on Chen Family Tai Chi Chuan.



2019 SYMPOSIUM

# YANG

*Style Tai Chi Chuan*



**MASTER YANG JUN**

**M**aster Yang Jun is a 6<sup>th</sup> generation descendant from the founder of Yang Family Tai Chi Chuan and the 5<sup>th</sup> generation inheritor. He began his training with his grandfather at age 5. Later, he began assisting his grandfather at seminars in China. After graduating from Shanxi University in 1989 with a degree in physical education, he began traveling with his grandfather to help teach internationally. In 1998 he and his grandfather, Master Yang Zhenduo, founded the International Yang Family Tai Chi Chuan Association with the mission of bringing Yang Family Tai Chi practitioners together and to share the family's standard of practice worldwide to help humankind. As the first of his family to bring their art to the west, spreading Yang Family Tai Chi Chuan internationally, with over 80 centers and schools on five continents and teachers in 24 countries, has been one of his finest accomplishments. His greatest wish is to unite practitioners in China and the West into one big family where despite national borders and cross-cultural differences, everyone is linked together through their love of tai chi chuan.

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WU

*Style Tai Chi Chuan*



**MASTER WU KWONGYU (EDDY WU)**

**F**ifth Generation Master Wu Kwong Yu is the eldest son of Wu Tai Kwei and the great grandson of Wu Chien Chuan. In 1976, he succeeded his uncle Master Wu Daxin as the Master of Wu Style Tai Chi Chuan Academy in Toronto, Canada. Since then, he continues to foster the development of Wu Style Tai Chi Chuan throughout Asia, North America and Europe and established official academies in these regions. In 1995, he created the International Wu Style Tai Chi Chuan Federation to internationalize his family form.



2019 SYMPOSIUM

# WU (HAO)

*Style Tai Chi Chuan*



## MASTER ZHONG ZHENSHAN

**M**aster Zhong Zhenshan was born in the Town of Guangfu and is the 5<sup>th</sup> generation inheritor of Wu (Hao) Family Tai Chi Chuan. He has served on numerous tai chi chuan organizations in China and is dedicated to the dissemination, promotion and development of Wu Tai Chi Chuan. Master Zhong is known for his superb skill as well as knowledge of the theory and history of tai chi chuan. The author of several books and essays on Wu (Hao) style tai chi chuan, in 2006 his “Wu-Style Taijiquan” became part of “The Treasures of Chinese Martial Arts”.

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2019 SYMPOSIUM  
**SUN**

*Style Tai Chi Chuan*



**MASTER SUN YONGTIAN**

**A** distinguished and respected member of China's martial arts community, Master Sun Yongtian studied for many years under the guidance of Sun Jianyun, the daughter of the founder of Sun Style Tai Chi Chuan, Sun Lutang. Master Sun is the Vice-Chairman of the Beijing Martial Arts Association and the Vice-President of the Sun Tai Chi Research Institute in China.



2019 SYMPOSIUM

# HE

*Style Tai Chi Chuan*



**MASTER HE YOULU**

**M**aster He was born in the town of Zhaobao, Wen County, Henan Province. He is the lineal descendant of He Zhaoyuan, the founder of He Style (also referred to as Zhaobao He Style) Tai Chi Chuan. A seventh-duan Chinese martial artist, Master He has dedicated himself to the research, promotion and dissemination of tai chi, and has spread tai chi chuan culture both at home and abroad. He is the President of the He Style Tai Chi Chuan Academy in Wen County and is the representative successor of the He Style's cultural heritage. He is also the Chairman of the He Style Tai Chi Chuan Association in Jiaozuo, Henan Province.

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# Discovering Italy Tour

**T**he Discovering Italy Tour is a 9+ day tour of Italy from May 30 to June 8. We will not only explore and experience the rich Italian culture, but also its traditional food and famous wines. Among the communities on the itinerary are Venice, Florence, Rome and Milan where we may also have the opportunity to meet and practice with our tai chi brothers and sisters at their home Yang Family Tai Chi center or school. Here is the description of the tour and the adventure that awaits you.



**30<sup>th</sup> May 2019: SELVINO – ALTINO – BURANO – MURANO (254 km ca.)** • Departure by private bus from Selvino to Altino. • Arrive in Altino and depart for an excursion by boat to the Murano and Burano Islands. Murano Island is famous all over the world for its blown Venetian glass art, which is still made today. Burano is famous for its colorful houses and for intricate handmade lace works of art. • Enjoy lunch in a restaurant with regional cuisine (choice of two first course entres, second course with a side dish, and dessert). • Return by boat to Altino and transfer by private bus to Venice Palace Hotel (4 stars) in Murano or similar. Dinner and overnight stay in the hotel.

**31<sup>st</sup> May 2019: VENEZIA** • Breakfast in the hotel. • Private bus to Fusina, and then board the boat for Venezia Island. • Guided morning walking tour of Venezia: Saint Mark's Basilica (interior), Ponte di Rialto, the oldest bridge spanning the Grand Canal in Venice. We will also visit Palazzo Ducale, which was the famous Venetian Gothic palace of Venice. Here, we will see Ponte dei Sospiri, or "Bridge of Sighs". • Enjoy lunch in a restaurant with regional cuisine (choice of two first course entres, second course with a side dish, and dessert). • After lunch, individual free time and tour in "gondola" lasting 30 minutes – the start time of the tour will be communicated at the confirmation. • Travel by boat to Fusina and return with private bus to the hotel for dinner and an overnight stay.

**01<sup>st</sup> June 2019: VENEZIA – FIRENZE (271 km ca.)** • Breakfast in the hotel. • Travel by private bus to Fusina and then by boat to Venezia Island. • In the morning take a guided walking tour of Venezia. • Enjoy lunch in a restaurant with regional cuisine (choice of two first course entres, second course with a side dish, and dessert). • After lunch, travel by private bus to Firenze. • Arrive in the evening in the surroundings of Firenze (Florence), accommodation in Conference Florentia Hotel (4 stars) or similar in the Florence area for dinner and overnight stay.

**02<sup>nd</sup> June 2019: FIRENZE** • Breakfast in the hotel. • Morning is dedicated to a guided visit of Florence. While strolling around, you will be charmed by the Piazza del Duomo (Cathedral Square) with Giotto Belfry, Santa Maria del Fiore Cathedral, and San Giovanni Baptistery. Also see the Piazza della Signoria, which is rich with the history of the Florentine Republic. We will also see Palazzo Vecchio and Uffizi, Ponte Vecchio, Santa Croce Basilica and Santa Maria Novella Basilica. • Enjoy lunch in a restaurant with regional cuisine (choice of two first course entres, second course with a side dish, and dessert). • Individual free time after lunch. • Return to hotel by private bus for dinner and overnight stay.

**03<sup>rd</sup> June 2019: FIRENZE – ORVIETO (167 km ca.) – ROMA (125 km ca.)** • Breakfast in the hotel and departure by private bus to Orvieto. • Meet with the guide for a tour of Orvieto, including the historical funicular railway. Orvieto is world famous for the Duomo di Orvieto Cathedral, which is a wonder of European Gothic architecture. • Enjoy lunch in a restaurant with regional cuisine (choice of two first course entres, second course with a side dish, and dessert). • After lunch, depart to Rome. • Accommodation in Fleming Grand Hotel (4 stars), Hotel Marc'Aurelio, Hotel Pinewood, or similar for dinner and an overnight stay.

**04<sup>th</sup> June 2019: ROMA** – The order of the visit will be selected from the guide. • Breakfast in hotel. Travel from the hotel to Rome center and return are excluded. • Enjoy a full day of guided tours of Roma: in the morning there will be a guided visit of the Vatican Museum, the Sistine Chapel, and San Pietro Church. • Enjoy lunch in a restaurant with regional cuisine (choice of two first course entres, second course with a side dish, and dessert). • The afternoon will be dedicated to the "Archaeological Roma". This special tour will visit some of the most spectacular sites of ancient Rome. The tour follows one of the most historically important routes in the city. You will see the famous Imperial Roman Fora, (Roman public squares), the Roman Forum, and the Colosseum. We will also visit Piazza del Campidoglio, one of Rome's most beautiful squares which was the center of ancient Rome and was designed by Michelangelo. This square contains the grandiose Cordonata staircase which is flanked by Egyptian lion statues. Next, we will visit Piazza Venezia and Altare della Patria, which features elaborate columns, fountains and statues. • Return to the hotel for dinner and overnight stay.

**05<sup>th</sup> June 2019: ROMA – SIENA (231 km ca.)** • Breakfast in the hotel. • Individual free time. (travel excluded). • Departure to Siena with a stop for lunch. • Afternoon guided tour of Siena, one of the most beautiful Italian medieval cities. • Dinner and overnight stay in Hotel Executive (4 stars).

**06<sup>th</sup> June 2019: SIENA – CINQUE TERRE (216 km ca.) – PARMA (125 km ca.)** • Breakfast (in hotel or basket) and travel to Levanto at around 7:30am for the visit of Cinque Terre, a rugged and terraced group of lovely villages on the Riviera coast. • Arrive in Levanto and depart by train to Monterosso. Monterosso is one of the most picturesque towns in all of Italy. It is home to a castle, cathedral, and a beautiful beach • Enjoy lunch in a restaurant with regional cuisine (choice of two first course entres, second course with a side dish, and dessert). • Travel by boat from Monterosso to Manarola for a guided visit. This lovely village is huddled on and down the sides of a rocky outcrop, with tall colorful houses leading down to a small harbor and piazza below • Travel by train from Manarola to La Spezia. Travel by private bus to Hotel San Marco (4 stars) in the Parma area for dinner and overnight stay.

**07<sup>th</sup> June 2019: MILANO (90 km ca.)** • Breakfast in the hotel and then travel to the Franciacorta wine region, famous for its sparkling wines. In the late morning enjoy a guided tour of a Franciacorta cellar and a tasting of two wines followed by a lunch with three courses • Enjoy lunch in a restaurant with regional cuisine (choice of two first course entres, second course with a side dish, and dessert). • Transfer to the city of Milano for the guided tour of Milan, including: Piazza Duomo (home of the Milan Cathedral) and Galleria Vittorio Emanuele (a 19th Century glass topped and barrel-vaulted arcade). We will also visit the Sforzesco Castle, which was built in the 14th century. The castle is rich with history and now contains many museums which include works by Canaletto, Titian, Michelangelo, and many more. • Travel by private bus to Klima Hotel Milano (4 stars), iH Hotels Milano Lorenteggio (4 stars), or similar for dinner and overnight stay.

**08<sup>th</sup> June 2019: MILANO** • Breakfast in the hotel. • End of the Tour.

*Plan for the symposium, !  
Hope to see you all in Selvino !*





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# ONE BIG FAMILY UNITED TO SUPPORT THE SYMPOSIUM

By Giuseppe Turturo

**O**ur most important event of the year 2019 is coming up soon. Our tai chi family will gather to work together for a common goal that will be remembered for many future years in the hearts of tai chi practitioners.

I'm calling everyone to participate: center directors, school directors, instructors, associate instructors, and each member of this family. With the contribution and creative participation of our whole tai chi family, we can make the International Symposium shine as a spectacular event.

Please consider promoting events that raise funds for the symposium in order to grant its success, such as those that we are already organizing. Other initiatives, such as the Yang logo caps that we created for the latest edition could be very helpful. Also consider getting in touch with famous brands (such as Nike, Adidas, Barilla, Garofalo, and other national and international companies) to suggesting becoming sponsors of this event. If any of you have contacts with companies interested in the sponsorship of initiatives aimed at cultural promotion and mind/body wellness, please contact me directly and I will send a letter suggesting the possibility of participating in the symposium as a sponsor.

I'm sure that if every member of the Yang Family would make an effort to raise funds, it would be possible to give an important contribution to the

great success of the next symposium.

Each one of us that contributes support to this special event will become fully joined together to the great family of tai chi chuan practitioners as our efforts are combined. Above all, we will help many passionate people to deepen their knowledge of the practice, and better understand the importance of living in harmony, as tai chi is harmony in movement.

I will be at my school in Milan, and in Bulgaria in March, and I will continue to travel to pro-

mote and support this important project. The 2019 Tai Chi Symposium is an ambitious project, and it will be the first of its kind to be held in Europe. This is an opportunity for all tai chi family members from around the world to support and inform everyone of this event. We can let all of the people of the world know how important it is to practice tai chi chuan. We can share the experiences and achievements that have given us a better knowledge of our truest self.

I'm sure that every member, instructor, and director will do their best to reach this goal together, because every achievement benefits every practitioner and every supporter. Each one of us.

Now, let us roll up our sleeves and start to work together. Let us show everybody what we are able to do. Let us show our love for the art of tai chi, and willingly let it expand around us. ☯

***I'm calling everyone to participate: center directors, instructors, affiliated instructors, and each member of this family. With the contribution and creative participation of our whole tai chi family, we can make the Third International Symposium shine as a spectacular event.***





## INSTRUCTOR PROFILE

By Edward Moore

A full-page photograph of Giuseppe Turturo, a man with a goatee, wearing a white Tai Chi uniform. He is standing on a grassy shore next to a lake, with his right arm raised in a Tai Chi gesture. In the background, there are mountains and a clear blue sky. Large blue text is overlaid on the image.

**GIUSEPPE**  
**TURTURO**  
**MILANO - ITALY**



## GIUSEPPE TURTURO

**M**y kung fu and tai chi chuan school opened in 1996, the same year I met Master Yang Zhenduo, Master Yang Jun, and Master Cheon Yee Keung (master of the Hung Gar style). Before my school opened, I had been teaching kung fu methods such as Tang Lang, Wing Chun, Choy Lee Fut, Hung Gar, Ba Gua, and modern Yang style tai chi. While I still teach Hung Gar, in 2006 I decided to focus on following the Yang family and promoting Yang Family Tai Chi Chuan.

Currently I am busy organizing the 2019 International Tai Chi Chuan Symposium that will be held in Italy in the small town of Selvino (Bergamo).

The desire to have the symposium here comes from my belief that the Yang family must be better known in Europe. The quality of the arts I teach highlight the profound difference with other schools. Recently I have met many instructors and masters of other schools of tai chi chuan and in comparison with

them, I have noticed the completeness of Yang Family Tai Chi Chuan, so much so that to date, some of these instructors and masters have begun to follow the teachings of the Yang family.

In many schools, the martial aspect is not even taken into consideration, however, it is in Yang Family Tai Chi centers and schools. I personally love to teach the movements of the forms with a martial explanation. As explained by Master Yang Jun, tai chi chuan is both yin and yang. For this reason, it is right to understand the whole philosophy of the movement through martial practice too.

As my study of Yang Family Tai Chi Chuan advanced, I learned many principles that made me

progress in the practice of the Hung Gar method and other kung fu methods. So I think more and more that this is true: Although there are a thousand roads, the summit is always one. Often the principles show us parts of our character that we need to refine or pursue. This deep study that we need to realize over time is closely connected to our inner growth. I believe that in the end, every practitioner must be the style they practice and not the practitioner of a style.

Although I was asked to highlight a particular event in the history of my school for this article, this seems limiting because I believe that every day is unique and so every day has events

***As explained by Master Yang Jun, tai chi chuan is both yin and yang. For this reason, it is right to understand the whole philosophy of the movement through martial practice too.***

of great importance to write about. However, I do think of the children who practice in my school and I see them in the future. I see some able-bodied children and some with physical challenges, both sharing moments of absolute brotherhood and friendship, playing and practicing, growing and making progress that increasingly

highlights the usefulness of the arts of kung fu and especially tai chi chuan. Following this path of growth and study, young practitioners discover ever deeper abilities and through the analysis of the expression of the movement, it is possible to improve both the character and the posture of the body.

I believe that this desire to help people grow with psychophysical balance is an element that leads me to deepen more and more my study of the art of tai chi chuan and to explore in myself these small results and then teach them to make them accessible to all people. I would like to thank Master Yang Jun for his not only martial, but moral teachings. ☯







— DISCIPLE STORY —

# ZHENG JINCHONG

**I**n 1970 when Zheng Jinchong was 13 years old he began studying a martial art called nan quan. Nan quan is the local style of wushu for the Southern Chinese city of Wenzhou. At that time, many people were enthusiasts of Southern Style Chinese martial arts, and the boys who did take the time to learn a gongfu skill felt left out. Thinking back on this time, Zheng Jinchong smiles to think of how little he actually knew. Since that time, martial arts have become a very important part of his life. A few years later, his gong fu skill had greatly improved, and he felt he should find a really skilled teacher so that he could further improve his Southern-style boxing. He was introduced to Master Chen Dingsen, who helped Jinchong to build a solid foundation during the following years.

In May, 1995 Master Yang Zhenduo visited Wenzhou to attend a martial arts event. During his stay, Master Yang was represented by the Wenzhou Wushu Federation

and accompanied throughout his stay. “This was a rare opportunity, and I can say that it changed my life,” said Zheng Jinchong, thinking back on the meeting over 20 years ago. He still remembers the strong impression that Master Yang Zhenduo made, with his superb tai chi skills, martial arts character, and desire to help others. While discussing martial arts with Master Yang Zhenduo, he was so impressed that he made up his mind to study Yang Family Tai Chi earnestly and consider Master Yang Zhenduo his master. A decade of steady practice followed this meeting.

After the visit, Grand Master Yang Zhenduo returned to his hometown of Taiyuan. Soon Zheng Jinchong packed his things, settled his business matters, and left his family to move to Taiyuan to study with Master Yang. When he arrived in Taiyuan Master Yang Zhenduo received him with enthusiasm and told him, “When I was in Wenzhou, I knew that you would come to Taiyuan





to study sooner or later.” Since that time, Zheng Jinchong has spent at least two months in Taiyuan each year studying Yang Family Tai Chi Chuan, and he has cherished each opportunity to study with the master. At that time, there was only one flight a week between Wenzhou and Taiyuan, and he became a very frequent traveler on that flight. Each day of training in Taiyuan was very exhausting, and if he could not get the movements right, he found that he could not get to sleep very well. In these times, they would drink the famous Shanxi wine in order to get to sleep, since the next day would be another long day of intensive training. Very early each morning, Zheng Jinchong would appear in Jingshan Park in Wenzhou to train. He diligently practiced the tai chi that he had learned, and it became the most important part of his life.

Because of Zheng Jinchong’s dedication, he led more and more people to Yang Family Tai Chi over the years. He began volunteering to teach in 1999 in Jingshan Park, and since then Yang Family Tai Chi has grown in the city of Wenzhou. Every day of the year that he was in Wenzhou, he would be in the park teaching tai chi. Master Yang Zhenduo emphasizes much importance to the moral character of learning martial arts, and each time he begins a new class he talks about this moral requirement. Zheng Jinchong admired this approach, and also requires the same from his students. He believes that martial arts should have virtue, since it

## DISCIPLE STORY

### Zheng Jinchong



would otherwise be harmful. Because of this focus, Master Yang Zhenduo selects disciples of high moral standards. There have been many students who studied with him who were not selected as disciples because they could not meet these standards. Only good character and perseverance can earn the approval of Master Yang.

July 25, 2005 was an unforgettable day for Zheng Jinchong, because this was the day that Master Yang Zhenduo held a disciple apprentice ceremony in Taiyuan. Dozens of tai chi brothers and sisters came together from all over the world to pay respect to Master Yang Zhenduo and officially become indoor disciples. 十年磨一剑 means “ten years polishing the sword” or 10 years of 365 days of hard work and devotion to a martial art. Zheng Jinchong’s devotion to the art had transformed his life.

Since becoming a disciple of Master Yang Zhenduo, Zheng Jinchong has gained a sense of purpose. Following Master Yang Zhenduo’s direction to “Let Yang Family Tai Chi Chuan contribute to human health”, Zheng Jinchong devoted more of his time and enthusiasm to spreading Yang Family Tai Chi. On October 24th, 2008 the Wenzhou Academy and Yang Chengfu Center were formally established. Master Yang Zhenduo and his wife came to visit during the grand opening, and Master Yang presented his own calligraphy to the center. The school is in Jingshan park in Wenzhou City, and it has provided a place for learning, discussion and community for over ten years. Zheng Jinchong has continued to work to spread Yang Family Tai Chi Chuan in the city and the countryside in his home area, as well as Lishui, Ryan, Xianyan, and Meilian. He was the first coach at the Yang Family Tai Chi Kunming Training Base. In order to better serve his master and Yang Family Tai Chi, Zheng Jinchong handed his business over to his wife to care for. Although this was not easy to do, he has no regrets, because his goal is to serve Yang Family Tai Chi Chuan. When interviewed by the Wenzhou Metropolis Daily, he said “Please write more about my master and the Yang Family instead of me. Compared to their legacy, I have not done very much yet. I hope to lead more people in Wenzhou to study Tai Chi Chuan so that they can be physically fit and healthy. This is my greatest wish.”







BY CYNTHIA FRUSHA

# TAI CHI JOURNEY

I am an American member, Associate Instructor, and student of the International Yang Family Tai Chi Association. In February of 2017, I left my horse farm and home in rural Kentucky to come to China to train and study Yang Family Tai Chi Chuan, Chinese culture and philosophy.

Most people thought I was crazy, but tai chi had such a powerful impact on my life. My heart was calling me here and I could not ignore it.

In July of 2008, after years of gentling and riding many horses, the cumulative effect of all the injuries I had sustained over those years left me flat on my back staring at the ceiling. Three discs in my lumbar spine ruptured, one of which adhered to my sciatic nerve. I could not move my legs an inch without suffering excruciating pain. Surgery was recommended, but I opted for physical therapy first. My days revolved around my physical therapy appointments, taking pain medications and staring at the ceiling worrying about what was to become of my life. The life I knew and had planned for was over. I also knew I needed to find a way to take my mind off these worries... find something I could do to help myself.

One day I remembered an exercise from years before when I trained in mixed martial arts. It was one of our warm up exercises, called "winding thread". I liked





the feel of this exercise and I knew if I started small it would help strengthen my core muscles, and as a result help support my spine. So, while lying on my back I began practicing this exercise.

In conjunction with my physical therapy treatments, over the course of eight months I was able to sit up, stand and walk. As I grew stronger, I began to walk laps around my 15-acre farm. When I was able to walk 3 miles, I decided it was time I joined a gym. This process took 6 years. During those 6 years, I rarely left my farm. During this time, I often wondered where “winding thread” originated. Where did it come from? So I did some research on the internet and discovered it came from tai chi chuan. After further research, I discovered the Louisville Tai Chi Center, an hour away from my home. In January of 2014 I began taking classes there with Carl Meeks.

At this point in time I rarely left my farm except to go to the gym or run errands to a nearby town or only when necessary. But I had made up my mind to do this and I am so glad I did. I loved my tai chi classes and I went every week. Fortunately for me, the 2014 International Tai Chi Chuan Symposium was being hosted by the Louisville Tai Chi Center in July of 2014. I worked as a volunteer and attended every class. I wanted to learn as much as I could. I also wanted to help, share, to teach classes. I entered the Qualified Instructor Certification Program and Teacher Training Methods. Additionally, I began teaching classes and started a Facebook page which now has over 14,000 followers globally. From this page I promote Yang Family Tai Chi and the events of the schools around the world.

The more I studied the more I understood that all of those years in gentling horses I was applying yin/yang theory and it is from my experiences with horses and my education (I have a 4-year university degree in Biological Sciences) that I have come to understand The 5 Elements Theory and the I Ching (The Book of Changes.)

My area of specialty with horses was with wild horses and horses with emotional problems (in the horse industry, they are called “Far Away Horses.”) These horses are also dangerous to work with. People often wondered why I did this, especially my father. It was incredibly gratifying to work with a horse and see the change from fear and aggression to trust and acceptance. Also, it is very rewarding to deliver horse babies!



The main method I used has been in use for centuries and is very gentle. Today it is called “join up” and it is a conversation and exchange of energy that normally takes place in a 60-foot fenced circle called a round pen. If all goes well inside this round pen, prey animal (horse) and predator (human) become one herd, one thing!

This career ended for me with my back injury, unfortunately, but tai chi gave me another career, another life. It helped me both mentally and physically when the life I had was crumbling around me. So, I wanted to learn as much as possible.

In 2016, I learned of the 2017 grand opening of the Yang Family Asia Pacific Region Headquarters in Kunming, China, and the opportunity arose for me to come to China and train. This was not an easy decision and I thought long and hard, but my heart and soul seemed to not be satisfied unless I came to China.

I have been here for over a year now, training, attending as many of Grand Master Yang Jun’s seminars as possible, and studying the Chinese language. I am so appreciative of the support and encouragement I receive from Grand Master Yang Jun, his wife Fang Hong Laoshi, my tai chi family here, my wonderful neighbors, and my Chinese language school.

In closing, I realize I am certainly not the best tai chi player, by any means, but I do try my best. Nor am I the most knowledgeable, but I do study hard. I am so thankful and honored for this opportunity to train, study, and live in China. ☯





— ANATOMY AND BIOMECHANICS —

# UNDERSTANDING THE IMPORTANCE OF

# “THE BUBBLING WELL”



*“The footwork in Yang Family Tai Chi Chuan is similar to that of a cat walking on a thin sheet of ice. When stepping, the foot touches the ground gently so as not to break the ice. When stepping forward into bow stance, the heel touches first, followed by the ball, and finally the toes. Set the heel down in such a manner as to be able to easily pick it up without adjusting your weight. Don’t let the heel break the ice by landing too heavily! As the weight shifts forward from the heel to the bubbling well (yong chuan) the toes grab the ground slightly, like a cat’s claws. Once the toes are grabbing the ground, the knee bends following the direction of the toes, and the weight of the front foot shifts firmly into the bubbling well.”*

Yang Family Tai Chi Chuan Essentials, pg.84



BY HOLLY SWEENEY-HILLMAN

Yang Family Tai Chi Senior Instructor,  
Center Director

**A**s beginning tai chi students, one of the first instructions we hear is to place our weight into "the bubbling well." This instruction is a foundation of not only our first attempts to embody the principles of tai chi footwork but it is also the foundation of tai chi's essential principle: working with energy.

Throughout our tai chi practice, we cannot over emphasize the importance of the "bubbling well" and we should never stop thinking about its relevance as we develop our skills through practice.

As we examine the "bubbling well" of our tai chi practice, we will keep in mind two universal principles from the world of biomechanics: 1- Movement shapes structure and 2- Land vertebrates are designed to absorb and transmit ground reaction force.

### PART I: MOVEMENT SHAPES STRUCTURE

This is an exciting time in the history of anatomy and biomechanics. Imaging of living bodies is possible through many technological advances like MRI and endoscopic photography. The information derived from our ability to study living structure is overturning many of our beliefs about how a living creature's structure is developed and maintained over the course of a lifetime.

The mechanism that creates our structure from the moment an ovum encounters a spermatozoon is the same as the one that began our vertebrate history on land about 375 million years ago when an enterprising group of fishes decided to use their fins to walk rather than swim.

This mechanism is MOVEMENT.

Science has discovered that the fertilized egg is in continual, lively movement. The internal movement of the embryo drives the formation of the extraordinarily complex organism which is you or me. Looking at this microcosm of activity at the beginning of life, we see that the rhythms

of life within the embryo which were triggered by fertilization will create our entire structure and will not cease regulating our structure until movement ceases at the moment of our deaths.<sup>1</sup>

That's the microcosm. Looking at the macrocosm, we can see the experience of moving on land rather than water created new limb structures, breathing apparatus, necks and endless modifications of vertebrate structure that present a stunning history of how movement creates structural modifications and innovations within structure over time.<sup>2</sup>

Even over the course of individual lifetimes, we can observe how movement shapes structure. The couch potato person develops a different structure than the active person. The tai chi person develops a different structure than the weight lifter. The weight lifter develops a different structure than the swimmer. The swimmer develops a different structure than the ballet dancer. While the basic blueprint of human structure is quite similar from individual to individual, the MOVEMENT of the individual develops his or her structure in a unique way.





[ FIGURE 1 ]



## PART II

### LAND VERTEBRATES ARE DESIGNED TO ABSORB AND TRANSMIT GROUND REACTION FORCE

"Ground reaction force" is the energy that all vertebrate animals can utilize because we live in a world that includes the force of gravity. While gravity pulls our weight toward the center of the earth, the ground reaction force, in equal and opposite proportion, pushes us away. So that we can modulate these forces and use them to our advantage, land vertebrates evolved structures that could absorb as well as transmit gravity and ground reaction force. If we look at the Figure 1 photo sequence of the dog jumping, we see the dog push off the ground to transmit ground force into its spine so the body of the dog is launched into the air. Then, we see the limbs of the dog folding to absorb the force as its front paws touch the ground so that the dog will be able to stay on the ground after the jump. Without this absorption phase, the ground reaction force would bounce the dog's body back into the air, just like a ball will bounce back up into the air after it strikes the ground.<sup>3</sup>

In tai chi, we term this absorption and transmission of energy "storing and sending" or "borrowing and returning". We need the help of the "bubbling well" to do it with maximum efficiency.

If we look at the Figures 2,3,4 photo sequence of the woman jumping, we see the same use of structure that we saw in the photos of the dog jumping: the woman pushes against the ground and stiffens her body enough to transmit the ground force upward to lift her body off the ground, then she lets her body fold up to absorb the force, allowing her to land without bouncing back up into the air.

Humans use their feet to push off and transmit ground force up into their structure and also use their feet to absorb force upon landing. It is the amazing internal structure of our feet that gives us what is termed "effective mechanical advantage", or EMA, in the lexicon of biomechanics. The EMA that the structure of our feet gives us allows us to modulate both the transmission and absorption phase to accomplish the exact motion we choose. For instance, walking uses a fair amount of stiffness in our



[ FIGURE 5 ]

feet and legs so we can quickly roll our weight from one foot to another while our body is propelled smoothly forward. Jumping requires more absorbing followed by more stiffening to use the ground force to propel our bodies upward and then more absorbing to land without injury.<sup>4</sup>

Our feet are comprised of 52 bones and many types of strong connective tissues which form the joints that link the foot bones, connect the muscles of the lower leg to the bones of the feet, connect muscles within the feet to the bones they move, form three arches which allow us to stand upright over the relatively small surface area of our feet, and the plantar fascia bands in the soles of our feet that unify the entire mechanical action of our feet as we transmit and absorb ground force with every step we take. The structure of many bones linked together with a large amount of connective tissue gives our feet tremendous ability to absorb ground force.<sup>5</sup>

[ FIGURE 2 ]



[ FIGURE 3 ] [ FIGURE 4 ]





## TRAINING TIP FROM GRANDMASTER YANG JUN

***"It is important to understand your whole foot takes weight. If you cannot pick up your toes without shifting your weight and if you cannot pick up your heels without shifting your weight, you are placing your weight into the correct area of your feet."***

***Also notice: when your weight is placed into the bubbling well, you will have a natural and comfortable feeling in your abdomen. Physical balance and ease of breathing go together."***

Notes from Grandmaster Yang Jun's lecture, TTM seminar, September 1, 2018, Danbury, CT.

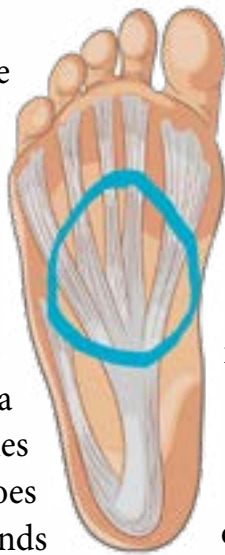
Looking at the microcosm of our foot structure, fascia is the general name given to all the myriad types of connective tissue in our bodies and it is within the microcosm of our fascial tissues that the structural blueprint of our body is created and maintained from the beginning to the end of our lives. Figure 6 shows us a diagram of the extracellular fibrous chains which form a continuous "inner net" within our bodies, giving total continuity to our bodies in movement. This fibrous inner net is continually changing: when the fibrous chains are stretched, they store energy; when the stretch is relaxed, they release energy. Movement keeps the fascial chains stretching and releasing which maintains their healthy function. Lack of



[FIGURE 6]

movement causes the chains to lose their resiliency and become less elastic. Overall EMA drops because the fascia cannot effectively store and release energy.<sup>4</sup>

Placing our weight into the "bubbling well" means placing our weight in an area defined by the 3 arches of our feet which are unified by the plantar fascia, Figure 7. This creates an evenly distributed stretch of the plantar fascia which elongates all three arches of our feet and extends the toes forward sort of like a cat extends its claws when it stretches its legs. It is important to understand that the "bubbling well" is a structural reality



[FIGURE 7]

of our feet. Putting our weight into this area gives us maximum EMA for absorbing and transmitting gravity and ground force. The "bubbling well" is not a metaphysical concept, it is a physical concept based on astute understanding of the biomechanics of the human foot.

You could imagine your "bubbling well" area as a "trampoline-like" structure in your feet. When you place your weight into the "bubbling well" the whole structure of your feet expands and stores energy within the fascia; when you remove your weight the "bubbling well" rebounds, sending energy upward into your legs. Understanding the function of the "bubbling well" area of your feet helps you to appreciate why the tai chi classics state that "the energy is in the root and the root is in the feet ..."

When we begin our tai chi journey, we have not had much experience with "cat walking" or developing energy storing "relaxation or extending" within our bodies. Our feet need the movement of tai chi to become conditioned to stretch and store energy, we need to develop more softness (absorption) in our footwork. Foot wear is a consideration because foot wear can prevent the natural function of our

plantar fascia. Footwear that has a raised heel or is too narrow or short in the toes will prevent the internal structure of our feet from moving when we place our weight into the "bubbling well". Footwear that has a heavily cushioned sole will also impede the conditioning of the plantar fascia and our feet in general. Cushioning within the sole of our shoes will absorb energy but not return it very effectively. This kind of footwear will interfere with the natural balance of store and release within the structure of our feet. Footwear that simply protects the surface of our feet from cuts or bruises and allows room for our foot to expand in weight bearing phase is the best footwear for tai chi practice. Placing our weight into the "bubbling well" over and over again in our practice will condition the ability of our feet to store energy more and more efficiently because movement shapes structure. Our feet and our overall health benefit from this essential instruction: "Place your weight into the bubbling well!" ☯

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# STEALING BOXING

- CHAPTER 12 -

**A PROFOUND  
BEGINNING AND  
A NIGHT OF  
VENGEFUL FIRE**

**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.**





BY GONG BAIYU

Translated by Ken Ning  
and Edward Moore

It was a usual evening at the house, and Master Chen lay in his room, still recovering from his recent illness. The silent young man had finished his many chores in the Chen house and had finally allowed himself to rest a bit and close his eyes. Just as he began to relax, he smelled smoke and caught the sight of flames rising up near the house. Screaming out, he jumped up, looking wildly in each direction. Everyone else in the house had retired for the evening. The bright flames and smoke rose up out of the Chen house. The silent young man ran to the door and kicked it violently, but it didn't budge. His eyes fell on a large pile of dry wood outside the door and he smelled an oily sulphur odor. He heard Master Chen call out "Quickly call everyone, wicked people have set the house on fire!" Seeing that the front and rear window sills were both burning, the silent young man quickly leaned over and lifted Master Chen onto his back. The fire outside made bursting and cracking sounds and plumes of smoke seemed to whistle as the wind strengthened the flames. The disciples sleeping in the big hall all heard the alarm. Third disciple Geng Yongfeng jumped into the courtyard with the grace of a tiger to see what was going on. Geng Yongfeng was shocked to see that the fire had traveled quickly across the courtyard. He called loudly for the long term workers to get up quickly. Yelling. "This is terrible, the master's recovery room is on fire!"





All of the Chen family house had been frightened awake. Geng Yongfeng and the master's second grandson, Chen Shihe, felt very anxious. They rushed into the courtyard and gathered together in front of the recovery room. It

***Master Chen stood up suddenly when Geng Yongfeng came into the house, saying:***

***“How is your investigation?”***

***Geng Yongfeng answered,***

***“It looks like the fire was set by someone, and it was probably started in the southwest corner”.***

was surrounded by a raging fire, like a pottery kiln in a cave. Geng Yongfeng and Chen Shihe stood around the circle shouting and anxious. Both of them them prepared to leap into the fire to rescue the master. Just then, they heard a noise from the door, and from the darkness of night a wooden stool flew out and clattered across the ground, smashed to pieces. A burst of flames followed the stool out of the door, and everyone watched. Next, they saw the silent young man rush out of the flames while holding Master Chen. As he stepped over the pieces of broken stool with the master in his arms the house made a final cracking noise and collapsed. Chen Shihe ran over to hold Master Chen, and Geng Yongfeng caught the silent young man as he collapsed from the smoke and exhaustion. Everyone was so happy to see that the

master had been rescued, and then circled around the master to ask how he was. Master Chen breathed with difficulty and said: “Good children, I know that this is difficult, but I am not dead yet, and the house has only lost three rooms. The fire has not spread elsewhere. Hurry and look for the one who has set this fire.”

Geng Yongfeng directed the long-term workers to put out the rest of the fire so that it would not spread and become worse. The family gathered together and led Master Chen to a guest room where he could recover. Geng Yongfeng and the fifth disciple Tan Yongnian rushed all around the vestibule, backyard, and inner-house to try to find any signs of the person who started the fire. Both of them showed their gong fu skills of qing gong (light footwork), and gong fu jumping techniques. The both jumped to the top of the house for a better view. They looked all around the area for clues but did not see anything unusual. After climbing down, they found some muddy footprints near the side of one wall. This was the only clue, but how could it help them? One of the family members called out, saying that the fire had been put out. Master Chen stood up suddenly when Geng Yongfeng came into the house, saying: “How is your investigation?” Geng Yongfeng answered, “It looks like the fire was set by someone, and it was probably started in the southwest corner”. Master Chen, still angry from the excitement said, “did you see anyone?” Geng Yongfeng lowered his head and sheepishly replied that he had not. He told Master Chen about the footprints. Master Chen snorted in disapproval and then sighed. “There is no reason for this! We here in Chen Village have always been self-sufficient and have never bullied the weak. I dare anyone to accuse us of any wrongdoing. As for our old neighbors, I have never offended anyone. Now someone is blocking our door and setting a fire. They tried to burn me alive! I have been here for more than 40 years, and I have



many children and grandchildren. There are also many apprentices here. All of these people were nearly burned to death by this unknown enemy. This is absurd. If we let this arsonist go free, I cannot live here in Chen Village with dignity any longer. Master Chen slapped his leg and sighed again. "I have loyal disciples here with me, but when I am in danger, none of you can help. If the silent young man had not saved me, I would have been burned to ashes. How is it that two of you have investigated this and yet the criminal has escaped?" Geng Yongfeng and Tan Yongnian stood before their master in shame. They could not answer. The wrath of Master Chen was kindled, and everyone was reprimanded. No one was spared, not even family members and close disciples. Master Chen turned to look at the silent young man and nodded, then back to the disciples and snorted with disapproval. Master Chen ordered that muddy footprints be traced onto paper in case they might be useful. Next, he laid on his bed silently, and the house members went about their chores anxiously. Geng Yongfeng knew that the master's reputation would be damaged because of the fire, and he felt anxious and regretful. He decided to let Master Chen calm down before he explained any of the details of the investigation that he had planned. While considering the likely suspects in the area, he spoke softly to Master Chen, saying, "Please Shifu, rest for now, and the disciples will spend a few days gathering information so that we can catch the criminal. The most important thing to do first was to put out the fire and save the rest of the house." Master Chen sighed, "There are more than one of you. Why didn't you delegate the work? If you encounter something like this again, please remember: don't just do one thing at a time. There is a better way. Someone can put out the fire, someone else can save people, another person can protect the valuables, and someone else can catch the arsonist. If each one of you did one thing, they would not have been able to escape!"

***"There is a better way. Someone can put out the fire, someone else can save people, another person can protect the valuables, and someone else can catch the arsonist. If each one of you did one thing, they would not have been able to escape!"***

Geng Yongfeng apologized and tried to comfort Master Chen. Then, he waited until Master Chen closed his eyes and then silently left him. Next, he went to the fifth brother, Tan Yongnian, and quietly discussed the arson. He didn't want to say anything more that would upset Master Chen, so he decided to talk to everyone in private. He considered that Master Chen had not offended anyone in the area, but that another martial artist might have become jealous of Master Chen's fame. He also considered that the arsonist may be one of the people who Master Chen refused to teach. They could have been offended by being rejected and then decided to seek revenge. Nothing was known for sure. Geng Yongfeng decided to find out if there had been any suspicious people visiting the house in the days before the fire. The fifth and seventh disciples began to visit the areas around the village to try to find clues.

The inquiry to find the culprit continued. Master Chen's recovery room was destroyed. The doors and windows were completely burned and everything in the room had been damaged by water that was poured to extinguish the fire. As time passed and the arsonist was not discovered right away, Master Chen became more anxious and annoyed, and the state of his health worsened. Lying in his room, he muttered to himself. "My enemies have





***“4th brother, you have recently returned, so you might not know. Two days ago, someone set fire to Shifu’s recovery room. The fire was quickly put out, so it fortunately was not a disaster, but Shifu is very angry, and he blames us for being incompetent. 3rd brother, 5th brother, and I have been so busy. We go out to investigate every day. If we had been more careful the day the fire broke out, we might have already found the thief.*”**

boldly come into my house and set it on fire, but I can’t deal with it myself because I have to stay here and heal. I want to personally deal with this matter, but I cannot.” He sighed anxiously and was secretly grateful to the silent young man for saving his life. Otherwise, he would have never escaped from the blazing fire. Saving the boy was the right thing to do. This young man actually knew how to pay him back. But he also thought to himself that even if the young man had not been there that he could have surely used his gong fu skills to escape. It is said that when people get old and weak, they don’t like to admit it. Master Chen was no exception to this rule. Even so, Master Chen asked a family member to look after the silent young man. He also gave him an increase in his monthly salary and arranged it so that he did not have to do the exhausting job of fetching water anymore. “Only ask him to take care of me.” He said to a family, “He knows how to take care of others.”

In the days following the fire, Grandma Chen became more appreciative of the silent young man. She expressed her gratitude by giving him a new set of clothes and ten ounces of silver. Although it made him happy to be appreciated, he had also become ill after the fire. He was so happy after he saved the master, but the smoke had affected his health. His eyes were red and tired and his body very weak. The night of the fire, he struggled to get out of the room with Master Chen, but there was firewood piled in front of the barred door and he inhaled a lot of smoke. Smashing the door with the stool exhausted him, but he was still able to carry Master Chen out before collapsing on the ground outside. After all of this exhaustion, he felt very ill the next day. Everyone at the Chen house was so grateful for what he had done, so they all helped to comfort the silent young man. After a few days, he began to recover from the fire and feel better.

Some days later, the disciples were in the hall talking. The 7th disciple spoke up, saying, “A very nice place.



Three-story courtyard with thirty-seven rooms." Then he whispered, "Older brothers, have you heard that a dead body was recently discovered by the earthen wall at the edge of the village?" Both answered together, "Who was it?" The 7th disciple spoke quietly, "Butterly Cai Xiaoer." Everyone in the hall was shocked. Silence fell for a long while as they thought about this. Geng Yongfeng looked at Fang Zishou and Fang Zishou turned and looked at Geng Yongfeng. After a few minutes had passed, the 4th disciple said, "Cai Xiaoer is Xiao Caisan's blood brother, who has always been an armed man. How did he end up dead, and how is it that you saw him there by the wall?"

The 7th disciple explained, "4th brother, you have recently returned, so you might not know. Two days ago, someone set fire to Shifu's recovery room. The fire was quickly put out, so it fortunately was not a disaster, but Shifu is very angry, and he blames us for being incompetent. 3rd brother, 5th brother, and I have been so busy. We go out to investigate every day. If we had been more careful the day the fire broke out, we might have already found the thief. Now that a few days have passed, it's very hard to find any clues. Master yells at us and says that we are useless. We have no ideas, but we go out to try to discover something anyways. Today I was just walking past the mass graves near the wall and I saw a group of wild dogs fighting. When I went over to get a closer look, I saw the body. I chased off the dogs to have a closer look. The pit was very shallow. I thought of the footprints that we found after the arson, so when I saw the shoes of the dead man nearby, I kept them to make a comparison. Geng Yongfeng looked surprised. He said, "Old Seventh Brother, you are so bold. Weren't you afraid that someone would see? This is a life, not a plaything." Although Geng Yongfeng had admonished his brother, he also appreciated his bravery. Master Chen was told of the discovery, and he immediately ordered the shoes to be compared with the footprint tracings. They were a perfect match.

Master Chen stood in the big hall. He frowned at the dead man's shoes sitting beside the tracings, and then at the group of his assembled disciples. He wrinkled his eyebrows and his face took on a serious expression. Master Chen spoke in a low voice, "Who is the killer?" He suddenly turned towards Fang Zishou, saying, "Is it you?" Fang Zhou stood up suddenly and his body stiffened with fright. He spoke quickly, "Master, I am not so bold or brave to do such a terrible thing." Master Chen stared into his eyes for several seconds and then nodded without saying a word. He then turned to the 7th disciple, Qu Jinshou, and considered him. Qu Jinshou said, "Master, please don't be suspicious of me. I only know a little bit of gongfu, and you can rest assured that I can't use it in this way." Master Chen nodded again, saying, "All of you sit down." Everyone was quiet as Master Chen considered his next move.

Geng Yongfeng stood up and picked up the shoes, holding them up to the paper tracing. He said, "Master, I am thinking about the anonymous letter that was delivered to 4th brother some time ago. Could this have some connection with that?" Master Chen looked stunned for a moment as he considered the idea. Then he replied, "Don't make wild guesses." As the disciples sat quietly around him, Master Chen thought the situation over. Could the secret letter and the fire be related? Perhaps someone was secretly trying to protect him. Master Chen wanted to discourage the disciples from making wild accusations, but he also wanted to find out the truth. The disciples waited in the silence of the hall. Finally, the master spoke in a decisive tone, "Burn the shoes, and don't mention anything about this to the public." The disciples looked at their master and then at each other in surprise, but Master Chen felt calm in his resolve. He would wait until his strength had fully returned and then go and find the author of the anonymous letter. ☯







This video features Master  
**YANG SHOU ZHONG**



<https://www.youtube.com/watch?v=dT7RpWEPPZI>

Yang Zhen Ming, called Shou Zhong, was born in 1911 and died in 1986. From a young age on he followed his father in studying the art of tai chi chuan.

By age 14 he had comprehended the tai chi chuan energies and was thoroughly proficient in the techniques of the saber, sword, and spear, and had become the assistant of his father, Yang Cheng Fu.

At the age of 19, Shou Zhong went to Anhui Province and later taught tai chi in Nanjing. After that he traveled with his father, passing through Zhejiang, Fujian, and Guangdong Provinces.

After Yang Cheng Fu passed away, Shou Zhong stayed in Guangzhou (Canton) to teach. In 1949 he moved to Hong Kong and opened a martial arts school where he taught.



This video features Master  
**YANG ZHEN JI** (1921-2007)



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

The second son of Yang Chengfu, Yang Zhen ji was born in 1921. He started studying with his father and elder brother at age 6. He studied very hard, grasping the essence of tai chi chuan.

In the late 1940's he began teaching tai chi chuan. He traveled from Guangzhou (Canton) to Beijing, to Tianjin, to Guangxi, and to Handan to teach.

Because he taught very earnestly, his students were quite numerous and he once visited the United States. Zhen Ji, after several decades of practice and teaching, gained a deep understanding of the skill passed on by his father.





— PRACTICE PAGES —  
BY MASTER YANG JUN

# INTRO TO THE ESSENTIAL FORM

**T**he tradition of Yang Family Tai Chi Chuan follows generations of modifications that became standardized into the style that we know today during the life of Yang Chengfu. His form and the character of his practice became the model and representative of the current Yang Family Style. After centuries of study and practice, this style has been proven to be great for martial arts practice as well as for health benefits. Following the standard method of Yang Chengfu's form is the foundation and root of our style. In China, this kind of foundational form is called a "Mén hù quán" 门户拳, or door sequence form.

In the world of today, there are two issues that we are aware of with our practice. The first issue is that the traditional form takes a long time to learn and people in modern schools often find it difficult to commit to studying something that requires such an investment of time. The second issue is that tai chi is often performed at social events, and when we are performing on stage we cannot take very much time. Normally, they give us 4-5 minutes to perform at events, so the long form is not very useful for this. Tai chi competition events also limit the performing time to under 4 minutes. It's important for these events to have a shorter performance time, since it's very difficult and time consuming for the judges to try to score performers who are doing long forms. These reasons are why I created the Essential Form, which contains 22-23 movements. It is to meet the needs of the modern world. This form contains three kinds of kicking and all of the stances. The Essential Form has single leg, bow, empty, twisting stances, straight stance, and the lotus kick. I also adopted push-hands

360 degree turning techniques into the Essential Form cloud hands method. As for the hand techniques, the Essential Form has the fist, hook, palm, and most of the other techniques from the traditional form. This is why I decided to name it the Essential Form. I hope that this form can be spread around the world, so that it can be used as a beginner sequence and also as the ranking and competition form. I hope that it will be used for stage performances as well. One important point that I want to make clear is that this is not meant to replace the Traditional (103) Form. After learning the Essential Form, people should gradually shift to the long form, since to receive the health benefits of tai chi, the Essential Form is too short to provide enough daily practice time.

I hope that you enjoy this new form. Please let us know if you have any feedback. My wish is that you will practice it, enjoy it, and help to spread it so that we can move to the next stage of how we will use it. In the future, it will also be used for the symposium.





预备式 — Prepare

1. 起势 — Opening
2. 拦雀尾 — Grasp Bird's Tail
3. 野马分鬃 — Parting Horse's Mane (Left)
4. 玉女穿梭(右左) — Fair Lady Works with Shuttle (Right and Left)
5. 搂膝拗步 — Right Brush Knee and Push
6. 金鸡独立(左右) — Golden Rooster Stands on One Leg (Left and Right)
7. 倒撵猴(左右) — Repulse Monkey (Left and Right)
8. 高探马穿掌 — High pat on Horse and Thrust Palm
9. 右分脚 — Right Separation Kick
10. 左蹬脚 — Left Heel Kick
11. 双峰贯耳 — Twin Fists Box Ears

12. 撤步海底针 — Step Back Needle at the Sea Bottom
  13. 云手(左右) — Cloud Hands (Left and Right)
  14. 单鞭下势 — Single Whip/Low Form
  15. 上步七星 — Step Forward Seven Stars
  16. 退步跨虎 — Step Back and Ride the Tiger
  17. 转身摆莲 — Turn Body and Swing Over Lotus
  18. 弯弓射虎 — Bend Bow Shoot Tiger
  19. 进步搬拦捶 — Step Forward, Parry, Block and Punch
  20. 如封似闭 — Apparent Close-up
  21. 十字手 — Cross Hands
  22. 收势 — Closing Form
- 还原 — Return to Original State





YANG FAMILY  
TAI CHI

大楊  
極代



# GRANDMASTER YANG JUN SEMINARS



国际杨氏太极拳协会杂志

JOURNAL OF THE INTERNATIONAL YANG FAMILY TAI CHI CHUAN ASSOCIATION

## CUPERTINO, CA USA

Jan 19-20 — Hand Form

Jan 21 — Push Hands

Contact: Mingyang Li

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

Phone: 415 757 7318

## BOTHELL, USA

January 26 - 30

Directors & Instructors

Hand form, Push Hands,

Two Person Form

Contact: Fang, Hong

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Phone: 1 (425) 398-5626

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Bothell, WA

## YIWU, ZHEJIANG, CHINA

March 2-6 — Disciple training

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## MEXICO CITY, MÉXICO

March 22-24 — Essential Form

Contact: Daniel Corona Aguilar

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Tel: 52 55 5673 5682

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## PARIS, FRANCE

April 27-29 — Hand Form

April 30 — Push Hands

May 1-2 — Sword Form

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## BARCELONA, SPAIN

May 4-5 — Hand Form

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[budo@newstyle.e.telefonica.net](mailto:budo@newstyle.e.telefonica.net)

[www.taiji-quan.es](http://www.taiji-quan.es)

[www.budogalicia.es](http://www.budogalicia.es)

## SAO PAULO, BRAZIL

June 21-23 — Essential Form

seminar with Fang Hong

Contact: Angela Soci

Ph: +55 01423-000

[angelasoci@sbtcc.org.br](mailto:angelasoci@sbtcc.org.br)

[www.sbtcc.org.br](http://www.sbtcc.org.br)

## HUNTINGTON, MI USA

Aug 31-Sept 1 — Hand Form

Sept 2-3 — Sword Form

Sept 4 — Push Hands

Contact: Han Hoong Wang

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## ROMA, ITALY

Oct 19-21 — Instructor

Contact: Claudio Mingarini

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## BRAZIL

Nov 9-11 — Hand Form

Contact: Leonardo Ratto

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[www.dongfangzhu.wordpress.com](http://www.dongfangzhu.wordpress.com)

## RIO DE JANEIRO

Nov 15-17 — Essential Form

Contact: Edson Marcio Lacerda

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## SAO PAULO

Nov 19-21 — Instructor Seminar

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