

AWYMTA NEWSLETTER

No. 7

December 1996

SEASON'S GREETINGS

We would like to extend to all our members, their families and friends wishes for a happy, healthy and prosperous New Year. For those following the lunar calender we will usher in the year of the OX (or Water Buffalo) on February 7.

Our apologies for this hastily prepared Newsletter, but we needed to get you the information on the summer workshop in Taiwan as soon as possible.

1997 MEMBERSHIP FEES ARE NOW DUE

Please send your \$35 fee,
payable to: **AWYMTA**
and mail to: **535 Liberty St. #203**
El Cerrito, CA 94530

AUDIO TAPE

Wang Laoshi has produced a 90-minute audio tape where he calls out the **breathing and postures** (in Chinese) for all three duans. On side one (approx. 37 minutes) is the First and Second Duans; on side two (approx. 40 minutes) is the Third Duan.

Note: for those of you unfamiliar with Chinese, we will publish both the pinyin and English for all three duans in our Spring Journal. (Ed.)

COST: US\$12.00 (includes airmail shipping directly to you).

Please make your check payable to AWYMTA.

ORDERING: AWYMTA must have a minimum order of 20 tapes. Along with your check, you must send your name and address (typed or clearly printed). Cut out and use: the space provided below, or the address label on the Newsletter envelope, or your own address label.

VIDEO TAPES

The **PUSH HANDS BASIC EXERCISES** video series was filmed in New York in June 1996. Shot on professional Hi-8 and edited on Betacam SP, the series includes in-depth discussion and step-by-step illustration of all fifteen Basic Exercises on five approx. 90-minute video tapes. The contents of each is:

- Tape 1: Basic Exercises 1-4
- Tape 2: Basic Exercises 5-7
- Tape 3: Basic Exercises 8-12 (part 1)
- Tape 4: Basic Exercises 12 (part 2), 13
- Tape 5: Basic Exercises 14-15

COST:

- AWYMTA MEMBERS: \$175 for series, or \$50 per tape
 - NON-MEMBERS: \$250 for series, or \$65 per tape
- (All prices include shipping)

Make checks payable to: **New York Michuan Tai Chi**
and mail to: 25 Indian Rd., Suite 6F
New York, NY 10034

ED. NOTE: Every effort is being made to have the AWYMTA Third Duan video series available as soon as possible. We are amateurs and editing is a formidable task. Your patience is greatly appreciated.

We will notify you as soon as the other videos filmed in the summer of 96 are available. These include: First Duan (NY), Pole/Tuishou (CA) and Kunlun Sword Basic Cuts (DC).

AWYMTA JOURNAL

If you are submitting an article for publication in our Spring issue, please be sure that it arrives at the AWYMTA office by **February 1, 1997**.



TAIWAN SUMMER WORKSHOP
August 11 - 31, 1997

SCHEDULE

Our three-week workshop includes daily morning training, Wudang Sword, Section 2 Applications, Neigong and Tuishou.

MINIMUM REQUIREMENTS

People who wish to attend the workshop should be familiar with at least Section 2 of Yang Family Hidden Tradition TJQ. In addition, it would be beneficial if participants have attended at least one Neigong workshop and have started the Wudang Sword form (but neither are absolutely necessary; we welcome anyone with a sincere interest).

EQUIPMENT

You will need a sword for the Wudang Sword class. You may buy an inexpensive wooden one for NT\$180 (US\$7/FF35) at the time of registration in Taipei, or you may use your own. Please note on your application form if you will need to buy a sword.

COSTS

The workshop, **US\$1,650/FF8,600** per person, includes all workshop fees, farewell banquet, welcome reception, **double** room occupancy at the Grand Hotel plus buffet breakfast (including hotel tax and 10% service charges), airport transportation (with advance notice), and a three-day taijiquan related excursion trip to the south of Taiwan. [Cost does not include lunch, dinner, laundry or other personal expenses.]

Note: For single occupancy add US\$942/FF4,686.
Buffet breakfast is suitable for vegetarians.

The workshop will be limited to 35 people on a first-come, first-serve basis, with preference given to those who will attend the entire three-week session staying at the Grand Hotel.

While the session begins on Monday, August 11, with a welcome reception late Sunday afternoon, August 10, the cost of the session includes hotel accommodations starting the night of August 9. This gives you a day and a half to settle in and recover from jet lag.

LOCATION

With Taipei hot, humid, noisy and polluted in August, we chose the Grand Hotel (Chinese architecture, 5-star, outdoor pool) as our workshop base. The hotel, literally a five minute walk away from our daily workout area, provides you with comfortable and quiet room with minimal travel time to and from classes, since both the late afternoon and evening classes will be held in spaces rented from the Grand Hotel.

While our emphasis will be on practicing more, touring less, please note that we have left afternoons free as well as the first Saturday afternoon & evening and Sunday for you to enjoy yourselves as you wish.

PAYMENT & REGISTRATION

Registration open to **AMYMTA & AMICALE** members first begins **January 1, 1997** and **ENDS MAY 1, 1997**. To register, please send US\$1,650/FF8,600 for double occupancy [or US\$2,592/FF13,286 for single occupancy] by **BANK MONEY WIRE** to:

Account Name: Wang, Yen-nien
Account Number: 020004604333
Bank: Bank of Taiwan, Chungshan Branch
Taipei, Taiwan, ROC

[Be sure to include Master Wang's home phone number, 2-881-2981, for reference so that the bank can call him when the money has arrived.]

In addition, please FAX (or mail) your Registration Form to: **Yangjia Michuan Taijiquan International, Taipei (YMII, Taipei)** at: **886-2-831-1164**.

You will receive acknowledgement of your registration within three weeks or receipt of (1) full payment, (2) your signed and completed Registration Form and Hold Harmless Agreement. At that time, we will ask you to sign a release form, consenting to allow us to use your images in a video we plan to make documenting the workshop.

ALL REGISTRATION MUST BE COMPLETED BY MAY 1, 1997.
Early registration is encouraged.

REFUND POLICY

There is a US\$50 cancellation fee for refunds before April 30, 1997.
No refunds after May 1, 1997.

TAPING

No taping by individual registrants will be allowed at any of the training sessions.

For more information, call or fax:

- in USA, Sam Tomarchio (AWYMTA) @ 510-527-2058
- in Europe, Sabine Metzle (Amicale) @ 33-1-47953413
- in Taiwan, Julia Fairchild (YMII, Taipei)
@ 886-2-831-1164

Mailing address: 13-2F Alley 1, Lane 128
Fuhua Road, Shih-lin
Taipei, Taiwan 111

Note: to enter Taiwan you will need both a Passport and a Visa.

SUMMER '97 REGISTRATION FORM

August 11-31, 1997 Taipei, Taiwan

Hold Harmless Agreement

I, _____, have been informed and understand that the study of Yangjia Michuan Taiji Quan can involve vigorous physical activity. I hereby certify that I am physically fit to undertake this course of instruction and that I take full responsibility for determining the nature and extent of my participation (within the limits set by the sponsoring associations), including but not limited to determining whether I can safely attempt a demonstrated movement or sequence of movements. I agree to hold Yangjia Michuan Taiji Quan International, Taipei ("YMTI, Taipei"), American West Yangjia Michuan Taiji Quan Association ("AWYMIA"), and AMICAI E du Yangjia Michuan Taiji Quan, their officers, directors, members, and agents harmless from any claims for liability asserted by me or by anyone else as a result of any possible personal injury I may sustain through my participation in this training seminar or other activities of YMTI, Taipei.

I hereby certify that I have read this agreement carefully and understand that by enrolling in this seminar, I expressly assume the risk of injury. I also understand that without this agreement, the YMTI, Taipei and its officers, directors and agents will not allow me to participate in its training seminar or other activities.

Dated _____ at _____

Signature _____

REGISTER TODAY!

Workshop & double room hotel occupancy: US\$1,650/ FFR 8,600

Workshop & single room hotel occupancy: US\$2,592/ FFR 13,286

Please Print:

Name _____

Address _____

City _____ State _____ Country _____ Zip _____

Phone (____) _____ Date of Birth _____

Please check one: Double Room Single Room

If Double Room Occupancy, who would you like to room with?

Total Amount Sent by Bank Money Wire _____

Date sent _____

Arrival Date, Airline and Flight No. _____

Did you sign the "Hold Harmless Agreement"? Yes No

Will you need to buy a sword? Yes No

Do you have other requests or special needs? _____

Mall or fax this signed form on or before May 1, 1997 to:

Yangjia Michuan Taiji Quan International, Taipei

c/o Julia Fairchild

13-2F Alley 1, Lane 128 Fuhua Road

Shih-lin, Taipei, Taiwan 111 ROC

Tel./Fax: 886-2-831-1164

Yang Family Hidden Tradition of Taiji Quan Summer '97 Program August 11-31, 1997 Taipei, Taiwan

Daily Time Table & Program-at-a-Glance

Sat. or Sun. August 9 & 10, 1997/ Guests Arrive
Sun. Aug. 10/ Welcome Reception/Information Distribution/Registration

WEEK 1 Workshop/Seminar Begins Mon. Aug. 11- Sat. Aug. 16
//6:00am-7:15am / Morning Practice
//7:30am-8:30am / Wudang Sword Training
//10:00am-12:00pm / Neigong
// 7:00pm-9:00pm / Tuishou (except Sat. Aug. 16)
Saturday afternoon & evening and Sunday Free

WEEK 2 Mon. Aug. 18 - Fri. Aug. 22
//6:00am-7:15am / Morning Practice
//7:30am-8:30am / Wudang Sword Training
//10:00am-12:00pm / Sec. 2 Applications
// 7:00pm-9:00pm / Tuishou
Sat. Aug. 23 - Mon. Aug. 25 / Trip to Southern Taiwan

WEEK 3 Tues. Aug. 26 - Fri. Aug. 29
//6:00am-7:15am / Morning Practice
//7:30am-8:30am / Wudang Sword Training
//10:00am-12:00pm / Sec. 2 Applications
// 7:00pm-9:00pm / Tuishou
Sat. Aug. 30/ Farewell Banquet
Sun. Aug. 31/ Guests Depart

Time Schedule:

All Early Morning AM sessions Mon. Sat./6:00AM - 7:15AM/War Memorial
Mon.-Sat./7:30AM - 8:30AM/War Memorial
(unless otherwise indicated) (in case of rain - classes will be held indoors)
All Late Morning AM sessions Mon.-Sat./10:00AM-12:00PM/Indoors
(unless otherwise indicated)
All Evening PM Sessions Mon.-Fri./ 7:00PM- 9:00PM/Indoors
(unless otherwise indicated)

Special Events:

-Three-day Trip to Southern Taiwan (Sat.- Mon., Aug. 23-25)

Cost: FFR8,600/US\$1,650, includes double room hotel accomodation at the Grand Hotel, buffet breakfast, all class fees, transportation to and from the airport, transportation to and hotel accomodation in Kaohsiung. Lunches and dinners not included. **FOR SINGLE OCCUPANCY, please add FFR4,686/US\$ 942.**

Sponsored by Yangjia Michuan Taijiquan International, Taipei (YMTI, Taipei), ROC National Association of Yang Family Taijiquan, AMICALF du Yangjia Michuan Taiji Quan & AWYMTA.