

美西楊家秘傳太極拳協會



王者之香
延年上壽

AWYMTA JOURNAL
YANG FAMILY HIDDEN TRADITION OF TAIJIQUAN

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Yangjia Michuan Taijiquan (YMT)

Yang Family Hidden Tradition of Taijiquan

(A). Principles

Laozi : The principles of Taijiquan originated with Laozi.

(B). Early Form

Xu Xuanping & Li Daozhi : The Daoist Masters who transformed Laozi's principles into forms.

(C). Taijiquan

Zhang Sanfeng : The legendary founder of Taijiquan.
The author of "The Taijiquan Classic".
The Patriarch of the Wudang Daoist School.

Wang Zhongyue: The author of "The theory of Taijiquan".
The author of "A Clarification of the 13 Postures".

(D). Yangjia Michuan Taijiquan (YMT)

Yang Luchan : The originator of YMT.

Yang Banhou : 2nd. Generation Master of YMT.

Yang Jianhou : 2nd. Generation Master of YMT.

Zhang Qinlin : 3rd. Generation Master of YMT.
4th. Generation Master of the Jinshan Daoist School.

Wang Yen-nien : 4th. Generation Master of YMT.
5th. Generation Patriarch of the Jinshan Daoist School.

AWYMTA JOURNAL

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祝美西楊家秘傳太極拳協會成立

近世太極拳風行全球已經數十年，始終以個體發展。近因學太極拳各國人士大增，為相互觀摩學習，必須成立團體發展，歐洲早已在五年前成立楊家秘傳太極拳協會，發展迅速。美洲地廣人多，早應組織楊家秘傳協會發展。

幸有楊家秘傳太極拳的弟子鍾文凱、鍾俠侶、加滕美智子、米仲武、林景泰、海空雲、陶聖明、吳國錦、曹盛德、程以明等多人發起組織美西楊家秘傳太極拳協會，經多日辛勞，終於在一九九二年三月二十一日正式成立，希望各弟子熱心推展，造福人群，並希望影響美國東海岸南北部本門弟子，也能儘速成立起來，將來亞洲、美洲、歐洲均能相互觀摩研究，使地球上的每一個人皆為幸福健康之人。

師王延年特寫此篇以勉各弟子同心推展，使協會順利成功。

王延年



師 王延年

一九九二年 11月19日於台北

CONGRATULATIONS TO THE AMERICAN WEST YANGJIA MICHUAN TAIJIQUAN ASSOCIATION ON ITS ESTABLISHMENT

Written By Wang, Yen-nien
Translated By Julia Fairchild

Over the last several decades, Taijiquan has become fashionable around the globe. From the start, the spread of Taijiquan has been through individuals; with the number of people studying Taijiquan in various countries on the rise, it becomes necessary to organize into groups to further development and make it possible for students to compare notes and practice with each other.

Some five years ago, students in Europe began establishing associations for Yangjia Michuan Taijiquan and development has been rapid. In America, where land is vast and people many, students should have, early on, fostered growth of this traditional school of Taijiquan by mean of associations.

Luckily, Yangjia Michuan Taijiquan students Akai Jong, Sheri Rushing, Michiko Kato, Jonathan Meeske, George Lin, Juliet Heizman, Sam Tomarchio, Harry Wu, Frank Tsao, Gavin Cheng and others initiated and formed a group: The American West Yangjia Michuan Taijiquan Association (AWYMTA). Finally, after much time and effort, the AWYMTA was officially established on the 21st of march, 1992.

I hope each of these students will work enthusiastically to help this association unfold, thereby doing good deeds to benefit all.

I also hope that this influences students of this style on the East Coast, north and south, so that they too will exert their utmost effort and soon be able to set up their own associations.

In the future, students from Asia, North America and Europe will all be able to practice together, learn from each other and investigate ideas together, enabling everyone on this earth to become prosperous and healthy.

I, Wang Yen-nien, have written this article to urge all my students to pull, with one heart, in the same direction and see to it that this association comes into existence without encountering difficulties.

Teacher (Laoshir),

Wang, Yen-nien
Taipei
November 19, 1992

The Origin and Development of Yangjia Michuan Taijiquan (YMT)

Written by Akai Jong with a great deal of help
from Donald Jones, Julia Fairchild and
our Laoshir Wang Yen-nien

Laozi

老子

Laozi was born in 571 B.C.. The principles of Taijiquan originated with Laozi.
His Daodejing (Tao Te Ching) says,

"Concentrate your Qi on becoming soft."

"One who is living is soft and supple.

One who is dead is stiff and hard."

"Softness and suppleness win over hardness and toughness."

Xu Xuanping

許宣平

Xu Xuanping lived on Ziyang Mountain in A.D. 710. Between A.D. 745 and 755, Li Bai, the most famous poet in Chinese history and a Daoist martial artist, tried to visit him many times but in vain.

Xu Xuanping transformed Laozi's principles into his 37 postures of Taijiquan, calling it Changquan. After each posture was mastered, they naturally became an inexhaustible, never-ending long form.

Li Daozhi

李道之

Li Daozhi lived in Anhui during the Tang Dynasty (A.D. 618-907). He later retreated to Wudang Mountain. He also transformed Laozi's principles into his Taijiquan, calling it Changquan. His The Real Meaning of Taiji says,

"Wu xing wu xiang	(No form, no shape)
Quan shen tou kong	(Entire body empty completely)
Wang wu zi ran	(Forget everything, be natural)
Xi shan xuan qing	(Xi Mountain's hanging chime-stone)
Hu hou yuan ming	(Tigers roaring, monkeys screeching)
Quan qing shui jing	(Pure spring, calm water)
Fan jian nao hai	(Overturn the river, storm the sea)
Jin xing li ming	(Perfect the essence, establish the life)"

Zhang Sanfeng

張三丰

Zhang Sanfeng was born in A.D. 1247. He was the Patriarch of the Wudang School where he taught the Great Dao of Golden Elixir; he also founded the complete system of Taijiquan and wrote The Taiji Classic. As he wished that everyone could attain longevity through practicing Taijiquan, he also designed the art of Taijiquan as the entry-level of the Great Dao of Golden Elixir.

Wang Zhongyue

王宗岳

Zhang Sanfeng's Taijiquan was passed down to Wang Zhongyue, who lived during the Ming Dynasty (A.D. 1368-1644). Wang was famous for his supreme Taiji skill. He wrote The Theory of Taijiquan as well as A Clarification of the Thirteen Postures. His Taijiquan was passed down to Yang Luchan.

Yang Luchan

楊露禪

Yang Luchan was born in 1799 in Yonglan, Hebei Province, China. He was the originator of Yang Style Taijiquan. He proved the truth of Laozi's principle: "Softness and suppleness win over hardness and toughness." through his invincible Taiji martial art.

Since the 19th century, China has suffered from many wars and cultural revolutions. It was Yang Luchan who first taught Taijiquan openly. He proved that it was the best martial and healing art of that time. It was also his open sharing with the public which saved this art.

He taught his "Popular Yang Style" to all his students, including his two sons Banhou and Jianhou. Later, it became the so-called "Yang's Old Style Taijiquan". Jianhou's son, Chengfu, modified the Popular Yang Style again and promoted it throughout China. Today, most of the Yang Style Taijiquan is derived from Yang Chengfu's version.

The original form which had made Yang Luchan famous was concealed and became the Yang Family Hidden Tradition of Taijiquan (Yangjia Michuan Taijiquan or YMT). Yang Luchan only taught YMT to his two sons Banhou and Jianhou. They guarded it as a family secret until 1914, when the 75 years-old master Yang Jianhou began to teach YMT to Zhang Qjnlín.

Yang Banhou and Jianhou 楊班侯·健侯

Before Yang Luchan, Taijiquan was mainly practiced by Daoists. They practiced Taijiquan to be healthy and strong enough to enter the Great Dao. They also used Taijiquan as self defense. Generally, they stayed away from the public in order to concentrate on their own training.

As Yang Luchan was a martial artist, after he learned the Daoist Taijiquan, he intergrated his knowledge and experience into his art, finally originating the famous Yang Style Taijiquan. He used his Taiji martial art throughout his career and he always strove to succeed in defeating all of his opponents. After countless fights with many different types of martial arts experts, he proved that YMT was an invincible martial art. He then began to teach the royalty at the emperor's palace and became the Chief Instructor of Shen-ji-ying.

Shen-ji-ying, The Supreme Martial Arts Team, was a special operations team with many famous martial arts masters. The Chief Instructor of Shen-ji-ying was constantly challenged. Since Yang Luchan had already proven he was invincible, all the challengers turned to his two teenager sons Banhou and Jianhou as their targets.

Both Banhou and Jianhou became Taiji Masters before they were 18 years old. They only studied one martial art - the Yang Style Taijiquan from their father, studying very hard and persistantly. Later they also proved to be invincible martial artists just like their father.

Zhang Qinlin

張欽霖

Zhang Qinlin was born in 1888 in Xingtai, Hebei province, China. In 1901, he went to Yang Jianhou's family to study Taijiquan while working as a gardener.

Later, he became a student of the Daoist Master Zuo Yifeng of the Jinshan School. He studied Neigong and Tuna Daoyin with Zuo and intergrated this into his Taijiquan.

In 1914, Zhang Qinlin saved the Yang Family's reputation. Yang Jianhou was impressed by Zhang's brave, calm and resourceful behavior. Recognizing Zhang's genuine devotion and love for his teacher; Yang began to teach Zhang Qinlin the Yang Family Hidden Tradition of Taijiquan (Yangjia Michuan Taijiquan, or YMT).

In 1929 the Chinese central government sponsored a Chinese Martial Arts Tournament. Each province was to select two champions - one for armed competition and one for unarmed competition - to compete at Nanjing, then the capital of China. Persuaded by his friends to enter, Zhang Qinlin won both the Shanxi and the national championships in the unarmed category.

Until 1949, Zhang Qinlin had 7 students. Liu Zhilian (1893-1977) studied Neigong from Zhang because he was dying from an illness. After Neigong saved his life, Liu became very strong and healthy. He then devoted his life to learning Neigong and Tuina (Traditional Chinese Orthopedic Medicine). He later became a famous Neigong-Tuina Doctor. He was killed by the "Cultural Revolution" at the age of 84.

Cheng Man-ching (1901-1975) studied push hands with Yang Chengfu only twice. Both times, as soon as Yang's hand moved, Cheng was knocked out and thrown many feet away. In 1929 after Zhang Qinlin won the national championship, Cheng went to study push hands from Zhang for three months. Cheng's push hands skill greatly improved. He later became a famous Taijiquan teacher.

Hu Yaozhen was a famous doctor of Traditional Chinese Medicine, Xingyiquan Master and Neigong teacher. Although he was very famous and older than Zhang Qinlin, he insisted on becoming a student of Zhang. He practiced until his nineties.

Li Yunlong (a Xingyiquan practitioner, passed away in August, 1992), and Wang Shanzhi, also received some instruction from Zhang Qinlin.

Su Qigeng and Wang Yen-nien were the only students who learned the complete system of YMT from Zhang Qinlin. Su Qigeng died in World War II before he had a chance to teach anyone. Fortunately, Wang Yen-nien moved to Taiwan in 1949 and began teaching Yang Family Hidden Tradition of Taijiquan to the public in 1950.

After the Communists took over China, Zhang Qinlin had one last student Li Fuyan. However, under the rule of new government, Zhang Qinlin was possibly forced to only teach some new style of Taijiquan.

Before Yang Luchan, Taijiquan was mainly practiced by Daoists. Daoists practiced Taijiquan for health, longevity, self defense and to further their journey towards the great Dao.

Yang Luchan, Yang Banhou and Yang Jianhou taught Taijiquan throughout their careers, and they proved that Taijiquan was the best martial and healing art of their time.

Zhang Qinlin and Wang Yen-nien, both Daoist Masters, restored Taijiquan to the original purpose of Zhang Sanfeng, while making sure that it still remained the invincible martial art of Yang Luchan.

Wang Yen-nien 王延年

Wang Yen-nien was born in 1914 in Taiyuan, Shanxi Province, China. At the age of eight, he studied Shaolin Gongfu and later Xingyiquan, Baguazhang, and various styles of Changquan. In 1932 he began to study Yang's Old Style Taijiquan from Wang Xingwu. Wang Xingwu studied Taijiquan in Beijing, went home to Shanxi in 1919, and published an excellent book of Taijiquan in 1942.

In 1945 Wang Yen-nien was introduced by Zhang Maolin, his Daoist teacher of the Jinshan School, to Zhang Qinlin to study Yangjia Michuan Taijiquan (YMT). In the Jinshan Daoist School, Zhang Maolin was Zhang Qinlin's senior classmate.

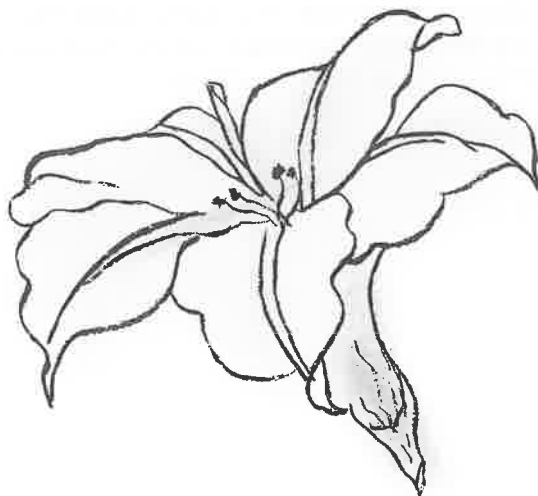
It was a rare opportunity to become a student of Zhang Qinlin. Wang Yen-nien concentrated on learning YMT, Daoist Neigong and Tuna Daoyin and subsequently gave up practicing all Shaolin, Changquan, Xingyi and Bagua. He practiced very hard every day and night, year-round. After several years of diligent practice, he felt healthy, free from trouble and spiritually happy. From then on, he continued to devote his life to Yangjia Michuan Taijiquan.

On April 24, 1949, he had to leave Taiyuan, ending his apprenticeship with Zhang Qinlin. He moved to Taiwan later that year and began teaching YMT to the public in the spring of 1950.

In 1956, he started a Taijiquan Club. In 1966, the Club became the National Tai Chi Chuan (Taijiquan) Association of the Republic of China. (NTCCA, changed its name from the Taijiquan Club to Zhong-Mei Wen-Hua Taijiquan Xue-she Yen-jiu-hui. Again it changed its name to Zhong-quo Taijiquan Xue-she Yen-jiu-hui and later to today's name, Zhong-quo Taijiquan Xu-hui.)

Wang Yen-nien is also a founder of The Yangjia Michuan Taijiquan Association International (Taiwan), The Yangjia Michuan Taijiquan Teachers' Association International (Taiwan), The European College for Yangjia Michuan Taijiquan Teachers, and The American West Yangjia Michuan Taijiquan Association (AWYMTA).

Because of Wang Yen-nien's efforts the hidden tradition of Yang Family Taijiquan was not lost. For the last 43 years, Mr. Wang has taught YMT almost everyday. He teaches every aspect of YMT. Today his devoted students are both numerous and world wide.



International Directory of YMT Organizations

By Julia Fairchild

費詩嘉

The Yangjia Michuan Taijiquan Association International (Taiwan)

Address: 87-1 Chungching North Road, Sec. 1
10 F, Taipei, Taiwan, Republic of China
Phone: 011-886-2-555-7890, 011-886-2-556-5797
Fax: 011-886-2-881-2981
Contact: Wang, Yen-nien

The Yangjia Michuan Taijiquan Teachers' Association International (Taiwan)

Address: 87-1 Chungching North Road, Sec. 1
11 F, Taipei, Taiwan, Republic of China
Phone: 011-886-2-555-7890, 011-886-2-556-5797
Fax: 011-886-2-881-2981
Contact: Wang, Yen-nien

Both the Yangjia Michuan Taijiquan Association Int'l (Taiwan) and the Yangjia Michuan Taijiquan Teachers' Association Int'l (Taiwan) were established by Wang Yen-nien "----- to preserve the integrity of the Yangjia Michuan style of Taijiquan; to prevent the loss of this traditional art; to care for our ancestor Yang Luchan the Undefeated's great fame; and to insure that the Yangjia Michuan Taijiquan method of cultivating one's physical and mental capabilities is perpetuated and extended throughout the world forever."

The work of these two associations, continues under the direction of Wang Yen-nien.

Wang Yen-nien, fourth generation master of Yangjia Michuan Taijiquan, is the most senior representative of this style in the world.

He studied Yangjia Michuan Taijiquan under Zhang Qjnlín, who learned this style from Yang Jianhou, son of Yang Luchan, founder of the Yangjia Michuan style of Taijiquan.

These associations hold regular meetings and publish a monthly magazine (in Chinese only). For more information, write to the address listed above.

Amicale Du Yangjia Michuan Taijiquan

Address: 85, Bd. Carl-Vogt
1205 Geneva
Switzerland
Phone: 022-329-9291, 022-321-4040
Fax: 022-321-4040
Contact: Luc Defago, President

This Organization is a confederation of associations in Europe that teach the Yangjia Michuan style of Taijiquan.

Concentrating on public affairs, the Amicale is responsible for the development of Yangjia Michuan Taijiquan in Europe. It promotes friendship among all associations offering Yangjia Michuan Taijiquan by sponsoring inter-Association events, such as public demonstrations and workshops.

As of September, 1991 the Amicale was comprised of 15 member associations and 20 individual members for a total of 466 participating persons.

The Amicale also publishes a quarterly Bulletin. To become a member of the Amicale or to obtain a copy of the Bulletin (in French only), write to the above address.

The European College for Yangjia Michuan Taijiquan Teachers

Address: 6, Rue Du Texel
75014 Paris
France
Phone: 1-43-20-39-45
Fax: 1-43-27-66-90
Contact: Michel Douiller, Secretary

The College, founded in 1989, concentrates on the quality of the teacher and is directly responsible for raising the level of teaching standard in Europe.

The duties include: maintaining communication among teachers interested in teaching Yangjia Michuan Taijiquan; providing teachers with opportunities to improve their skills through teacher training workshops and supporting teaching materials.

The College currently supports 75 certified teachers.

The College publishes annually a directory of certified Yangjia Michuan Taijiquan teachers. For more information on how to become a member of the college and receive a copy of the College Directory, write to the above address.

The American West
Yangjia Michuan Taijiquan Association
(AWYMTA)

Address: P.O. Box 1627
Aptos, CA 95001
U.S.A.
Phone: (408) 728-2121
Fax: (408) 728-2121 Answer Machine * 0
Contact: Akai Jong, President

The American West Yangjia Michuan Yaijiquan Association (AWYMTA), newly established, aims to provide a foundation for further growth of the Yangjia Michuan style of Taijiquan in the United States, with primary emphasis on the West Coast.

By offering classes, sponsoring workshops, promoting friendly contact among students and teachers of the Yangjia Michuan style of Taijiquan and publishing a regular newsletter, the AWYMTA creates a positive and supportive environment for both new and old students.

For more information, write to the above address.

The Yangjia Michuan Taijiquan Club of South Africa

Address: 48, Kidbrooke Place
P.O. Box 801
7200 Hermanus
Rep. of South Africa
Phone: (0283) 61842
Contact: Maureen Poole

A small but strongly motivated group, this organization provides instruction in the Yangjia Michuan Style of Taijiquan on a weekly basis. Occasional outings and workshops are arranged as are trips to Taiwan for the curious and/or serious student.

For more information, write to Maureen Poole at the above address.

AWYMTA BYLAWS

RATIFIED BY THE BOARD OF DIRECTORS ON NOVEMBER 15, 1992

Article I. NAME & FOUNDERS

Section 1. YANGJIA MICHUAN TAIJIQUAN (YMT)

- A. Yangjia Michuan Taijiquan (YMT), translated as Yang Family Hidden Tradition of Taijiquan, was originated by Yang Luchan (b.1799).
- B. Since 1950, YMT has been taught only by Mr. Wang Yen-nien and his students.

Section 2. AWYMTA

- A. The name of this organization shall be The American West Yangjia Michuan Taijiquan Association , also known as AWYMTA.

Section 3. Founders

- A. Under the direction of Mr. Wang Yen-nien (Taiwan) and with the help of Julia Fairchild (Taiwan), AWYMTA was founded by Akai Jong (California, U.S.A.) on March 21, 1992.
- B. Therefore, the founders of AWYMTA are recognized as Mr. Wang Yen-nien, Mr. Akai Jong and Ms. Julia Fairchild.

Article II. PURPOSE

Section 1. YMT

- A. To promote health, prolong the life span, calm the mind, and harmonize the spirit.
- B. To develop the art of Self- Defense.
- C. To provide the entry-level of the Great Dao.

Section 2. AWYMTA

To provide a foundation for further growth of YMT in the United States, with primary emphasis on the West Coast.

All members may enjoy the benefits of practicing YMT in a friendly, positive and supportive environment created by the AWYMTA.

Article III. OBJECTIVES

- A. To provide certified YMT instructors for the public.
- B. To sponsor YMT seminars, gatherings and demonstrations.
- C. To publish an AWYMTA Official Newsletter.
- D. To provide qualified members with instructor certification.

Article IV. MEMBERS

Section I. Eligibility

- A. Must support the purpose of AWYMTA.
- B. Pay the membership fee on time.
- C. Members are welcome from all over the world.
- D. Members need not be YMT practitioners.

Section 2. Fees

- A. Regular Membership : \$ 30.00 per year
- B. Life Membership : \$ 500.00

Section 3. Admission

- A. Membership applications should be sent to the Secretary.
- B. Membership must be approved by the Board of Directors.
- C. Membership Certificates will be issued by the President.

Section 4. AWYMTA Members Annual Meetings

Article V. AWYMTA CERTIFIED INSTRUCTOR

- A. Must be a member of AWYMTA.
- B. Must meet one of the following conditions :
 - (1). Have received an instructor certificate from Mr. Wang Yen-nien.
 - (2). Have been approved by the AWYMTA Certification Committee.
 - (3). Is a Certified Instructor from other affiliated YMT organizations.

Article VI. BOARD OF DIRECTORS

Section 1. Life Time Board of Directors

- A. Mr. Wang Yen-nien.
- B. Mr. Akai Jong.
- C. Ms. Julia Fairchild.

Section 2. Term Elected Board of Directors

- A. Must be committed to promote AWYMTA.
- B. Must be YMT practitioners.
- C. Must be residents of Western region of the U.S.A.
- D. Shall be nine (9) members, elected by the members present at the AWYMTA Meetings.

Section 3. Duties

- A. Insure the AWYMTA adheres to its purpose.
- B. Meet quarterly during the AWYMTA fiscal year of September 1 thru August 31, and attend extra meetings called by the President.
- C. Administer the Association's legal responsibilities to local, State and Federal governments.
- D. Oversee the budget.
- E. Elect the President, Vice-President, Chief Instructor, Instructor Committee Members, Certification Examiners, and Advisors.
- F. Determine the length of terms of the Officers, Committees, and Advisors.
- G. Decide issues by majority vote of Board members present.

Articles VII. OFFICERS

Section 1. President

- A. Requirements
 - (1). Must be a Board member.
 - (2). Must be a AWYMTA Certified Instructor.
 - (3). Shall be elected by the Board of Directors and approved by Mr. Wang Yen-nien.
- B. Duties
 - (1). Should be the official representative of AWYMTA.
 - (2). Acts as the Chief Executive Officer of AWYMTA.
 - (3). Shall preside over all AWYMTA meetings.
 - (4). Shall be a member ex-officio of all committees.

Section 2. Vice-Presidents

- A. Requirements
 - (1). Must be a Board member.
 - (2). Shall be elected by the Board of Directors.
- B. Duties
 - (1). Perform presidential duties at the President's request.

Section 3. Secretary/Treasurer

- A. Requirements
 - (1). Must be an AWYMTA member.
 - (2). Shall be appointed by the President and approved by the Board of Directors.
- B. Duties
 - (1). Contact the public at the President's request.
 - (2). Record the minutes of each meeting.
 - (3). Collect and budget AWYMTA funds, which are open to the inspection by all Board members.
 - (4). Present the financial report at the Board meetings.

Article VIII. INSTRUCTOR COMMITTEE

Section 1. Chief Instructor

- A. Requirements
 - (1). Must be a Board member.
 - (2). Must be an AWYMTA Certified instructor.
 - (3). Shall be elected by the Board of Directors and approved by Mr. Wang Yen-nien.
- B. Duties
 - (1). Provide instructions and demonstrations to the public.
 - (2). Coordinate YMT curriculums in the U.S.A.
 - (3). Help instructors achieve a higher lever of YMT skills.

Section 2. Instructor Committee Members (I.C.M.)

- A. Requirements
 - (1) Must be AWYMTA Certified Instructors.
 - (2). Comprised of six (6) members, elected by Board of Directors, and approved by the Chief Instructor.
- B. Duties
 - (1). Provide instructions and demonstrations to the public.
 - (2). Assist the Chief Instructor with curriculums.

Article IX. CERTIFICATION COMMITTEE

Section 1. Composition

- A. Chairperson : The Chief Instructor shall act as Chairperson.
- B. Certification Examiners
 - (1). Shall be AWYMTA Certified Instructors.
 - (2). Comprised of six (6) members, elected by Board of Directors, and approved by the Chief Instructor.

Section 2. The Instructor Certification Process

- A. Members submit applications to the Certification Committee.
- B. Examined & approved by majority vote of the Certification Committee.
- C. The Chief Instructor reserves the right to veto a Committee approval to insure the quality of YMT teachers.

Article X. RATIFICATION & AMENDMENT OF THE BYLAWS

- A. **Ratified** by a two-thirds (2/3) vote of the Board of Directors.
- B. **Amended** by a two-thirds (2/3) vote of the members present at the AWYMTA Meeting.

President's Report

By Akai Jong

鍾文凱

AWYMTA was founded March 21, 1992

Reason for the Founding of AWYMTA :

To provide a foundation for further growth of Yangjia Michuan Taijiquan (YMT) in the United States.

- (a). Mr. Wang Yen-nien said, "After several years of diligent practice of Yangjia Michuan Taijiquan, I became **healthy** and **happy**." "This style of Taijiquan incorporates Neigong. Each movement is based on prenatal breathing, which users can practice to cultivate a **longer, healthier life**." "To further contribute to the expansion of Taijiquan all over the world, I am willing to share with others what I have learned and discovered over the past decades,"
- (b). Before I met Mr. Wang Yen-nien, I was a :
Certified Taijiquan Master.
Certified Shaolin Gongfu Master.
Instructor of Xingyi & Bagua.
Black Belt in Judo, Kendo, Tae Kwon Do & Karate.

"I was in peak condition, but did not really know the principles of martial arts until I studied YMT with Mr. Wang.
YMT saved my life several times on the street.
YMT helped me through many disasters in my life.
YMT/Dao is my soul. Without YMT, I do not exist."
- (c). Mr. Wang has worked very hard to teach Y.M.T. since 1950 (full time).
He is the Founder of the National Taijiquan Association of the Republic of China.
He also founded the European College for Yangjia Michuan Taijiquan teachers.
- (d). Mr. Wang asked me to organize the first YMT Association in the Western Region of the United States.
Later, when other regions also have the YMTA, we can then unite into a national American YMTA.
- (e). In 1975, I voluntarily wrote an oath to my teacher (Mr. Wang Yen-Nien):
I (Akai Jong) will do my best to **enhance YMT for the rest of my life**.
Now, in 1993, I feel even stronger toward the fulfillment of this commitment.

YMT for Health

Because YMT incorporates Daoist Neigong with its **unique biomechanics**, this Hidden Tradition (Secret style) of Yang Family Taijiquan is excellent for everyone's health.

Mr. Wang Yen-nien said, "Neigong uses inhaled air that is circulated through the body by the mind and movement of the internal organs. This strengthens vascular activity and sexual vitality, opens the channels, cultivates the qi, and cleanses the spirit."

The Yellow Emperor's Internal Classic, the most important textbook of Traditional Chinese Medicine, says, "Align the skeletal system and relax the muscular system. Improve the flow of the Qi and the blood. Follow the Dao carefully, and you will enjoy longevity."

YMT is the best method to prevent and heal sports injuries. It can also greatly improve coordination, concentration, cardiovascular endurance, balance, flexibility, speed and explosive power.

YMT for Self-Defense

For self-defense, all styles of martial arts are **effective**.
The important things are:

1. Make sure the **principles** of the style you choose are right for **your personality**. You can then say that this is "Your Style".

The most important principles of YMT are **Relaxation** and **Softness**. Based on these principles, Yang Luchan, Banhou and Jianhou were all invincible.

2. Find a **true teacher** of "Your Style".
Make sure you **trust and respect** "Your Teacher".

If you do not trust your teacher, how can your teacher trust you? If you do not respect your teacher, how can your teacher respect you? If your teacher does not trust and respect you, why should he/she teach you the art of self-defense?
No teacher would appreciate being attacked by his/her own student.

3. **Study and practice hard, continually and persistently**, until your body, your mind and your soul unify to become an extension of "Your Style".

When you go to a tennis tournament, you choose your own racket, compete within your own level and by the rules of fairplay. In order to win, how much do you have to practice? If you lose, you always can come back to the next tournament.

If you must defend yourself, it could happen at any time or place, with no rules. The attackers are aggressive, may have more experience, be armed with weapons, and ready to endanger your health, your life, your property and your pride. How much do you have to practice in order to win? If you lose, you may never have another chance, or, at least you will never be the same person.

YMT provides the entry-level of the Great Dao

Study YMT, practice no-form within the forms until both the no-form and the forms vanish, and you only move the way of nature.

Practice YMT. Make your unlimited creations within this perfect tradition until this tradition no longer limits you, and your creations become perfect.

Study and practice YMT again and again, until you are ready to build the foundation of the Great Dao of Golden Elixir (Jin-dan Da-Dao). Even after your foundation is strong, continue to practice YMT.

AWYMTA Seminars & Gatherings

AWYMTA will sponsor YMT seminars, gatherings and demonstrations. They will be **friendly** and **non-competitive**.

Nothing is worse than if the "**peaceful and humble**" Taijiquan practitioners (including beginners and instructors), turn into a group of arrogant prune faces, or a bunch of mad dogs, trying to prove who is the most "macho".

If you like to compete, and I strongly encourage you to do so, there are many Taijiquan tournaments available. When you go to compete, fight like a tiger to win.

When you come to our AWYMTA seminars, gatherings or demonstrations, please practice like **committed gentle people, be friendly, cheerful, nice, relaxed, soft and enjoy yourself.**

Good News From Mr. Wang Yen-nien

For the year of 1993 only, Grandmaster Wang is teaching a series of **Tuishou classes** on all different levels. The location is in Taipei, Taiwan. For more information, write to the address listed on page 11.

Grandmaster Wang is writing a complete set of **YMT textbooks**, which will come with **video tapes**.

The first book, Yangjia Michuan Taijiquan Tujie (Yang Family Hidden Tradition of Taijiquan. An Explanation Through Photos), was first published in the Chinese language in 1972. In 1988, the first edition of English and French translations were published together as one book.

In 1993, this book will be published with Chinese and Japanese together as one book. English and French will be together in another book (second Edition).

In addition to the first book, Grandmaster Wang is also writing textbooks for :

1. Shi San Shi (Thirteen Postures)
2. Shi Yong Fa (Applications of Taijiquan Forms)
3. Taiji Tuishou (Push Hands)
4. Yen-nien Taiji Shan (Fan)
5. Taiji Dao (Broad Sword)
6. Wudang Taiji Jian (The New Sword)
7. Kunlun Taiji Jian (The Old Sword)
8. Taiji Shi San Gan (Spear without the edge)
9. Daoist Neigong

All these textbooks will come with video tapes.

Based upon Mr. Wang's decision, AWYMTA will be responsible for the distribution of all his books and tapes in the United States. If you live in this country and would like to have more information, please contact Akai Jong at (408) 728-2121 or P.O. Box 1627, Aptos, CA 95001.

AWYMTA JOURNAL

1. AWYMTA Journal is the Official **Annual Newsletter** of AWYMTA. There are also several **AWYMTA Regular Newsletter** each year.
2. Next issue of AWYMTA Journal will be published in February, 1994.
3. All written contributions are welcome. Please focus on the YMT, Taijiquan or YMT organizations. There are many things you can write about, such as:
 - a. Your own experience of Taijiquan.
 - b. Taijiquan theories.
 - c. Teaching and Learning of Taijiquan.
 - d. Taijiquan for healing.
 - e. Taijiquan for self-defense.
 - f. Taijiquan history.
 - g. YMT discussions & questions.

Please send in your articles **before November 1, 1993.**

3. Beginning with the next issue, the Newsletter will only be mailed to:
 - a. AWYMTA members
 - b. AWYMTA advisors.
 - c. Affiliated YMT organizations.
 - d. Contributors of AWYMTA JOURNAL .

YMT in Southern California

By Harry Wu

吳國錦

In January 1990, a Chinese Association - South Pasadena Chinese Club (S.P.C.C.) was established in the city of South Pasadena, a small community in Southern California. There was a group of members who would like to learn Taijiquan. However, they met with two problems: No where to find enough money, nor an experienced instructor. Fortunately, Mr. George Lin, also a member of the Board of S.P.C.C., volunteered to take up the responsibility as the instructor to the Taiji Health Class. We the students were so appreciative of his offer. Every Sunday morning, Starting at 7:30, we got together at the sport ground in Monterey Hills School to practice Taijiquan under Mr. Lin's instruction.

The average age of the students was above fifty years old. Ninety-nine percent of us were beginners, and, not particularly sporting. So you can see what a difficult job it was for Mr. Lin to work things out with us in the beginning. At the same time, we the students were very patient to follow every stroke, every move of Mr. Lin, who was even more patient than us. The number of students reached to fifty, even sixty at a time. In June 1990, the activity came to a climax: Mr. Wang Yen-nien, the master of Taiji in Taipei, arrived in Southern California to teach us in person. He gave us a week's intensive lessons on Taijiquan and Neigong, and both became beneficial to us for the rest of our lives. Even today, we are still pondering over his lessons and trying to grasp the essence of Taiji.

It has been almost three years. Every Sunday morning, be it raining or cold, sometimes even dark, we have never stopped for once. Now Mr. Lin stays longer in Taiwan than in California because of his thriving business. However, every Sunday morning, we meet as usual and repeatedly practice what Mr. Lin has taught us. Many of us have felt and actually became healthier since we started Taiji. We want to thank Mr. Lin for his generous offer that gave us a chance to learn the profound Yangjia Michuan Taijiquan.

Not long ago, the Yangjia Michuan Taijiquan Association established its office in the West Coast. All of us in Southern California were gratified with the news. Such an extraordinary sect of Taijiquan finally landed in America. We believe this "Yang Family Hidden Tradition of Taijiquan" will soon be flourishing in this country. This is really a blessing for all the Americans.

What YMT Has Meant for Me

By Michiko Kato

加藤美智子

For many years I have been searching for something that will guide me to the path to true happiness and peacefulness. I wasn't happy about myself. I have often thought I'm not good enough; I needed confidence and needed to trust myself more, and not be intimidated by people. I often put myself down internally. For a long time I lead my life as if I was being someone I was "supposed" to be; I was someone helpless who couldn't do anything as valuable as my brothers did. I was told this by parents and relatives, directly and indirectly. I was at the same time expected to be a perfect woman.

Two years ago, the accumulation of confusion and inner need inspired a change. I was hungry for new experiences, knowledge that would lead me to a true path to self-knowledge. I tried many things: self-esteem tapes, counseling, self-defence classes, and workshops for self and emotional growth. They all helped in their own way, but it was not until I found YMT through Mr. Akai Jong that I felt "this is it" - this is what I was looking for all along. By learning YMT Neigong, forms, push hands and sword from Mr. Jong, I have experienced the depth of this art.

When I do basic Neigong exercises, I can feel heat penetrating from the Dantien point and extending to my arms and fingers. The more I relax, the more I could feel the "energy" moving through my body. When I do push hands, I concentrate on Qi moving from my center outwards, and feeling my partner's energy - which take even more relaxation and sensitivity. It is not just physical movement.

This is an art which can be applied to everyday life. YMT taught me and trained me to listen and feel others, thereby developing sensitivity to others. I learned that I must feel internally what is going on to myself and listen carefully so I will know what to do regardless of the particular situation.

I have only practiced YMT for a year, but I've learned so many things in that short time. I have found my inner strength and gained trust within myself. I hope more people will find YMT to be a universal art which can embrace their lives and make them more whole.

I would like to thank Mr. Wang (Yen-nien) for opening the YMT teaching to the public and making it available to those who wish to dedicate themselves through Mr. Jong. I would also like to thank Mr. Jong for teaching me this art very patiently and thoroughly, I feel fortunate to find a teacher like him here in the United States.

馬尚時

IMPRESSIONS FROM FRANCE

Clouds hover over the buildings of the Regional Sports complex and the threatening rain keeps everyone inside... There is, however, much to do inside; 3 levels of training rooms and sports arenas, a level of basketball-volleyball courts, a complete gymnasts' training room, a foam layered judo area and lodging for the people who are here to train. (One level was not even open so the space was even larger than it appeared to me!)

Laoshr's voice fills the air with the usual commands and practice begins...6:30 AM in France, 12:30 PM in my body, stiff from a long day of planes and trains. I begin to loosen up immediately and when breakfast break comes at 8:00, I'm ready.

My French works! Astonished and grateful, I begin to make new friends. Cara, she's 80 years old and will attend all the workshops this summer. She has already retired from a full life as an actress and I'm surprised to find that she has studied also with Ben Lo and William C.C. Chen. Later I'll see that she, like myself has much to "forget" about Taijiquan.

I'm greeted by old faces (Ageless old faces) Sabine, Julie, Carol, Christian, Ron and Mireille, Peter, Jean Pai, Annicka, all have done what I now do, cross an ocean to study and be with people who share my purpose. As the days pass, I will experience the wide-open happiness of a beginner in a room full of teachers. I will absorb more than it seems possible in such a short time. Surrounding me are many who have learned the Meichuan style in the past 3 years and I am impressed with the level of practice. The European College (now the International College) has provided other opportunities like this to students and it is obviously a good idea. I am thinking about our situation in the US and can see the great value in having a group focused on Meichuan Taijichuan to exchange knowledge and practice together for the benefit of all. This is to become my reason for attending this Stage. My original intention was to get a little further along in the 2nd doan, but I am encouraged to begin teaching in the US and when I finally talk to Laoshr, he is also encouraging. I am feeling the conspiracy of happiness and hard work begin to carry me forward. I'm corrected, surrounded, pushed and pounded, my French gets better as I drown in the language. I even go out shopping alone and get a bargain on a jacket. I know I'm becoming part of the scene when I feel guilty for not stamping my bus ticket with a time code for expiration—no longer a naive tourist! Maybe it was the jacket? I am even making progress on the 3rd doan. We work on applications, the thirteen postures, basic exercises, and learn the history of this "hidden" style, and the subsequent development of the "public" forms taught by Wu, Hao, and Sun. I am steadied in my determination to concentrate my energy on this style of Taijiquan and drop my other Yang style practice completely.

Everyone works hard and the College elects a new president, Michel Douiller, after acknowledging the courageous and excellent work of Christian Bernapel as the previous president. As always, Julie Fairchild's voice is in our ears as she crosses lingual dimensions like Rod Serling in the Twilight Zone. We understand most of what goes on and listen to the debate of the merits of Pin Yin vs. Wade Giles transliteration of Chinese. Pin Yin wins. The college has announced its intention to go International at the request of Laoshir Wang and there is unanimous approval. The banquet follows and we are shown the best side of French organizational skills...pick a good Champagne and a rockin' dance tape!, even the Italian Womens' gymnastic team was pulled to the sound of our wild soiree, (It really was like "College"). Later they did their impressions of our Taiji form, they'd been spying like Yang Luchan !

I am so inspired by this group of people and their dedication that I can't refuse to do less here in the U.S. I'd like to encourage all of you who now practice Laoshir's form and pushhands to join with the International College to promote the continuation of this teaching here in the U.S. As we teach others we will gain the strength to carry our own learning to higher levels. We will have access to teachers from Europe and their workshops. I'd like to know your thoughts and wishes so we may propose events and share in the great knowledge of Laoshir's European students. Many of Laoshir's European students will be here for the Jin Shan Daoist meeting next summer and we can organize and plan together. For example, the format of a mini-workshop with several teachers working on different aspects of form, pushhands, and weapons at the same time...perhaps a convention setting where those with greater skill help those who are beginning...

By wednesday I was able to call many people new friends and extend invitations to so many people that I'll have to find another house if they all show up at once! Christine, Valerie, Gianvittorio, Alain, Christophe, Mac, Sylvie, Sabine, Lucienne, Herve, Jean-Michel, Luc, Caty, Chantal, Caroline, Maryling, Maureen, Jean, Eugene, Bernard, Cara...so you see I'll need help putting up these folks if they all come...support the College!

On thursday the sun appeared, dispersing the mists and clouds as we all retraced the paths we had come by, glowing inside the with accomplishment only Taiji players can carry within them.

Michael D. Basdavanos
29 September 1992

An Article on YMT

By Jon Meeske

米仲武

Initially I was attracted to martial arts because I wanted to learn self defense and also get in better physical condition. Through a friend I found a teacher who taught Shaolin Gongfu, Bagua, and Taiji. My introduction to martial arts was a total disappointment after discovering that I was learning from a "typical Gongfu broker" who was selling so called Chinese Secrets (Chop Suey for high dollar). I then quit the class and was left feeling totally misled and ripped off. My feeling of disillusionment kept me from seeking further instruction for over a year. Later, a close friend told me about a wonderful teacher he met in the Santa Cruz area. I first discounted my friend's enthusiasm believing instead that the teacher was probably just another fake. Over the next few months my friend kept pestering me to come to his class to see for myself.

When I finally decided to go take a look at the class with my friend, I found it to be unlike anything I had ever experienced. I instantly noticed that there was no "Hierarchy of Egos" to deal with. The students didn't salute when they entered the class, and there was no bad competitive atmosphere to dampen the lessons. When students asked questions there was no holding back on information. Each student could learn as much as he or she wanted to limited only by the individuals level of effort and awareness. The teacher, Mr. Akai Jong, was able to answer questions about changes that take place in the body and gave his students great insight. It was abundantly clear to me that Mr. Jong was full of knowledge; Real knowledge achieved from personal experience not simply relayed from some other source. I learned more in this first class than I had in four months of previous instruction. The level of excellence demonstrated in Mr. Jong's teaching restored my desire to learn Taiji.

I was very fortunate that Mr. Jong would teach me Taiji and accepted me as a student. I have now been learning Taiji for nearly five years. Looking back when I started learning, although it was apparent that Mr. Jong had a wealth of understanding about Taiji, I had no idea of the depth of his ability. As I learn more I am more aware of the extent of learning I have yet to achieve. In 1990 I had the honor of meeting Mr. Jong's teacher, Mr. Wang (Yen-nien), which was very inspirational. I could see through Mr. Wang that there were no limits to the level that can be achieved with the YMT system. The prospect of learning something of such quality is very exciting and important to me. Taiji offers the way to a healthier and happier life, and I recommend it to everyone that has a chance to learn the YMT system.

A Letter to Readers

From Robert Politzer

包樂伯

To All Fellow Yangjia Michuan Taijiquan Practitioners:

I first want to express my excitement for the growth of our Taiji in North America. From my own experience, having studied Taiji with four other teachers and having assessed their Taiji, it is no surprise to see this happening----- it was only a matter of time. Of course all Taiji forms are amazing, and I learned a lot from every teacher of every style.

I remember a conversation that I had with Julia Fairchild about this subject. The focus of the talk was on the "differences" between "different" Taiji systems, and about right and wrong. What Julia expressed pretty well summed up my feelings as well. She explained why all of this comparison and competition was meaningless, and that, in time, the Taiji that is in harmony with the Dao will continue to flow on. Something, anything, that is not in harmony will burn out, or be extinguished, of its own. So there really is nothing to argue about.

I suppose the next question might be about, how is one to live in harmony in this world? Now, I live in New York City and if you find the answer to that question, please phone me as soon as possible. I finish my morning practice, feeling calm and relaxed, and within an hour I'm tied up into knots, angry, afraid, tense. And I think to myself--- "Self, you have a long way to go."

Which further explains my delight with the establishment of the North American Chapter of Yangjia Michuan Taijiquan. At the present time, I am in graduate school and working at a new job. I hope to begin teaching in some capacity sometime next year. Then again, Master Wang began teaching when he was thirty-five, so I'm in no hurry. But I am eager to practice with others, and if you, the reader, should be in this part of the country, please give me a ring.

Good luck in your struggle to maintain practice.

The Taiji of Yoga

By Juliet Heizman

海空雲

The roots of Yoga and Taiji are ancient, and intertwined many years ago when Bodhidharma, the great Indian sage, journeyed to China. He sat in meditation for nine years in the Shaolin Temple.

Bodhidharma taught the monks his system of yoga postures, or asanas, to help them remain alert while studying and meditating. In addition, he shared his pranic or Qi training knowledge, and Daoist yoga emerged.

The similarities between Daoist Neigong training in Taiji, and yogic prana training in asanas are consequently, the branches and fruit of a tree, sprouted from that ancient root so long ago.

Harmonizing the relationship of opposites, Yin and Yang, and becoming one with the Dao, is a major goal in Taiji. My teacher, Mr. Akai Jong, says that the most advanced stages of Taiji practices are the beginning steps of the Great Dao.

He also says, "The mind leads the Qi, the Qi leads the movement." By focusing one's attention on moving from the Dantien, one begins to cultivate energy in their center of gravitational force. This begins to align oneself with the inherent harmony in the universe or, Dao. And eventually, it's as if the harmony or energy of the Dao is performing the movement, not oneself personally.

It has been through this understanding of the mind leading the Qi, that I have seen the additional benefits of practicing yoga. In yoga, we learn to bring our mind or awareness into parts of our body that are completely unclaimed by our consciousness. As a hatha yoga teacher, I see this all the time as a new student is unable to feel or move a part of themselves. Our mind habitually doesn't penetrate every part of our anatomy. But when we learn to penetrate more of our body with our awareness, life spring into that region. The result is greater happiness and freedom from past suffering. There is great potential for self healing in this knowledge.

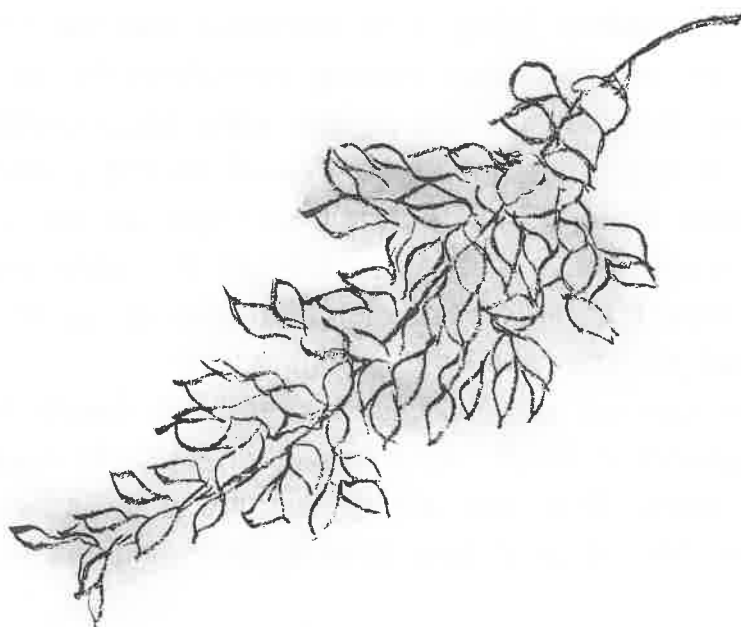
The same is true in Taiji in that the cultivation and circulation of Qi has many wonderful healing benefits. As the Qi begins to flow through the meridians, or energy pathways (nadiis as know in the Indian system), life force is brought to the internal organs and tissues. Taiji is known to cultivate long life in China. It is also practiced to relieve and prevent arthritis, high blood pressure, kidney disease, and bursitis, just to name a few.

And so it is true of yoga practitioners as well. As one gains greater health and vitality through yoga asanas and breathing techniques, diseases are prevented from occurring.

According to the yoga sutras of Patanjali, as one progresses on the path of yoga, one gains lightness of body and clarity of mind. One also develops siddhis, powers and abilities considered extraordinary. These could include all the psychic faculties such as telepathy, clairvoyance, clairaudience, precognition, and so forth. One may learn how to become as light as cotton or as heavy as a mountain.

And this inevitably leads us back to Taiji and the intertwining of those roots from the ancient past. As a practitioner of yoga and Taiji, I feel that I am practicing both when practicing one or the other. The outward forms may be different, but the inner content is the same.

And though there are differences, such as Taiji is also an effective martial art, the similarities are of far greater consequence in regards to health, healing, and spiritual unfoldment.



程以明

Training Taiji in Modern Times

We live in an age in which all of our tasks are planned hour by hour and in which we are constantly trying to catch up with a rigid schedule. This is to such an extent that we often find ourselves trying to do many things at the same time as quickly as possible. As such, the amount of time we are able to put aside solely for the purpose of athletic exercise can in no way compare to what people could allow themselves in the rural or urban settings of the ancient world. In our day and age, it is difficult for most people to put aside even fifty minutes to an hour to train athletically. This is in contrast to the ancient times in which people were usually able to put aside three to four hours for training. For example, traditionally people practiced from five thirty in the morning to seven or eight o'clock or in the evening until eight or nine before retiring to go to sleep. Due to the fact that the entire cycle of our daily life has changed significantly since ancient times, we must modify our training plan to fit with the trials and demands of modern living. It is important that we not be nostalgic of ancient times hoping unrealistically to train in the manner in which ancient people were accustomed. In other words, it is important not to be fixated on the notion that only by practicing three to four hours a day can we achieve mastery. Instead, it more constructive to employ the sixty minutes of practice time that is realistically available to us in the most economical or effective way possible.

How can we achieve the best training results in the shortest period of time? As I see it, one should have the following goals. First, one should acquire a strong and healthy body in a short span of time (that is, changing the body so that

it is fundamentally healthier). Second, one should learn to use the techniques of Taijiqūan to protect oneself. That is to say, one must understand fully the appropriate and accurate applications of techniques as dictated by the different circumstances one is confronted with. Third, one must strive to achieve a deeper understanding of Taijiqūan's inner principles and contents. In other words, one must not only have an understanding of the principles of Taijiqūan's which delineate the course and direction by which force is issued from the body (i.e., "jingdao"), but one must also comprehend its principles of internal energy, breathing, relaxation, and improving concentration.

It is upon the basis of these fundamental aims that an effective and profitable sixty minute training scheme can be designed. In the past, I have used these three aims as a guideline for organizing training schedules of up to eighty or ninety minutes. However, I have discovered that it is best to start by putting together a sixty minute plan and then work to extend it if so desired to include additional drills at a later juncture. I have used sixty minute training schemes for many years and it is my experience that if such schemes are organized and thorough, individuals are able achieve a very high level of skill in a relatively short duration of time. These sixty minute training schemes have been tested and proven effective in quarter-long classes at California State University, Los Angeles.

The following is an example of a training scheme designed around the sixty minute principle. Such a scheme is suggested for all students of Taijiqūan (whether young or old) who wish achieve optimal results in a short period of time. The time distribution is flexible and different aspects can be

sustained differently depending on the physical condition of the particular student.

(A) Warm-up exercises (10-15 minutes). A warm up exercise prepares one physically to perform the more strenuous training that follows. The purpose of these exercises are to adjust one's breathing, bring together one's concentration, stretch one's muscles, and loosen one's joints.

(B) The Taijiquān form (15-20 minutes, depending on how fast one performs the form). It is recommended that the form be practiced three times. The first time the form is done in order to adjust one's breathing and review the successive order of the movements in the form. The second time the form is done, it is performed slowly to gauge the accuracy of one's movements. In other words, the second time the form is done one must concentrate on whether or not one is doing the movements as they are intended; i.e., how must one move one's center of gravity, where one's hands and feet are supposed to be...etc. The third time the form is done it must be practiced with attention to one's breathing and the synchronization of one's mind with the course of the internal force one's issues during particular movements. This time one must ask oneself whether or not the internal force in a technique is issued smoothly and without impediment; that is, whether or not in the issuing of force in a technique the basic guidelines of Taijiquān posture have been maintained or disregarded.

(C) Practice of single movement drills (10-15 minutes). Many people after having learned the entire set of movements in the form neglect the practice of single movement drills. Here, I would like to stress that single movement drills deepen one's understanding and mastery of each particular Taijiquān technique as well as

improve one's effective strength. Thus, it is crucial to make single movement drills a part of one's training.

(D) Practice of standing meditation (5-15 minutes). The Chinese word for this is "zhanzhuang." This is practicing holding one's position for a period of time either as a horse stance or a one-legged stance. This kind of practice is for strength and to practice "internal power (neigong)." The beginner is advised to start by doing 3-5 minutes, rest and then start again, practicing up to 15 minutes.

If one examines the sample practice scheme presented above, one will notice that the actual percentage of time one spends practicing the Taijiqūan form is not that great. In the entire practice schedule, this practice only occupies one fourth (or not even one fourth) of the total allotted time. Why is the total time devoted to practicing the Taijiqūan form lessened in my sixty minute training scheme? This is because one of the aims of practicing in the way proposed above is to achieve the greatest results in the shortest period of time possible. Therefore, the time must be divided as a whole and used for practicing basic techniques, one-step techniques, issuing of power in a technique, breathing, and stances. The practice of the Taijiqūan form alone is merely a practice of a set of techniques. In other words, the Taijiqūan form is a reference index for practicing Taijiqūan. If it cannot be learned with any *real* or *actual* aim in mind, then it cannot become useful or effective. If one's basic strength is insufficient, practicing more techniques will produce little realistic results. In the course of the Taijiqūan form one often only gets the chance to practice a technique once or twice. On

the other hand, in the practice of a single technique twenty or thirty times one becomes better acquainted with its characteristics and one learns it more deeply. In my training system of Taijiqūan there is less emphasis on continually practicing the form. This is to be distinguished from many Taijiqūan schools which might practice the form for an entire hour without practicing in any other way. This is why many people who have been practicing Taijiqūan for a very long time and make progress very slowly rate. In using sixty to seventy percent of their time practicing the Taijiqūan form, many people have no real grasp of the foundations of Taijiqūan training. Without a thorough and rounded training scheme, they neither have the strength nor the understanding to advance their mastery.

On the other hand, with such a training scheme when one's basic strength, control of breathing, and understanding of how to issue force improves, then the techniques one practices in one's form can become effective. By practicing more and more complex forms without ever being entirely clear about basic principles, people practicing Taijiqūan merely add confusion to error.

Yangjia Michuan Taijiquan Tujei

Written by Wang Yen-nien, 1972
Translated By Julia Fairchild, 1988

王 延 年

The Internal Work of Taijiquan: Neigong (Page M 1)

Taijiquan, an internal martial art suitable for men and women, young and old, stresses natural cultivation of qi, without using strength, and strives to develop a strong, malleable body and gentle movements. Neigong is the internal foundation of Taijiquan. A student, even after years of learning Taijiquan, will not improve greatly if he has not integrated Neigong into his practice.

Without Neigong Taijiquan becomes only an exercise. Without it, it is impossible to verify how jing (essences), qi and shen (spirit) restore energy and lead to a long healthy life. Without Neigong, you will not learn how yi (mind) and qi follow each other, and how to use yi to absorb and release jin (internal power). This is the highest realm of Taijiquan.

The Basic Exercises (Page M 19)

The basic exercises have both warm-up and build-up functions. They primarily enable beginning Taijiquan students to practice the correct stance and the proper way to shift their weight while strengthening the resiliency of the waist and legs. Practicing these exercises will loosen the tendons and joints in the body.

Complete muscle relaxation plus closely coordinated breathing and movement is the beginning of Gongfu. Faithfully go through the basic exercises once every morning and evening without fail.

The Form (Page M 25)

Taijiquan synchronizes mind, movement, and breath. Practice it with a pure and sincere heart and discard all extraneous thoughts.

Concentrate your shen, quiet your qi and then use the Daoist art of breathing (Tuna Daoyin) to coordinate your practice of the movement of the form. You will perspire, but you should not breathe hard. After a period of time, qi will naturally accumulate in your dantian. Later, it will circulate through your whole body.

This skill grows imperceptibly, and you unwittingly become healthier. If you practice push hands synchronizes with breath, then your body becomes light and nimble, your sense keen. When releasing jin (internal power) you enhance the force of your burst without causing muscles and blood vessels to expand violently. It is for these reasons that the Yang family hidden tradition of Taijiquan places special emphasis on the practice of Neigong, thus uniting movement and breath.

Taiji Thirteen Postures

Wang, Yen-nien

- (A). 1. Get Ready
2. Begin
- (B). **The 1st. Four Cardinal Directions:**
1. Turn to the right, 90 degrees
R. Hold Off
R. Grasp the Sparrow's Tail
R. Seal It Closed

2. Turn to the left, 180 degrees
L. Hold Off
L. Grasp the Sparrow's Tail
L. Seal It Closed

3. = 1.
4. = 2.
- (C). **The 2nd. Four Cardinal Directions:**
1. Turn to the right, 90 degrees
R. Drag Down
R. Brush the Knee, Twist Step
R. Wield the Pipa

2. Turn to the left, 180 degrees
L. Drag Down
L. Brush the Knee, Twist Step
L. Wield the Pipa

3. = 1.
4. = 2.
- (D). **The Four Diagonal Directions:**
1. Turn to the right, 135 degrees
Step Forward, R. Drag Down, Arm Bar, Elbow, Shoulder
Central Equilibrium
Step Back, R. Hold Off, Yield, Push, Press

2. Turn to the left, 180 degrees
Step Forward, L. Drag Down, Arm Bar, Elbow, Shoulder
Central Equilibrium
Step Back, L. Hold Off, Yield, Push, Press

3. = 1. (But turn 90 degrees only)
4. = 2.
- (E). **Turn to the right, 135 degrees**
1. Cross Hands
2. Carry the Tiger Back to the Mountain
3. Close Taiji (End)

Shi San Shi (13 Postures)

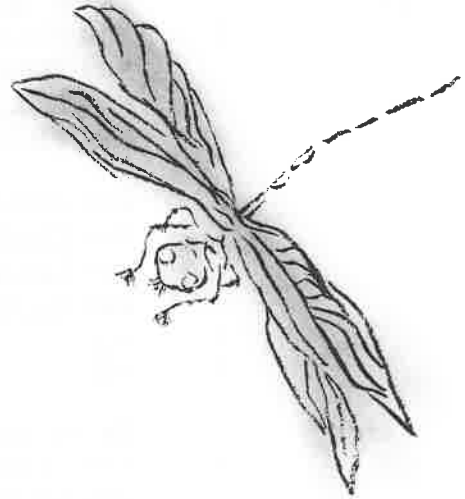
Pinyin By Sam Tomarchio

- (Yi).
1. Yu bei shi
2. Qj shi
- (Er).
1. **Di yi ge si zheng fang:**
You zhuan shen, jiu shi du
you Peng shou
you Lan que wei
you Ru feng si bi
2. Zuo zhuan shen, yi bai ba shi du
zuo Peng shou
zuo Lan que wei
zuo Ru feng si bi
3. = 1.
4. = 2.
- (San).
1. **Di er ge si zheng fang:**
You zhuan shen, jiu shi du
you Cai shou
you Lou xi yao bu
you Shou hui Pipa
2. Zuo zhuan shen, yi bai ba shi du
zuo Cai shou
zuo Lou xi yao bu
zuo Shou hui Pipa
3. = 1.
4. = 2.
- (Si).
1. **Si xie fang:**
You zhuan shen, yi bai san shi wu du
Jin bu, you, Cai, Lie, Zhou, Kao
Zhong ding
Tui bu, you, Peng, Lu, An, Ji
2. Zuo zhuan shen, yi bai ba shi du
Jin bu, zuo, Cai, Lie, Zhou, Kao
Zhong ding
Yui bu, zuo, Peng, Lu, An, Ji
3. = 1. (You zhuan shen, jiu shi du)
4. = 2.
- (Wu).
1. You zhuan, yi bai san shi wu du
Shi zi shou
2. Bao hu gui shan
3. He Taiji (shou shi)

Taijiquan, Section 1

Yang, Luchan

1. Get Ready
2. Begin
3. (R/L) Drag Down
4. L. Push
5. L. Single Arm Sweep
6. Jab
7. (R/L) Turn, Hold Off
Grasp the Sparrow's Tail
Seal It Closed
8. R. Step Forward; Drag Down
9. L. Single Whip
10. (R/L) Drag Down
Elbow
Shoulder
11. R. Step Forward, Thrust the Palm to the Heart
12. L. Step Back, the White Cran Displays Its Wings
13. L. Brush the Knee, Twist Step
14. L. Wield the Pipa
15. (R/L) Turn, Drag Down
Brush the Knee, Twist Step
Wield the Pipa
16. (R/L) Turn, Drag Down
Step Forward, Pull Up, Block, Punch
Seal It Closed
17. Cross Hands
18. Carry the Tiger Back to the Mountain



Taijiquan, Di Yi Duan

Pinyin By Sam Tomarchio

陶聖明

1. Yu bei shi
2. Qi shi
3. (You/Zuo), Cai shou
4. Zuo, Tui shou
5. Zuo, Dan tong bi
6. Cha shou
7. (You/Zuo), Zhuan shen, Peng shou
Lan que wei
Ru feng si bi
8. You, Shang bu, Cai shou
9. Zuo, Dan bian
10. (You/Zuo), Cai
Zhou
Kao
11. You, Jin bu, Pu Xin Zhang
12. Tui bu, Zuo, Bai he liang Chi
13. Zuo, Lou xi yao bu
14. Zuo, Shou hui Pipa
15. (You/Zuo), Zhuan Shen, Cai shou
Lou xi yao bu
Shou hui Pipa
16. (R/L), Zhuan shen, Cai shou
Jin bu, Ban lan chui
Ru feng si bi
17. Shi zi shou
18. Bao hu gui shan

AWYMTA MEMBERS

The Purpose of YMT

1. To promote health, prolong the life span, calm the mind, and harmonize the spirit.
2. To develop the art of Self-Defense.
3. To provide the entry-level of the Great Dao.

The Purpose of AWYMTA

To provide a foundation for further growth of YMT in the United States.

All members may enjoy the benefits of practicing YMT in a friendly, positive and supportive environment created by the AWYMTA.

AWYMTA is the first and only YMT Association in the United States.

The Objectives of AWYMTA

1. To provide certified YMT instructors for the public.
2. To sponsor YMT seminars, gatherings and demonstrations.
3. To publish an AWYMTA Official Newsletter.
4. To provide qualified members with instructor certification.

Member Eligibility

1. Must support the purpose of AWYMTA.
2. Pay the membership fee on time.
3. Members are welcome from all over the world.
4. Members need not be YMT practitioners.

Membership Fees

1. Regular Membership : \$ 30.00 per year
2. Life Membership : \$ 500.00

AMERICAN WEST YANGJIA MICHUAN TAIJIQUAN ASSOCIATION
(AWYMTA)

P.O. BOX 1627 APTOS, CA 95001

美西楊家秘傳太極拳協會

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Birth Date : _____ Age : _____ Sex : _____

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address _____

Are you an instructor of Yangjia Michuan Taijiquan? Yes _____ No _____

Your Instructor's name : _____ phone _____

If your instructor is not Mr. Wang Yen-nien, please describe their relationship. _____

_____ I have not studied Yang Family Hidden Tradition Taijiquan.

Membership Fee U.S. \$30 : Enclosed _____ Not enclosed _____

Please pay to the order of : **AWYMTA**
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 Aptos, Ca. 95001 USA

Signature _____ Date _____

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~~~~~  
Chief Instructor: Grandmaster Wang Yen-nien from Taipei, Taiwan, R.O.C..  
4th. generation master of Yangjia Michuan Taijiquan.  
5th. generation Patriarch of the Jinshan Daoist School.

Location: Big Sur Station (Pfeiffer Big Sur State Park), Big Sur, California, U.S.A.  
~~~~~

Please check appropriate () :

	<u>If you register:</u>	<u>Before 7/1/93</u>	<u>After 7/1/93</u>	
() Weekend Taijiquan:		<u>\$200.00</u>	<u>\$250.00</u>	<u>AWYMTA Member</u>
		<u>\$225.00</u>	<u>\$275.00</u>	<u>Non-Member</u>
() Five Day Taijishan:		<u>\$500.00</u>	<u>\$600.00</u>	<u>AWYMTA Member</u>
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() Weekend Neigong:		<u>\$200.00</u>	<u>\$250.00</u>	<u>AWYMTA Member</u>
		<u>\$225.00</u>	<u>\$275.00</u>	<u>Non-Member</u>

Note :

1. If you register for **all three seminars before July 1, 1993**, pay only \$750.00 and save \$150.00 - \$450.00.
 2. If you register for **one Weekend and the Five Day Seminar before July 1, 1993**, pay only \$625.00 and save \$75.00 - \$300.00.
 3. Spaces are limited. Please Register early.
- ~~~~~

Return This Form with a Check or Money Order Made Payable To :

AWYMTA
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YANGJIA MICHUAN TAIJIQUAN

1993 U.S.A. SEMINAR

Place: Big Sur Station (Pfeiffer Big Sur State Park)
Big Sur, California, U.S.A.

Contact: Akai Jong, AWYMTA President/Chief Instructor

The American West Yangjia Michuan Taijiquan Association
P.O. Box 1627, Aptos, CA 95001, U.S.A.
Phone/Fax: (408) 728-2121

Chief Instructor: Grandmaster Wang Yen-nien

- a. 4th. generation Master of Yangjia Michuan Taijiquan.
- b. 5th. generation Patriarch of the Jinshan Daoist School.
- c. International Taijiquan Federation Chairman.
- d. National Taijiquan Association of the Republic of China, Chief Instructor and Honorary President for Life.
- e. Taipei Taijiquan Association, Chief Instructor & Honorary President.
- f. Taijiquan Chief Instructor of National Taiwan University (1956-1968).
- g. Taijiquan Chief Instructor of R.O.C. National Assembly (1959-1991).
- h. Founder of the European College for YMT Teachers.
- i. Professional YMT Master Instructor since 1950.
- j. 72 years of martial arts experience.

Instructor: Master Akai Jong

- a. Grandmaster Wang's senior direct disciple.
- b. Certified YMT Instructor since 1974.
- c. Taijiquan & Shaolin Gongfu Master, certified by the Chinese Martial Arts Association, Taipei, Taiwan, Rep. of China since 1967.
- d. Master Instructor of Xingyiquan & Baguzhang.
- e. Wudang Daoist Internal Arts Master.
- f. Tuina doctor of Traditional Orthopedic Medicine, Licensed by the Rep. of China.
- g. Herbalist of Traditional Chinese Medicine, certified by the Rep. of China.
- h. Black Belt in Judo, Kendo, Tae Kwon Do and Karate.
- i. 42 years of martial arts experience.

Program (I): Taijiquan Shi San Shi

(September 11 & 12, 1993. Big Sur, Calif.)

A Two-day, 12-hour course for beginning Taijiquan students interested in the Yang Family Hidden Tradition of Taijiquan, or, in pinyin romanization "Yangjia Michuan Taijiquan" (YMT).

The class focuses on learning the forms and applications of the Thirteen Postures ("Shi San Shi", please see page 32 & 33), which introduces all the fundamental elements of this particular style of Taijiquan and readies students for more advanced work.

Students will also learn the Taiji Basic Exercises and the theory behind this traditional style.

An excellent review for advanced students and a rare opportunity for beginning students to learn with a superb teacher and martial artist, Grandmaster Wang.

All classes will be taught in Chinese with English translation.

Program (II): Yen-nien Taijishan (Fan)

(September 15 thru 19, 1993. Big Sur, Calif.)

During this five-day intensive course, students will learn the Yen-nien Taiji Fan. This fan form, built upon basic elements of the Wudang Taiji Sword and Kunlun Taiji Sword, is the first in a progression of weapon forms designed to help maintain balance, build up the immune system, retain elasticity in the skin, improve memory, reduce tension and improve digestion.

Prerequisites: To get the most out of this class, Program (I) or some knowledge of the Yangjia Michuan Style of Taijiquan is advised. Class will be taught in Chinese with English translation.

Program (III): Neigong

(September 25 & 26, 1993. Big Sur, Calif.)

This 12-hour weekend class centers around learning the basic elements of Neigong, a form of internal alchemy that retards the aging process and which forms the basis of the breathing system used in the Yangjia Michuan Style of Taijiquan.

All levels of students are welcome. No prerequisites and no experience necessary. Class will be taught in Chinese with English translation.

Taijiquan Shi San Shi (September 4 & 5, 1993. Washington, D.C.)

Contact: Michael Basdavanos
Address: 5012 Bangor Dr.
Kensington, MD 20895
Phone: (301) 942-5766 (Home)
(301) 840-0267 (Work)
Fax: (301) 231-5261

1993 YMT SEMINAR SCHEDULE

Place: Big Sur Station (Pfeiffer Big Sur State Park)
Big Sur, California, U.S.A.

(I). WEEKEND TAIJIQUAN SEMINAR

September 11 & 12, 1993. Saturday & Sunday 12 hours

9:00 a.m. - 9:30 a.m.	Taiji Warm up Exercises
9:30 a.m. - 12:00 noon	Taiji Basic Exercises & Shi San Shi
3:00 p.m. - 3:30 p.m.	Taiji Warm up Exercises
3:30 p.m. - 6:00 p.m.	Taijiquan Shi San Shi

Grandmaster Wang will teach both Taiji Basic Exercises & Shi San Shi.

(II). FIVE DAY TAIJISHAN SEMINAR

September 15 thru 19, 1993. Wed. thru Sunday 30 hours

9:00 a.m. - 10:00 a.m.	Taiji Basic Exercises
10:00 a.m. - 12:00 noon	Yen-nien Taijishan (Fan)
3:00 p.m. - 4:00 p.m.	Taiji Basic Exercises
4:00 p.m. - 6:00 p.m.	Yen-nien Taijishan (Fan)

Grandmaster Wang will teach Taiji Fan.

(III). WEEKEND NEIGONG SEMINAR

September 25 & 26, 1993 Saturday & Sunday 12 hours

9:00 a.m. - 9:30 a.m.	Taiji Basic Exercises
9:30 a.m. - 12:00 noon	Neigong
3:00 p.m. - 3:30 p.m.	Taiji Basic Exercises
3:30 p.m. - 6:00 p.m.	Neigong

Grandmaster Wang will teach Neigong.

Big Sur Accommodations

By Sheri Rushing
(408) 728-4846

鍾俠侶

Akai and I have recently inspected several of the local accommodations in Big Sur. These are our favorites. They are all easy to find and within 10 minutes driving time to the Big Sur Station.

Post Ranch (408) 667-2795

If you have bucks to burn this is a good place to do it. Prices range from \$245.00 to \$475.00 per night.

All the rooms are private cottages with mountain or magnificent ocean views. They each contain a stereo system, spa tub, massage table, wood-burning fireplace and minibar. The ranch boasts that when Redford or Streisand are in town they stay with them.

The restaurant like the hotel is expensive and excellent with indoor and outdoor dining. It is situated high on top of a cliff over looking the ocean. The view takes your breath away; literally. A must to see while in Big Sur.

Ventana Country Inn Resort (408) 667-2331

Both the Inn and it's restaurant have four star ratings. We have seen movie stars and producers in the restaurant but you'll have to look closely for them because they'll likely be wearing jeans, tee shirts and sun glasses.

While both Post Ranch and Ventana are quiet, peaceful and nestled in beautiful settings we feel Ventana's atmosphere is more comfortable and friendly. Prices range from \$170.00 to \$785.00 per night. Most rooms have fireplaces and a few have fireplaces and hot tubs or dining alcove/wet bars. All the rooms have televisions, VCR equipment and refrigerators.

For service, atmosphere, and quality of food we like Ventana's restaurant better than Post Ranch's. It has both indoor and outdoor dining. The view is not as spectacular but is serene and beautiful with both mountain and ocean views.

Deetjen's Big Sur Inn (408) 667-2377

For those of you who want a true "Big Sur experience" this is the place to stay. It looks alot like an old mining town with it's many small old wooden buildings. It's very rustic but clean and charming. There are only 19 rooms, each with it's own name ranging from Chateau Fiasco to Grampa's. Prices range from \$44.00 to \$136.00 a night. Some of the rooms have 3 beds. Five of the rooms have shared baths. Only half the rooms are heated with electricity the others are heated with either wood burning stoves or fireplaces. All the rooms are furnished with antiques. I especially like the teddy bears and stuffed animals on the beds, many of which are hand made.

The Inn is on the California historical registry. It's a little over 50 years old. While those of you from the east coast and other countries can laugh at it's youth, remember all of California is a mere baby (historically speaking) compared to much of the world.

While we have not yet eaten at the restaurant we have heard nothing but great things about it. Charming and cosy, it's a pleasant short walk from the rooms. The restaurant serves breakfast and dinner.

Deetjen's Big Sur Inn makes you feel as though you've gone back in time.

Glen Oaks Motel (408) 667-2105

Nothing fancy but clean and adjacent to a restaurant that serves breakfast and lunch. Across the street is the Glen Oaks Restaurant which serves dinner. Prices range from \$60.00 to \$80.00 a night. The \$80.00 rooms have 3 beds.

Riverside Campground and Cabins (408) 667-2414

We have not yet checked out this place but heard it was good. Rooms range from \$44.00 to 71.50 a night.

Camping

Big Sur is known for it's camp grounds. So far the one which was the most recommended to us was Ventana (408) 667-2331. In the next few weeks Akai and I plan to check out the local camping facilities so as your reading this we might already have some more suggestions for you.

Please do not hesitate to contact Akai or myself to help you find the right place to stay in Big Sur. September is a busy month in Big Sur so please make your reservations now. We were told by most of the inns that they can be booked solid as early as April. That goes for camping as well. Most places require a small deposit which is fully refundable if you give them a cancellation notice of approximately 3 days.

Wishing you a great seminar.



Taijiquan Q & A

By Akai Jong

鍾文凱

Q Was Chen Wangting the legendary founder of Taijiquan?

A. No. Absolutely not.

The legendary founder of Taijiquan was Zhang Sanfeng.

Chen Wangting was the founder of Chen Family Quan (Cannon Fist, or Pao Chui), but not Taijiquan.

Q Who founded Chen Style Taijiquan?

A. In the 19th century, Yang Luchan, Yang Banhou and Yang Jianhou made the Daoist Taijiquan famous. It became known as Yang Style Taijiquan.

In the 20th century, Chen Family Quan (Pao Chui) from Chenjiagou (Chen Family Village) changed its name to Chen Style Taijiquan.

Therefore, the founder of Chen Style Taijiquan was Chen Wangting.

Taijiquan, taught by Yang Luchan, Banhou and Jianhou was Daoist Taijiquan founded by Zhang Sanfeng.

Q Were there any Daoist Taijiquan Masters from Chenjiagou Village?

A. Yes. There was **one**: Chen Changxing (1771-1853).

He was a master of both Daoist Taijiquan and Chen Family Pao Chui.

However, **the Chen family members studied only Pao Chui with him** in order to carry on their Chen family's tradition.

Q Is Chan Si Jing (Silk Reeling Power) important in Taijiquan?

A. It is extremely important for Chen Style Taijiquan which was founded by Chen Wangting.

For Yang Style Taijiquan which was founded by the Daoist Master Zhang Sanfeng, Chan Si Jing does not exist.

Yang Style Taijiquan has nothing at all to do with Chan Si Jing.

Q Yang Style Taijiquan is very soft, relaxed, and has no Chan Si Jing.

How could it be a martial art?

A. Yang Luchan, Banhou and Jianhou made Taijiquan famous as the best martial and healing art. All three of them proved to be invincible.

Q Is Yang Style Taijiquan good for the lower back and the knees?

A. Yes. **Yang Style Taijiquan is excellent for healing the lower back, knees and all other joints.**

The answer to those who claim injury to the lower back and knees from doing Yang Style Taijiquan is:

FIND A REAL TEACHER AND LEARN THE RIGHT WAY.

AWYMTA

Founders:

Wang, Yen-nien
Akai Jong
Julia Fairchild

Honorary President:

Wang, Yen-nien

President:

Akai Jong

Vice-Presidents:

Michiko Kato
Jonathan Meeske
Harry Wu

Chief Instructor:

Akai Jong

Secretary/Treasurer:

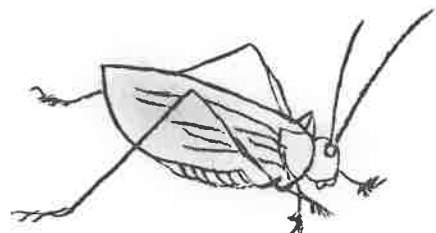
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YMT, Yangjia Michuan Taijiquan, translated as Yang Family Hidden Tradition of Taijiquan, is the original Taijiquan (Tai Chi Chuan) created by Yang Luchan in the early 19th century.

AWYMTA, American West Yangjia Michuan Taijiquan Association, is the first & only YMT Association in the United States.

AWYMTA is affiliated with the International YMT Organizations, but we are not in any way affiliated with any sovereign government or political entity whatsoever.

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(408) 728-2121

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