

# Amica e

YANGJIA MICHUAN TAIJI QUAN

N°100

MAY  
2022

*Goodbye  
and  
thank you,  
Claudy!*

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Special File n° 100

# Summary

# EDITO

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Corinne Zerbib

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François Schosseler

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100 issues. 32 years. Of adventures, epics, headaches, sleepless nights, anxieties, but also of pleasures, satisfactions, laughter, drunken evenings... to maintain this link that has never broken. Between us, between you.

100 little miracles that you can discover behind the scenes in these pages. Those who speak here have piloted the Bulletin, realized its design, its cover, its translation, its correction, its printing, many articles, the famous indexes...: first Claudy, who never let go of the helm, even from afar, then Hervé, Luc, Pascal, Jean-Luc, Jean-Michel, Michel, Françoise, André, Jean-Luc, Serge, Christian, Sabine, Emmanuel, Sophie, Simonette... And many others who have not spoken here and who work or have worked for years. All volunteers, you have succeeded in producing and maintaining this Bulletin. A real professional job! Thank you all!

"Number 100 will herald a new era, with happy omens", wrote Claudy a few days before his sudden death.

Unfortunately, you will no longer be here to guide, encourage, yell at, suggest... and continue what you have done over the years.

Thank you for everything Claudy!

## Participez au Bulletin !

Signe de la vitalité de l'Amicale, le Bulletin est un outil très important d'information et d'échanges entre nous tous, membres de la famille du Yangjia Michuan. Il est édité pour vous, mais aussi grâce à vous ! Chacun peut y contribuer, quels que soient son niveau, son ancienneté... N'hésitez pas à soumettre vos propositions et souhaits de sujets, articles, courriers des lecteurs et autres informations ou commentaires à la rédaction :

[redaction.bulletin.ymtjq@gmail.com](mailto:redaction.bulletin.ymtjq@gmail.com)

Merci d'adresser vos articles et photos sous les formats suivants :

- **Textes** : privilégiez les formats .doc, .docx ou .odt
- **Photos** : résolution minimum 150 dpi (150 dot per inch) et taille minimum 10 cm de large

Les articles doivent parvenir au plus tard à la rédaction :

- **fin novembre** pour le numéro de janvier,
- **fin mars** pour le numéro de mai,
- **fin juillet** pour le numéro de septembre.

Si ce n'est déjà fait, merci de communiquer le nom de votre correspondant(e) de manière à établir une communication plus aisée entre le Bulletin de l'Amicale et votre association.

Merci pour votre participation active !

# A Word from the President

This is a very special issue of the Bulletin. It was meant to be an opportunity to measure the path we have taken by looking back, in order to better project ourselves into the future. At least that's how Claudy conceived it. At that time we did not foresee a succession to Françoise and Claudy and it was a way of marking the stage, with the possibility of a suspension or disappearance of the Bulletin.

In the meantime Corinne arrived but Claudy left us suddenly, after having taken the time to pass on the various handles that bring this Bulletin to our mailboxes three times a year.

His funeral was a very moving moment, with about a hundred practitioners having made the trip, sometimes from several hundred kilometers away, to say goodbye. As I wrote on the forum, a lot of people, emotion, tears and also beautiful memories evoked which suddenly light up saddened faces, or even provoke a laugh. A lot of brotherhood, hugs, mutual support. The opportunity to see again faces that have been gone for many years, but who came because it was Claudy. Once again, he brought us together.

This number 100 pays him a brief tribute. The question arose of doing a "special Claudy" issue but, after discussions with some of his relatives, it became clear that he would not have wanted that and that the best way to honor his memory is rather to put our energy into the life of the Amicale and of the College to which he gave so much of his. Of course, this does not exclude the publication of your testimonies that may arrive spontaneously.

Since we must move forward, what are the new projects underway?

The video commission has started. Its task is to make a short video presentation of the Yang Jia Michuan TJQ: its original structures, the different aspects of its practice, its meetings with such particular flavors,... This video could be included on the websites of your associations and will be broadcasted on social networks. Its synopsis is being written. You can contribute to it if you wish, just contact Emeline who is in charge of this commission (emeline.regent@gmail.com). The production will be directed by one of our practitioners, Alain Clavier, who is also a professional in the field. A large part of the sequences will be shot during our next Meetings, in St Jacut de la Mer, and you will be able to play the actors!

The Regional Meetings commission aims to study the format that could be used for Meetings welcoming practitioners from a region. Such regular events already exist in Anjou and a reflection in this direction is being set up in Brittany. If you are interested in the subject and want to contribute, the person to contact is Séverine Flot (seveflot@gmail.com).

Finally, a last word on the Administrative Note. Some people are surprised not to have received it. It's normal, yours truly is very late, partly because of all the upheavals, changes and implementations since the beginning of 2022. I promise, it will be in April.

Best regards,  
François Schosseler

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## BULLETIN DU YANGJIA MICHUAN TAIJI QUAN

May 2022 – N° 100

Publication of the Amicale of Yangjia Michuan Taiji Quan

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**Reading panel:** Christian Bernapel, Anne-Marie Guibaud, Claudy Jeanmougin, André Musso, Jean-Luc Perot, François Schosseler, Sonia Sladek, Corinne Zerbib.

**Translations:** Céline Bertin, Béatrice Bolzinger, Annie Latimier, Sylvain Maillot, Érica Martin-Williams, Sophie Melloul, Chris Nelson, Leland Tracy, Simonette Verbrugge.

**Lay out:** Sophie Cornueil, **Cover:** Emmanuel Leblanc

**College leaflets, graphic artist:** Jean-Claude Issenmann. **Translations:** Érica Martin-Williams.

**Postage :** Christine Lubin.

Dear Claudy,

It is a strange fate that, as the current President of this Association that we both contributed to found, I have to say goodbye to you, who were its first President. Throughout these thirty-three years, you have been a tireless animator, alternately in the foreground or from less visible positions.

You did the same for the College of Teachers, which you also contributed to found.

You never ceased to propose new ideas, new projects, or the changes necessary for the continuity of these two entities. But more than proposing new projects, which any fertile brain can do, you knew how to put your beautiful energy into realizing them and, even better, you knew how to convince and encourage other energies to join in for their success. The Amicale and the College are certainly collective successes but, without you, they would not have seen the light of day or would perhaps have died long ago.

You were also an enthusiastic teacher, constantly on the road to visit the many associations that called upon your multiple skills, and above all, fruitful: these countless hours of teaching have given rise to vocations and I do not have enough fingers to count your students who have become experienced and recognized teachers in their turn. The same is true for the books you have written and which will continue your teaching. You have magnificently fulfilled the mission of transmission entrusted to you by your Master.

If I had to choose an hexagram to describe your role in the Amicale and the College, it would be that of the Shaking: "What one awakens, it is a question of knowing how to hold it and accompany it, so that the dynamizing effects of the impulse can unfold in time", writes Cyrille Javary. You could also have taken as your motto this phrase from René Char: "What comes into the world to disturb nothing, deserves neither consideration nor patience".

Your voice has fallen silent and some people, who only remembered its outbursts when a situation or a reflection outraged you, could find their ears relieved. These people will not have known the man with a big heart who welcomed and helped many distresses. I can't count the number of times that I have heard, in the course of a somewhat intimate exchange: "It was Claudy who helped me". You did not talk about this, out of modesty or professional discretion as a therapist, perhaps also to continue to hide your sensitivity behind your rough appearance, your rigor and your demands.

Your voice has fallen silent but it will continue to resonate in our hearts. On behalf of the members of the Amicale and the College, I would like to thank Life for having put us on your path.

Friend Claudy, rest in peace.



*To François for all the Yangjia family.*

*All of Claudy's family, his children and myself,  
thank you warmly for all your tributes,  
expressions of affection and friendship, words of support  
and gentleness, which we have received from all sides.  
I am sorry not to answer you individually.*

*Yangjia was his family. You were his family!  
When one was hurt, he suffered!*

*May he continue to live for a long time to come,  
through your practice, your meetings and exchanges,  
research and various works, and above all through  
moments of conviviality, celebrations and friendship,  
with joy and good humor, around a glass,  
until late at night, or even early in the morning.*

*The family, The children, Madeleine*

會聯拳極太博  
YANGJIA MICHUAN TAIJI QUAN

rendit un jour auprès de l'empereur  
et se plaignit très amèrement de sa

猪 créatures, dit-il, moi leur Comment se fait-empereur, que je ent / Trouves-tu cela juste / écourta et lui répondit : on fils / Moi-même, quand je te ouche.

ÉE DU COCHON

N°54

會聯拳極太博  
YANGJIA MICHUAN TAIJI QUAN



YEN-NIEN  
D'OR  
SPORTS  
E FRANÇAISE

N°55

Amicale  
Yangjia Michuan Taiji Quan



Un nouveau  
président

Amicale  
Yangjia Michuan Taiji Quan

Amicale  
Yangjia Michuan Taiji Quan



Amicale  
Aval

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Les Rencontres  
annuel de l'Amical

Amicale  
Yangjia Michuan Taiji Quan

N° 67 - Mai 2011

Bulletin du  
Yangjia Michuan  
Taiji Quan



楊家秘傳  
會聯拳極太博

Amicale du Yangjia  
Michuan Taiji Quan

Bulletin N° 35 - Novembre 2000

Amicale  
Yangjia Michuan Taiji Quan

Bulletin du  
Yangjia Michuan  
Taiji Quan



Amicale du Yangjia  
Michuan Taiji Quan

Bulletin N° 36 - Février 2001

Amicale  
Yangjia Michuan Taiji Quan

N° 65 - Septembre

Amicale  
Yangjia Michuan Taiji Quan

N°95  
SEPTEMBRE  
2020

JANVIER  
2021

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楊家秘傳

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AMICALE DU YANGJIA MICHUAN  
TAIJI QUAN

BULLETIN N°4

OCTOBRE 90



Bulletin n°  
décembre 199  
Lue Defago, 65 bd. Carl-Vogt, 1205 Genève, Suisse

楊家  
AMICALE

© Claudy Jeanmougin

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# Evolution of the Bulletin under the Amicale presidencies

Bulletin no	Dates	President of the Amicale	Editor - layout - cover	Format
1 to 7	90-91	Claudy Jeanmougin	Claudy Jeanmougin	A5 stapled
8 to 9	1992	Luc Defago	Luc Defago - Pascal Fessler	A5 stapled
10 to 20	92-95	Luc Defago	Luc Defago - Pascal Fessler	A5 glued
21 to 24	96-97	François Pongy	Luc Defago - Pascal Fessler	A5 glued
25 to 32	1998-1999	Françoise Pongy	Luc Defago - Pascal Fessler	A5 agrafé
33 to 36	2000-2001	Jean-Luc Pérot	Jean-Luc Pommier - Michel Douiller	A5 stapled - computerised
37 to 41	2001-2002	Jean-Luc Pérot	Jean-Luc Pommier - Jean-Michel Fraigneau	A5 stapled
42 to 47	2003-2004	Zouzou Valloton	Jean-Luc Pommier - Jean-Michel Fraigneau	A5 stapled
48 to 51	2005	Zouzou Valloton	Hervé Marest - Claudy Jeanmougin	A5 glued square spine
52	2006	Zouzou Valloton	Hervé Marest - Claudy Jeanmougin	A4 stapled
53 to 59	2006-2008	Zouzou Valloton	Hervé Marest	A4 stapled
60 to 66	2009-2011	Claudy Jeanmougin	Claudy Jeanmougin - Sophie Cornueil (à partir du 63)	"
67 to 68	2011-2012	Claudy Jeanmougin	Michel Douiller - Jean-Luc Pommier - Sophie Cornueil	"
69 to 72	2012	Jean-Michel Fraigneau	Claudy Jeanmougin - Madeleine Blanchard - Sophie Cornueil	"
73 to 79	2013-2015	Jean-Michel Fraigneau	Françoise Cordaro - Michel Seqal	"
80	2015	Jean-Michel Fraigneau	Françoise Cordaro - Claudy Jeanmougin	"
81	2016	Jean-Michel Fraigneau	Françoise Cordaro - Clément Arvin-Béro	"
82 to 83	2016	Jean-Michel Fraigneau	André Musso - Clément Arvin-Béro	"
84	2017	François Schosseler	André Musso - Clément Arvin-Béro	"
85 to 88	2017-2018	François Schosseler	André Musso assisté de Jean-Luc Péribois et Evelyne Oudard - Clément Arvin-Béro	"
89	2018	François Schosseler	Claudy Jeanmougin - François Schosseler	"
90 to 98	2019-2021	François Schosseler	Françoise Cordaro - Claudy Jeanmougin - Sophie Cornueil, Emmanuel Leblanc, Jean-Claude Issenmann	"
99	2022	François Schosseler	Claudy Jeanmougin - Sophie Cornueil, Emmanuel Leblanc, Jean-Claude Issenmann	"
100	2022	François Schosseler	Claudy Jeanmougin - assisté de Corinne Zerbib - Sophie Cornueil, Emmanuel Leblanc, Jean-Claude Issenmann	"



# Overview

# The Bulletin, witness of our history

**From the first publication of the Bulletin, Claudy Jeanmougin never ceased in his commitment and that in different capacities: editor in chief, designer, member of the Reading Committee, president of the Amicale or just simply in charge of mailing.**

**Claudy wished that the introduction to this Special 100th edition be devoted to an overview of the life of the Bulletin. He wrote this article a few days before his sudden death. He sent it to the editorial team, specifying: "It's a first draft, I still have lots to add"...**



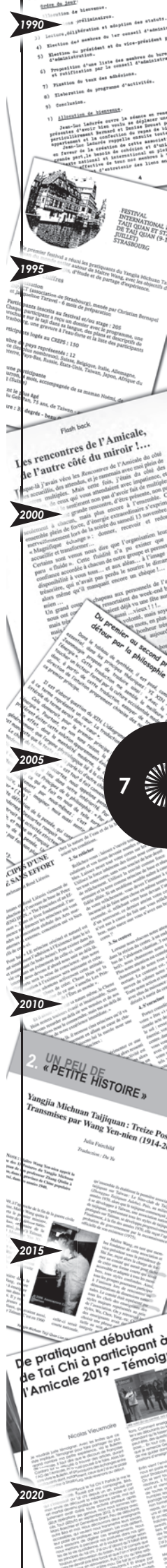
The Bulletin has gone through nothing but upheavals!

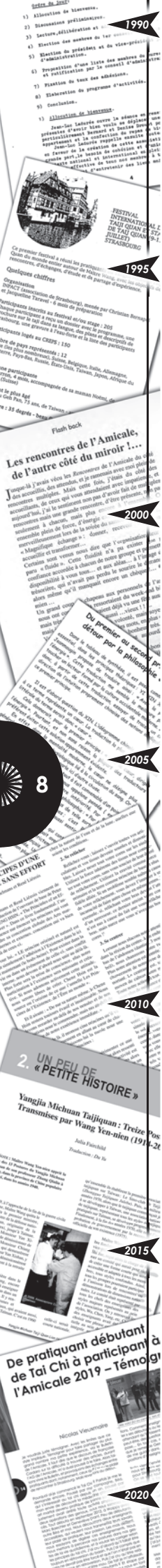
Its first 25-page issue appeared in January 1990, the month following the creation of the Amicale, born on 23rd December 1989. Since then, only its name has stayed the same. Baptised Bulletin – with the sub-title: “de liaison” –, it carries it to this day and I do not think that it would occur to anyone to want to give it another.

This Bulletin is an extension of what gave birth to the Amicale: to ensure that those practising the Yangjia Michuan taiji quan could be put in touch with each other.

Issue number 1 was entirely typed on my old “Underwood”. The photo opposite shows my dear typewriter which accompanied me to Taiwan for the translation of Master Wang's book, then with which I prepared the handouts for the students of the French School of Taiji quan, between 90 and 150 pages per month for three years. Hervé Marest and I then typed all the texts up to number 7, until this delicate operation was taken over by Luc Defago.

Hervé, then secretary of the Amicale, made some slight technical progress with a typewriter





which memorised at least one sentence. This allowed corrections to be made without using the standard rubber provided (see what he has to say on the subject in the following article page 13).

Sometimes we made articles on an A4 format which had to be reduced to A5 format, and so lo and behold the two mainstays of the Bulletin edition: cutting and pasting - endlessly!

From the infancy of computing, as suggested by Pascal Fessler (see his article page 17) who did battle valiantly, to the means we have at our disposal today (see photo below), the Bulletin has gradually evolved towards a professionalism which we never expected.

In fact, very early on we called on graphic designers for the cover. Hervé taught himself how to use the computing tools professionally. Personally, I equipped myself with some very powerful desktop publishing software eventually ending up with Quarkxpress. For sure

there are better now but progress will never stop and the equipment will become more and more sophisticated.

Sophistication implies professionalism. For a while, during which André Musso was editor-in-chief, professionals were called upon. If we mixed up the various Bulletins on a table, I challenge anyone to be able to choose from the heap those which had been produced by professionals.

Yes, our volunteers have gradually worked towards a professional job. That started under the presidency of Luc Defago with Pascal Fessler, then Jean-Luc Pommier got to work with Michel Douiller followed by Jean-Michel Fraigneau. Hervé Marest took up the torch for an Olympiad and changed the format, I took over again with my super-software which made it possible to make a Bulletin almost a magazine, with the help of a graphic designer for the cover. Then Françoise Cordaro, helped by

Claudy in the middle of four computers – 3 Macs and one classic PC



Yangjia Michuan Taiji Quan Lian Hui - Bulletin n° 100 Mai 2022

a retired professional, Michel Seqal, made the Bulletin what it is today.

The Bulletin results from a wish and not from an obligation appearing in the Amicale statutes, which specify in article 5:

“Means: To achieve the aims stated in article 2, the association will use all the appropriate means: ... - the possible publication of a revue or a newsletter, of brochures, circulars or other forms of publications; ...”. There is therefore no obligation and there is no specification as to the frequency of publication.

## Bulletin and journal

Right from the first Bulletin, the stirrings of a separate review were apparent. In issue 1, the president indicates the number of publications of the

Bulletin: “To this end, we plan for the moment two information newsletters: one in November which will publish the courses and winter activities; the other in March for the summer activities.” And further on he also says: We have thus put forward the project of a magazine which would be the place for those who have something to share to express it.”

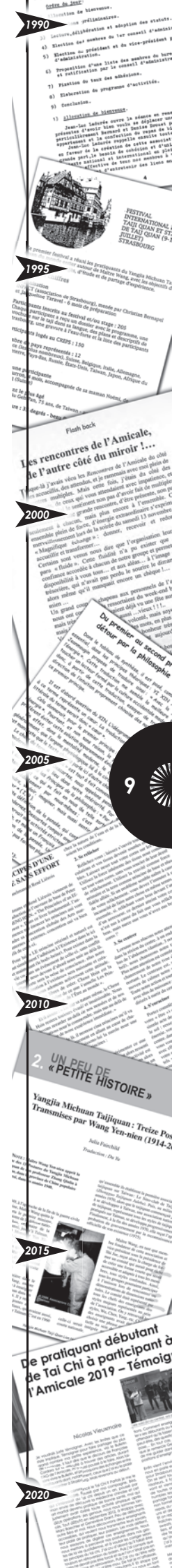
Very early on, I felt it was necessary to separate that which could be categorised as circulation of information from that of publishing articles more or less closely related to our discipline. However, it was not possible to publish long articles in the Bulletin for two reasons: firstly the cost and then the size since at that time the Bulletin was distributed free of charge. In Bulletin no. 6, there was a call for articles, Bulletin no. 7 announced the creation of a board of management for the review of the Amicale, Bulletin no. 18 of December 1994 announced the creation of the journal WENWU. This time, the Bulletin and journal Wenwu were two quite distinct entities.

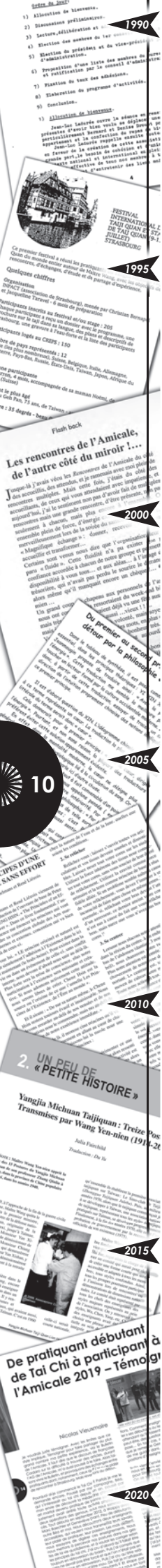
I will leave it up to our graphic artist, Sophie Cornueil, to show in the form she deems most appropriate throughout the pages of this Bulletin, the different stages which have made it what it is. These will be important flashes from the history of this little document eagerly awaited by the members of the Amicale.

## Publishing frequency and size of the Bulletin

From the beginning, as indicated above, the aim was to publish the Bulletin twice per year. In fact, in the first year, 1990, there were 4 issues which fell to 3 from 1991. The rhythm of 3 issues per year was maintained until 1993 and in 1994 Luc Defago, when president, announced in no. 11 of December 1992, that there would be 4 issues per year from then on: February, June, September and December. In the end, there were only 4 issues during the year of 1994, returning again to 3 issues, from 1995 to this day, with the following publishing dates: January, May and September.

Regarding the volume, no. 2 of March 1990 was the smallest in A5 format: it had only 6 pages. In no. 3, I was bemoaning the lack of enthusiasm for discussion via the Bulletin. In this same Bulletin, the first article written by Hervé Marest appeared “Taiji quan and the Child”. It was from no. 4 that the Bulletin really took on its role regarding sharing. The highest number of pages reached for the A5 format was in no. 51 with 72 pages.





In the new A4 format, excluding the cover, the number of pages oscillates between 24 and 40 pages. Very often it is 28 pages but there is no real definitively fixed limit. One only has to make sure that the weight does not make the shipping cost rise. If the Bulletin were to get significantly larger, its price would change.

## Editorial line and censorship

There has never been an editorial line defined by the Governing Board. Here is what Hervé Marest advised in Bulletin no. 4 of October 1990:

"This new rubric is dedicated to all who wish; to express themselves, to have a right of reply or to pass on information which they consider of interest (with the exception of the technical domain which is reserved for the journal).

In agreement with the Governing Board, all the articles received will be published, so long as nobody is criticised in an insulting manner.

So no censorship - enjoy it! But take note, your texts should:

- be typed, preferably in a word processor,
- avoid "spe-ling miss takes",
- and, if possible, repetition, unwieldy phrasing (that ... that ... which).

We point out that the articles authors are solely responsible for the content of this rubric."

In fact, non-voluminous technical articles were to appear in the Bulletin.

Have we refused articles? Personally I have never rejected a single article. It has happened that I have asked an author to revise a few passages. Since a Reading Committee has been set up, there have no been more than 3 articles rejected since the creation of the Bulletin. And then, twice the authors had been asked to revise their articles to tidy up the formatting. It has happened that people refuse to make the slightest modification, in which case their article was not accepted.

The Reading Committee, set up from no. 52 when Hervé Marest took over the Bulletin, does

not censor anything. It is there to check that the article does not "go over the limits", or that it is well outside the remit of our discipline. It also flags up if an article is redundant with respect to others published previously.

## Suggestions and hunting articles

The authors suggest articles which are submitted to the Reading Committee. As it happens it is often the same people who write. But over the last few year, new wordsmiths have emerged.

## Different formats and the front cover

The first version (top-left) of the Bulletin was produced on an A4 sheet folded to A5 and stapled.

Next with Luc Defago, the Bulletin had a glued spine. Alas, after a while all the pages detached. So it was stapled again.

Finally, still in A5 format, it came with a cover and a glued square spine. The gluing having improved in quality, the pages no longer fell out...

For no. 52 of May 2006 (the first on the left of the second row), Hervé Marest innovated with a new stapled A4 format. I admit to having been somewhat refractory towards this novelty, but as soon as I had it in my hands, I said to myself that the Bulletin was really going up in the world. Well done Hervé and congratulations for your tenacity!

Hervé, occupied with other things, asked me to take over the steering of the Bulletin.

From no.60 of January 2009 (middle of the 2nd row), we adopted a new look, with photos on the 1st and 4th of the cover, on matte paper of 200 to 300 g. I was now using Quarkxpress as layout software which provided great flexibility. By the way, it is the software used up until today, apart from the time when Françoise was using Indesign.

The no. 63 of January 2012 (the issue at the right of the line in the middle) launched a new cover model, designed by Sophie Cornueil, our graphic designer still in action today after a short eclipse of a few years to make way for Michel Seqal.

The no. 72 of January 2012 (issue on the left of the last row) saw a new design developed by a practitioner from Angoulême, Patricia Fourgeaud. Sophie Cornueil and Michel Seqal updated it over the following issues.

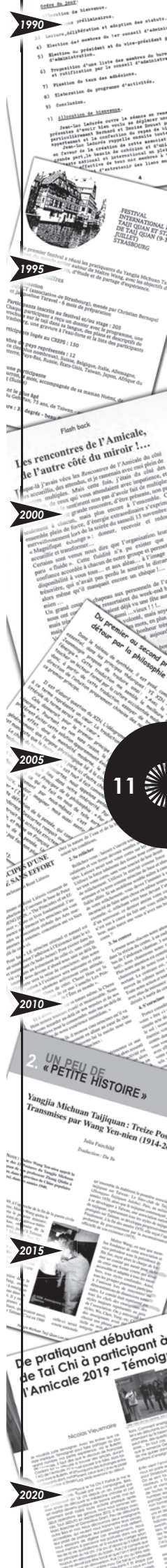
The no. 81 of January 2016 (no. in the middle of the last row) published a mock-up

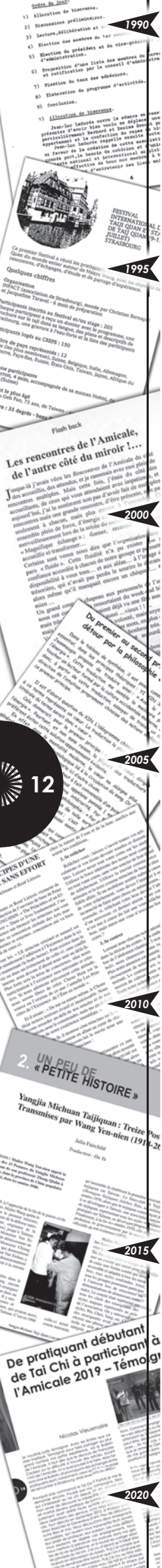
developed by Clément Arvin-Béro, a graphic designer of La communauté des graphistes. This was retained until we no longer used the services of this bureau, that was the no. 88 of May 2018, the period during which André Musso was in charge of the edition, apart from the no.81 which was orchestrated by Françoise Cordaro.

At last, from no. 90 of January 2019 (on the right of the last row), it is Emmanuel Leblanc who takes care of the cover and Sophie Cornueil of the lay-out.

Many thanks to them both for their dependability and devotion!

(from top to bottom and from left to right)





When the number of pages is insufficient, we can call on authors and ask if they have an article they are sitting on. We also sometimes ask authors to deal with a specific subject, whether it be technical or other. When we are missing articles, this is only due to a lack of organisation by the editorial committee. Personally, I have always managed to have two Bulletins in advance.

One should know that the desire to write does not come spontaneous. Nonetheless, trials have been fruitful with the encouragement of the editorial committee and new authors have discovered talents they never knew they had.

## Cost of the bulletin – Bulletin and Administrative Billet

The cost of the Bulletin was lost in that of the membership fee. However, for a fee it was possible to acquire an extra copy from no. 5 onwards for the price of 30F for one.

The Bulletin was distributed free of charge to all members of the Amicale up until the creation of the administrative Billet and when the Bulletin was made available to all on the Amicale website (whether Amicale members or otherwise). That was a small revolution....

This happened in two steps. First a Bulletin appeared, the no.65 of September 2010, without the slightest word of administration. To fill this void, the administrative Billet no. 1 appeared in October 2012, this contained all the information for the organisation of the next Rencontres Amicales. We can read in the president's introductory word:

“Right at the beginning of the life of the Amicale, the Bulletin was an organ of liaison for the members destined to circulate information, as envisaged by the statutes. However, as you will read in the following pages and according to the announcement which was made in the last General Assembly, we suggest you vote to separate the Bulletin subscription from that of membership.

In fact, with the Bulletin becoming freely accessible on the web, it seemed to us that this separation should be put in place so that our members who no longer wished to receive a paper copy of the Bulletin or who wished to receive fewer copies for groups, were not disadvantaged. Consequently, without this administrative note, we would

have been infringing our statutes which ensure that you are sent a liaison bulletin.

The Bulletin also being open to all, that is to say also to those who are not members of the Amicale, we found it judicious to produce a separate paper for all that concerns the internal and administrative matters.”

Then it was necessary to vote for this separation and to set a price for the paper Bulletin so as to satisfy those wishing to receive a paper copy. After some somewhat heated discussions, all was accepted and the paper Bulletin had to be paid for from no. 67.

## Thirty-two years of Bulletins...

You can well imagine that rifling through all these Bulletins has not left me untouched. I admit to having had a bit of a knot in the stomach, such was the emotion when reading some of the texts which have taken me many years back into the past.

These Bulletins are the witness of the life of the Amicale. An eventful life which always overcame whatever problem.

Had the Bulletin all but died, then it would get going again full of vigour?

Let's encourage our members, young and not so young, to let us know what they would like to share: a book, a thought, a technique, a calligraphy. I repeat, there has never been the slightest prohibition, just comments for adjustments. We have always helped those who are not confident writing.

Today the Bulletin is well organised with a super team.

The Bulletin will always be an adventure. So, take heed explorers!

**Claudy Jeanmougin**

1990-1991 / 2004-2008

# Beginnings of the Bulletin: tippex time

**Hervé Marest created the first seven issues of the Bulletin. A huge work, with tools unknown from people under 20...**

At the first time of the Amicale, during these pre-historic times, computing was still in its infancy. For this reason, the geographical distance had to be avoided between the board members. The constitutive assembly had decided that the board was to be composed by members from the same region. That is how Claudy became the first Amicale President, and the young and spry man I was, following with enthusiasm his teacher's initiatives, became the First Secretary... And the creator of the first Bulletins.

No computer so, but a typewriter with a ribbon, to retype all the handwritten texts which were sent to me. Apart from the so romantic click-click sound which had made me feel like

Hemingway with his Remington, you may imagine the thing: the slightest error and wham: jackpot! I mean: wipeout! When it was not about retyping the whole page.

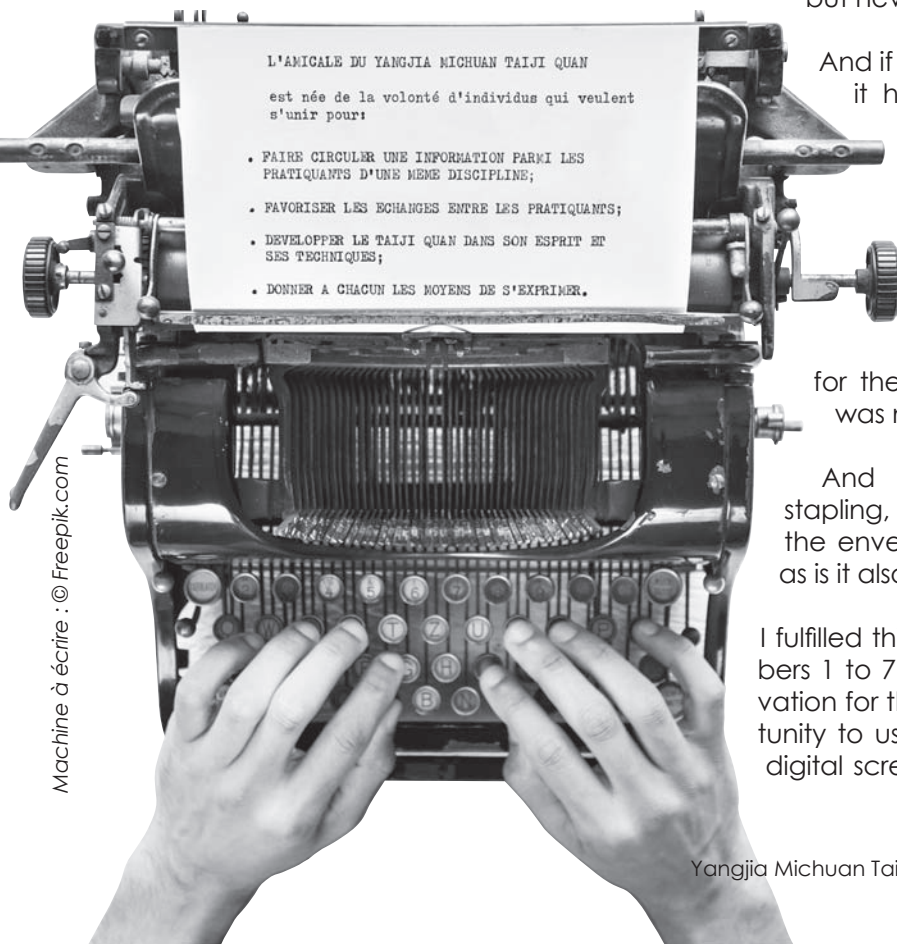
The illustrations were stuck to the original copy with transparent tape (supposedly, as it was needed to cover the tape edges with correction fluid so that this layer would not appear on the photocopy).

For titles, each letters need to be created by scratching a decalcomania. Good God! these decal letters (it required a deep attention to entirely scratch it, if not the letter would be torn by removing it). I had been very lucky at scratching, but never at drawing!

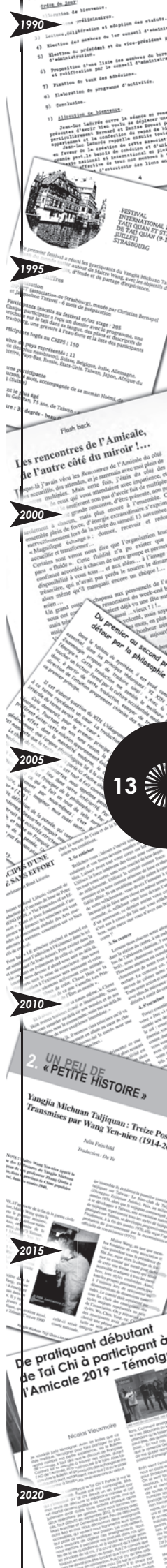
And if the page setting was not good... it had to be entirely redone, and welcome the sleepless night/s (... painted white). That is how I arrived with my prototype in the hand in Claudy's office, trembling with worry as well as the Mexican coffee producer in the Jacques Vabre ad, waiting with sweat on his forehead for the gringo's opinion. Sometimes, it was not easy...

And then came the photocopies, stapling, handwriting of the adresses on the envelopes, enveloping and franking, as is it also today for those two last points.

I fulfilled this task in 1990 and 1991 for numbers 1 to 7 of the bulletin, with a little innovation for the 7th because I had the opportunity to use a typewriter equipped with a digital screen which allowed proofreading



Machine à écrire : © Freepik.com



before printing. It was the first sign of computers which were soon to swarm into our lives.

I picked up the torch again from 2004 to 2008 for the bulletins from 48 to 59. This time, Bill Gates had come around. I would not come to hang his photograph beside the one of Master Wang in my office, but I thank him sometimes, hiding from Linux and Macintosh fans. I have since made the choice to use Linux after an interesting but expensive period with Apple. Linux is now affordable for the common mortal, so do not hesitate using it and join the free world with me!

In may 2006, I proposed a change for the Bulletin's format. It has not been done without misgivings, but we tried and finally, everyone was pleased. That's how the no. 52 was the first bulletin with a A4 size whereas we previously published in A5.

The last bulletin I looked after (no. 59) was very special, because it came just after the death of Master Wang Yen-Nien. So it was tinged with a great emotion that has never gone away from me.

During this last period, I could work faster, even if there was much more materials to work on and that it also took a lot of time. Anyway it was less laborious than with the typewriter. I found it very interesting to work on the page setting and visual appearance. It was an amateur work, but I really enjoyed it.

Since then I saw the Bulletin going to a much more professional work. It involves many people too: the editorial board, the proofreaders, the writers (that often have to be sought out), the printer, the translators, the senders and the propagators of which you are all a part.

It may become too heavy on our shoulders, but as long as it is not a chore or a load for the ones who are dealing with it, it will work. It is enthusiasm combined with courage and patience which must guide our way. Enthusiasm without capability to sustain efforts will quickly stop before we see the results. But where there is enthusiasm, there is energy and this is where our steps must guide us.

Hervé Marest

**AMICALE DU YANGJIA MICHUAN TAIJOUAN**

**Sentembre 2008** **N°: 59**

■■■■■■■■■■

**HOMMAGE  
À MÂTRE WANG**

Par Nadine Strube

19 décembre 2004, journée anniversaire de Maître Wang, 91 ans. Maître Wang lors du discours d'introduction aux démonstrations de groupe qui auront lieu ce jour-là.

Au-delà de ses immenses qualités humaines et de cœur qui sont une réelle source d'inspiration non seulement dans la pratique mais aussi pour toutes les situations du quotidien, je retiendrai les principes de Fan Song et Bu Pa (ne pas avoir peur) qu'il révélaient inlassablement tout au long des cours de forme ou de tishou auxquels j'assistais.

25 mars 2004, au daoquan. Photo souvenir pour le départ de pratiquantes américaines du Wisconsin

■■■■■■■■■■



From 1992 to 1999

# The Swiss Bulletin

**Chief editor from February 1992 to October 1999, Luc Defago oversees the publication and dispatch of the Bulletin, with the active help of ART (Association Romande de Taiji Quan in Geneva), AGT (Association de Taiji Quan de Geneva), Pascal Fessler (see next article), Félix Gartmann. A team in charge of 25 issues - from number 7 to number 32. From the heroic era to the early days of computing!**

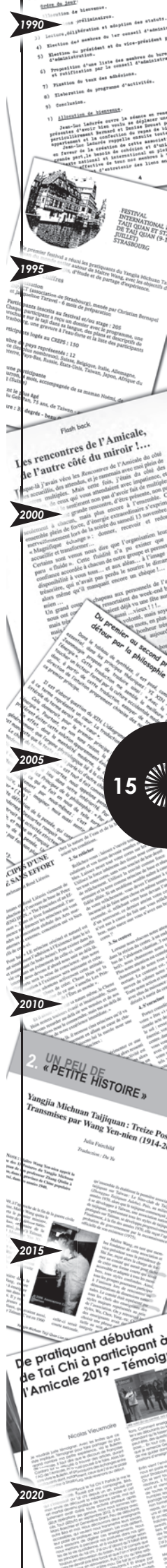
It was in February 1992 that I took over the tasks of publishing and sending the Information Bulletin of the European Association of Yangjia Michuan Taiji Quan. The publication was then bi-annual and the A5 format maintained. To that date, 6 issues had been published.

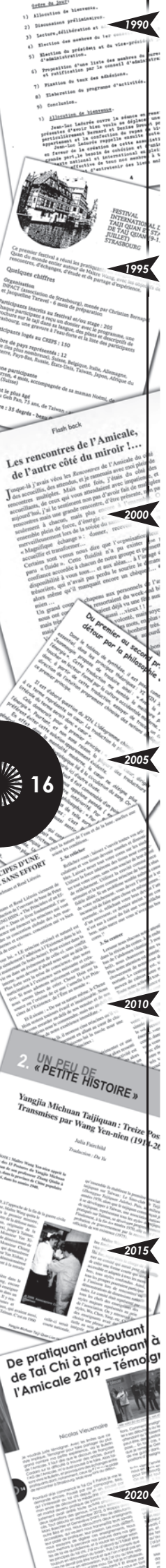
The texts often reached us handwritten, committee members taking care of typing them in Word format. Pascal Fessler, a professional graphic designer, was responsible for formatting and getting texts ready for printing. At the beginning, using paper, scissors and photocopies, the heroic era before DTP and, only later, in digital files. However, I don't remember exactly from which issue, probably at the same time we switched to A6 hot glued format. We then formatted the texts with the "Pagemaker" program, including illustrations and images with the "Illustrator" program and, of course, "Photoshop". Pascal also included some of his own creation drawings. I remember his drawing showing the difficulties of a Taiji Quan student who gradually gets mixed up until his arms and legs are inextricably knotted! Pascal also created the logo of the Amicale, a logo which was then adopted and voted by an overwhelming majority of the General Assembly (there were 5 or 6 logos in the running).

As for me, I took care of collecting the articles and rereading them, looking for images to illustrate or embellish the topics. To do this, I was also helped by the committee of the Geneva Taiji Quan Association, the AGT, namely Vioune, Lucienne Caillat, Valérie Opiel, Gilles Falquet and Pascal Fessler. With Pascal, we would organize the articles with the basic information: a



Dessin Pascal Fessler, extrait du bulletin n° 19





word from the president, the addresses of the associations, the announcements of training courses. I was the one who then took the paper prototype to the printer, and later the digital file, but much later when we switched to hot-glued A6 format. The beginnings were epic! All the more when a text or a picture had to be hastily inserted. This gave Pascal a bit of a sweat! And made him edgy. Scissors, paper, gluing, paper. But each time, the result was there and almost on time. I also put pressure on the printer, who would cheerfully take it.

I took the printed Bulletins package home and called the ART committee to help prepare the mailing. Félix Gartmann, a computer scientist, had concocted a computer program for me in 4th dimension with the list and addresses of the member associations of the Amicale, which I carefully and constantly updated. This allowed me to print the labels for the shipments.

Line work: one would fold, the other staple, the next put in the envelope and the last one would stick the label. It was also necessary to

put the exact number of Bulletins corresponding to each association, according to the number of its members. How many evenings getting together in a cheery atmosphere to prepare the shipments! Evenings chatting while stuffing envelopes and sticking the labels. Lively spirit, despite the late hour, the makeshift meals...

In all, we published 25 issues, in A6 format at first, A4 folded and stapled, then hot glued A6. It was then ready to dispatch. At the beginning, I would take my car to bring the envelopes to the post office in France close to Geneva, in order to save on shipping costs. Then the shipments would leave from Switzerland. However, the stamps had still to be stuck on each envelope. I would do it at the post office so as not to waste time. Lucienne or Valérie often came to help me with this last task.

In November 1999, the Paris Association took up the torch. The Bulletin changed format and took on the appearance you know today.

Luc Defago



Logo of the Amicale created by Pascal Fessler

From 1992 to 1999

# The lay-out, before computers

Coming from an art college, Pascal Fessler is a graphic designer by profession. It was in this capacity that he produced the mock-up of the Bulletin at the time when Luc Defago was its editor-in-chief. He shares with us his experience in a form which would be adopted just a little later by the first computer programs.

Tribulations of an apprentice graphic designer subject to the laws of NCAP (Non-Computer-Aided Production), ancestor of CAP (Computer-Aided Production)...

**Computer:** Tablusikeaos 3rd generation

**Software used:** the Cut&Paste 1.0, with screen resolution paper

**Type of file produced:** .mevolunteered

... and in order to customise the software, these are the lines of code used:

**primo co(lect) -> info:**

```
# texts = tear one's hair out to get them all i = 1
rxkfggh=one really did tear one's hair out
```

**The photos i=1:**

```
You
Must
be=1
kidding="make figures" (and it's Yours truly who's stuck doing it)
print(cut)
```

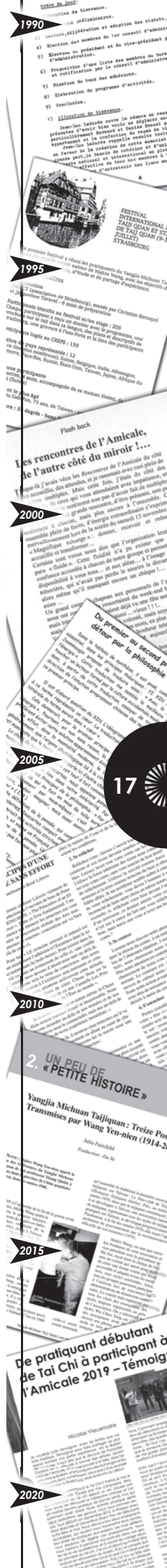
**And paste :**

```
Glue everywhere="nervousbreakdown"
Timescale = to*(short)
evenings(too short)
```

**Rude words (many)**

```
No time for the lady wife = possible divorce; =alimony;
But we are serving taiji [[]] = it's a very noble cause [my a*se!];
at last(I=0;i<n;i++){
the production comes to an end[I][0] = i;
we are happy = very happy;
even flipping happy(j=1;j<o;j++){
until the moment when {one realises}
that one [must;]}
already prepare the next!
System.out.(«----»);
```

Pascal Fessler



From 2000 to 2004

# Take the challenge... without any knowledge

*Jean-Luc Pommier took up the torch, first in partnership with Michel Douiller, then with Jean-Michel Fraigneau. Three amateurs who train on the job to achieve a real work of pros!*

At the end of 1999, in preparation of the Bulletin no. 33 published in January 2000, I took over the editing of the Amicale's Bulletin with Michel Douiller. (Opposite, the text concerning this resumption, extracted from this bulletin).

It was the history of the Bulletin and the website that was unfolding before our eyes.

My incompetence in this field was total. I had no knowledge of how to lay out a newspaper. I didn't know how to use a DTP program either. But, to parody a Mark Twain quote: I didn't know it was impossible, so I did it.

By the way, Michel Douiller was competent in writing a newsletter. All I had to do was learn the DTP software, in this case Publisher 2000.

We chose not to change the first and last covers. These pages had been provided by Pascal Fessler.

In this issue, the article "Meditation - The Twenty-Four Jieqi and their Importance in Neigong" appeared for the first time, as well as a recipe "Sweet Rice with the Eight Jewels". This shows that our practice was already taking off...

In 2001, Michel went to Taiwan for a year. Jean-Michel Fraigneau came to replace him.

But as both of them are irreplaceable, this did not change much for me.

**LA NOUVELLE ÉQUIPE RÉDACTIONNELLE**

Mona le Louët-Kubec s'occupe de la tâche difficile et indispensable de la correction des épreuves. Michel Douiller et moi même nous assurons la mise en page. Michel Luthinier s'occupe de la frappe des textes manuscrits. Laurent Couty a repris complètement le site Web et a scanné les illustrations.

Je voudrais remercier tout particulièrement Patrick Fessler et Luc Defago. Ils ont su assurer La sortie du bulletin pendant de nombreuses années. Bravo !

**LE SITE WEB.**

Laurent Couty a repris la construction du site web. Ce site est maintenant référencé dans les moteurs de recherche. Il a des liens vers les sites américain et russe. Il contient surtout les adresses des différentes associations. On y trouve aussi les dates de stages. Ce doit être un moyen plus dynamique pour communiquer ce type d'information. Dites nous, tai chi chuanneurs surfeurs, ce que vous en pensez. Envoyez nous vos remarques, vos suggestions, vos dates de stages.. Ce site doit devenir un moyen moderne et efficace de communiquer. Il doit être un complément au bulletin.

Adresse du site Web : [taijiquan.free.fr](http://taijiquan.free.fr)

**CHERCHONS BRANCHÉS !**

Internet est à la mode. Alors pourquoi ne pas avoir un correspondant ayant une adresse Email pour chaque association. Cela me permettrait de demander plus facilement aux associations les activités qu'elles souhaitent voir publier dans le bulletin ou sur le site web.

**POUR ENVOYER VOS TEXTES, ILLUSTRATIONS, PHOTOS ET REMARQUES UNE SEULE ADRESSE :**

Jean-Luc Pommier  
63, rue de Seine 94400 Vitry  
Tél : 01.46.80.39.28  
Email : [pommier@cee.enpc.fr](mailto:pommier@cee.enpc.fr)

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It was after Bulletin 41 that I handed over the editing of the Bulletin to Hervé and Claudy.

1. This quote is in fact apocryphal.

I had a lot of pleasure and a bit of nostalgia to find and go through the Bulletins in which I participated. In particular:

### Bulletin 34

Tuishou principles and concepts: Wang Yen Nien  
 Tuishou and brutality: Serge Dreyer

### Bulletin 35

Respiratory mechanism in Taichi Chuan: Doctor Jean Schatz

### Bulletin 36

Why I don't teach Neigong: Claudy Jeanmougin  
 About Jean Schatz's text: Jean-Luc Perot  
 The common basis of astrology, acupuncture and martial arts: Jean-Michel Huon de Kermadec

### Bulletin 37

The common foundation of astrology, acupuncture and martial arts (continuation and end): Jean-Michel Huon de Kermadec

The Eight Strikes of the Kunlun Sword (Basic Movements): Julia Fairchild and Anne Dourday

### Bulletin 38

Linguistics, genetic code and Yi-King: Jean Isnard

### Bulletin 39

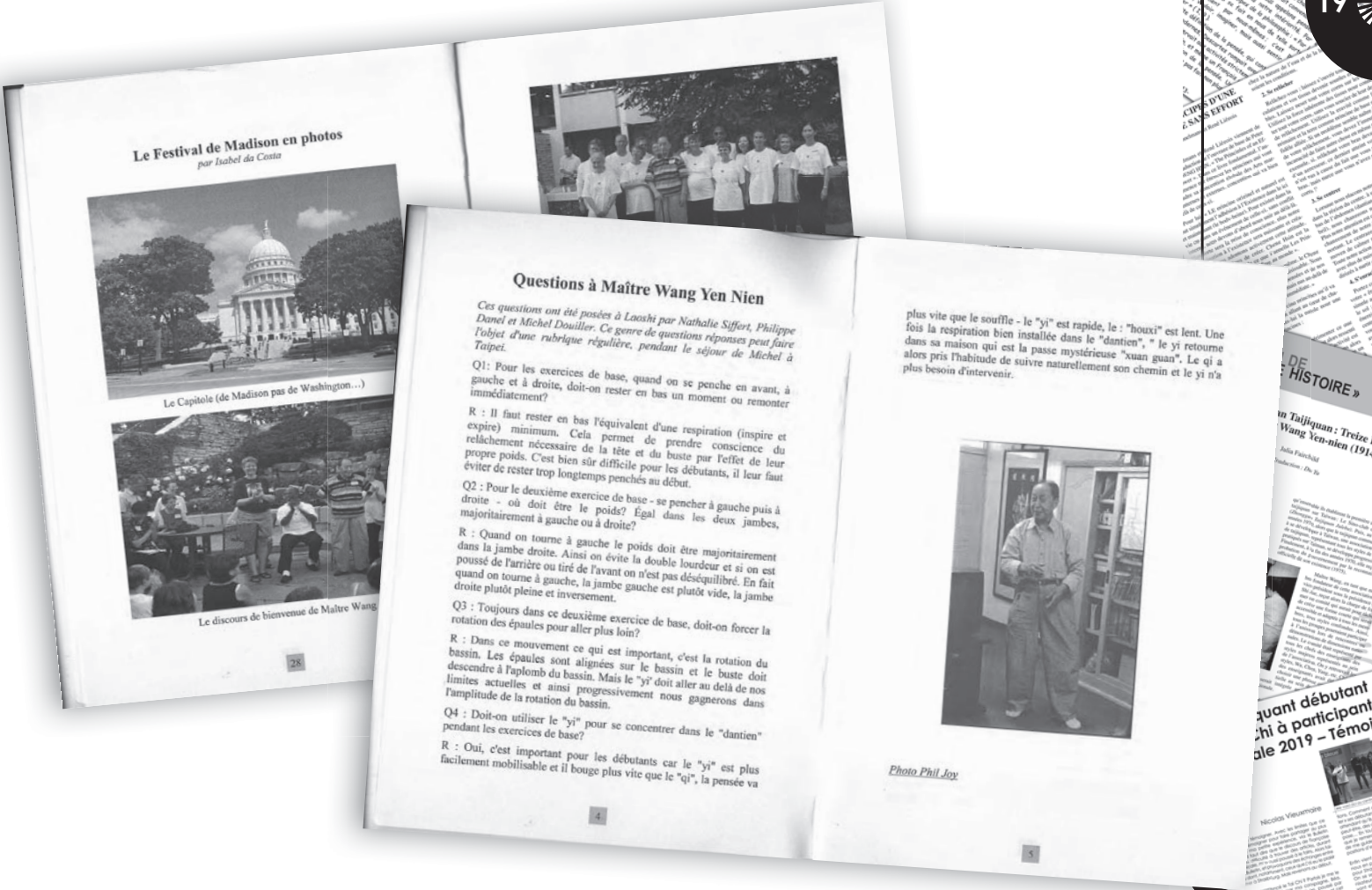
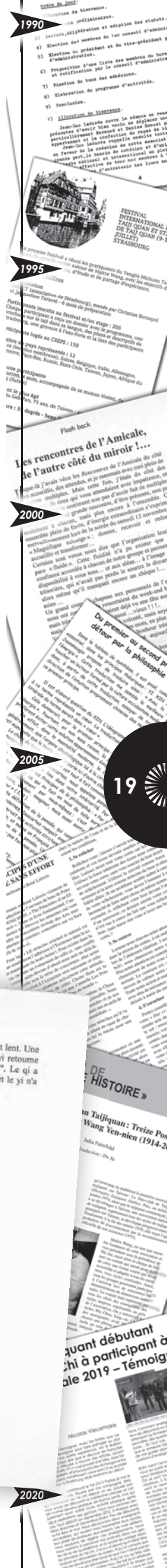
The Eight Strokes of the Kunlun Sword (Basic Movements - Part Two): Julia Fairchild and Anne Dourday

### Bulletin 41

Questions to Master Wang Yen Nien: Nathalie Siffert, Philippe Danel and Michel Douiller

There are a number of very rich articles here that can be reread and benefit everyone.

Jean-Luc Pommier



From 2000 to 2001

# My suburban expeditions

**For about 2 years, Michel Douiller spends many Saturdays at Jean-Luc Pommier's house, pampering the Bulletin on a zouk background...**

As an advertiser, my professional experience had familiarized me with the artistic aspects of layout and editing of various media used in "advertising": brochures, newspapers, posters, etc. But I had never tackled the problems posed by the technique itself and in particular the use of layout software.

When Jean-Luc Pommier asked me to do so, he was happy to use his experience as a computer specialist to deal with the "technical" side of the problem, so we took up the challenge. Especially since I had more time available in 1999, having retired.

So, as early as number 33 of the Bulletin, I ventured to the "red" suburb of Vitry-sur-Seine, usually on Saturdays, to spend part of the day with Jean-Luc trying to solve problems that were quite new to us.

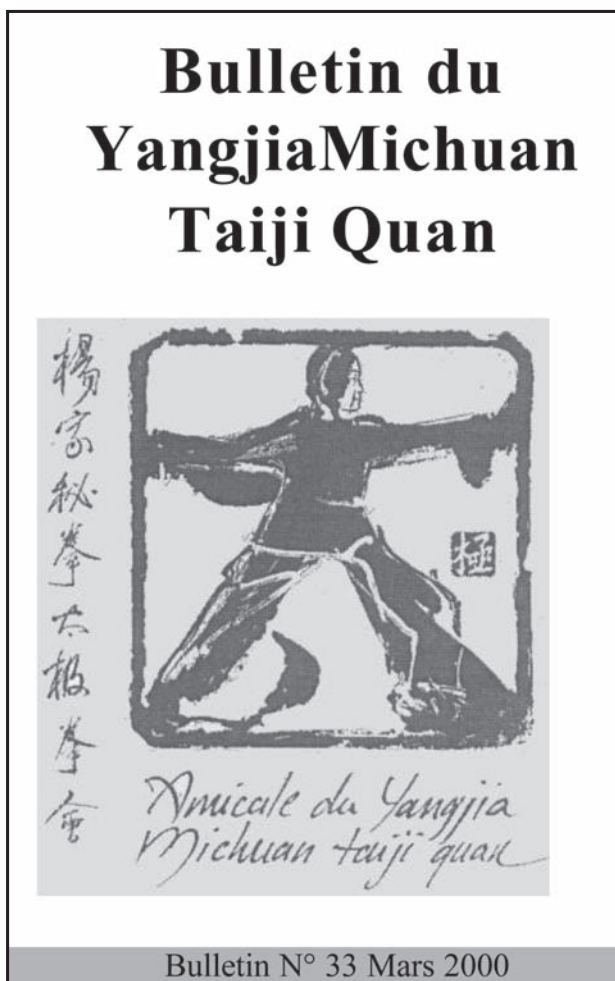
We often had a very ethnic background music provided by an African community next to Jean-Luc's house. We worked like this for some time to ensure the publication of the Bulletin and I remember, with great pleasure, my suburban expeditions.

Then I had the opportunity to spend a year in Taipei with Wang Laoshi and I passed the baton to Jean-Michel Fraigneau. But this is another story...

Thanks to all those who have devoted their energy to the perpetuation of the Bulletin which is a precious link between all practitioners of our beautiful form.

I would like to express a grateful and moved thought to Claudy who invested a generous energy in it.

**Michel Douiller**



From 2001 to 2004

# All the life of the Bulletin, through the reports of the GA

*First at the helm of the Bulletin alongside Jean-Luc Pommier, Jean-Michel Fraigneau then wore many hats within the Amicale and the Bulletin. A career that makes him a privileged observer of this history that he retraces in detail, through the reports of general assemblies.*

The birth of the Bulletin is linked to the existence of the Amicale. It was during the founding General Assembly of the Amicale, in December 1989, that it was decided to produce a liaison bulletin for the use of the members.

All the qualities and the value of the Bulletin are due to the different editors, authors and page designers who have succeeded one another over the years. Not forgetting, of course, the distinguished members of the reading committees, as well as the proofreaders who have greatly contributed to the quality of the Bulletin. I took part in this team as a member of the reading committee, director of the publication...

But above all, from 2002 to 2015, as successively secretary, vice-president, and then president of the Amicale, I have always endeavored to provide the necessary support and means for the evolution of the form and distribution of the Bulletin.

I therefore propose here a detailed overview of the birth and the different stages in the life of the Amicale's Bulletin. These stages are always validated by the General Assemblies, during the annual meetings of the Amicale.

Here are the chronological extracts from the minutes of the General Assemblies.

## 1989: Birth of the Bulletin

Decision to produce a semi-annual newsletter (mid-February and mid-September).

## 1990: Dues

Increase in dues only for Individual Members to cover the cost of publishing and mailing the Bulletin generated by an individual membership.

## 1992: Dues

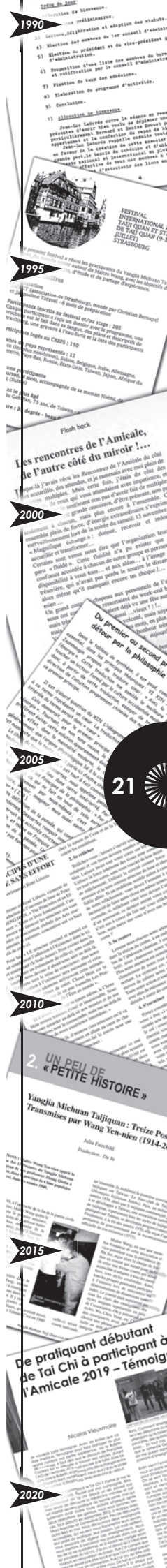
In view of the cost of the Bulletin it is necessary to increase the membership fee to 150 F for individual members.

## 1993: Printing and mailing of the Bulletin

Printing and mailing to associations will be limited to 1 per 10 members instead of 5.

## 1998: Printing and mailing of the Newsletters

Following the complaints recorded by the Newsletter Committee, the number of newsletters sent to associations will be increased: 2 newsletters for the first 15 members, then 1 more for every 5 members.



## 2005: Debate on the format of the Bulletin

Hervé Marest, who presides over the elaboration of the Bulletin, appeals to authors of all kinds, reminding us that the Bulletin is the major tool for communication between and within associations.

Currently, the Bulletin is in A5 double sided glued format, which poses a problem for the duplication done in the associations for a wider distribution.

A debate was opened on the revision of the printing method and the number of bulletins sent to each association.

Two proposals were made:

Either we stay with the current format, but change the printing method, in order to significantly increase the number of newsletters sent to each association and reduce the cost. Or, without changing the printing method, we switch to an A4 format, easier to duplicate, without changing the number sent.

The Board of Directors will study the best solution to adopt.

## 2006: New A4 format

The new format is implemented for the bulletin n° 52 of May 2006.

This format gives complete satisfaction. The GA validates this format which was on trial.

## 2007: First digital bulletins

In order to answer some requests concerning an easier distribution of the bulletins within the associations, Hervé Marest proposes to send, in addition to the paper copies, a copy on cd-rom (in Pdf format) to the associations which will ask for it.

In a second phase, a solution for accessing the website, with a protection access key, will be studied.

The office proposes that a copy of the Bulletin be sent, before distribution, to each member of the Board of Directors.

## 2008: Change of manager

In accordance with what was announced at the previous General Assembly, Hervé Marest passes the baton to Claudy Jeanmougin who thus becomes the editor-in-chief and director of the publication.

Claudy announces his will to refocus the Bulletin on a more convivial aspect of exchange between associations.

The possibility of an English version will be considered to better maintain the links with our foreign friends. Another possibility, in each Bulletin, a page will be dedicated to a distant country.

Technically, due to a lack of resources, the current method of production is cumbersome and impractical. This is why Claudy proposes to acquire a more efficient page layout software.

He also proposes to subscribe to a copyright-free image bank.

The approval of the assembly is requested:

Purchase of the software: 600€.

Subscription to the database: 200€ per year

Claudy will create, with volunteers, a Bulletin Committee in charge of reading the articles, correcting and formatting.

## 2009: Periodicity, Access on website, Rates

Frequency of publication: Last year, there was discussion of increasing the membership fee. Claudy Jeanmougin, the president, was opposed to this and suggested to go to two annual issues instead of three. But it was established that the operating costs, including the Bulletin, amounted to 53% of the total budget of the Association; the three issues could therefore be maintained.

Access to the site: Should it be open to the public? The President says he is in favor of openness. He gave the floor to those who disagreed.

Question: "What is the point of being a member of the Association if the Bulletin is open to the public?"

Response from the President: "Membership in the Association is not a subscription. It serves the functioning of the Amicale, of which the Bulletin is only one element.

These discussions are recurrent at the General Assembly and the Board of Directors. One subscribes to the Amicale to participate in the Meetings. The number of copies of the Bulletin is allocated to each association in proportion to the number of members of that association".

A remark was made about copyrights: will the authors of the articles then accept that their writings be freely distributed?



Christian Bernapel points out that the Bulletin can be redacted from internal information of the Association, such as the minutes of the General Assembly or the financial report. The President replied that we practice transparency and that financial statements and reports can be made available to the public.

The free access to the Bulletin on the Amicale's website has consequences on the cost of individual memberships and subscriptions. These topics will be on the agenda of the next GA.

### 2010: Rates, Access on the website

The separation between the membership to the Amicale and the subscription to the Bulletin is decided unanimously.

Cost of the subscription to the Bulletin:

Several rates are set: one for the members; one for receiving the Bulletin at home. The subscription rate for 3 issues per year for the adherent members is proposed at 20€.

People who do not belong to an association or are not individual members cannot receive the paper version, but they have access to the Bulletin via our website.

Subscription rates for the Bulletin for a member of a member association: 25 € for three annual issues for a group member who wishes to receive the Bulletin at home.

Paper version of the Bulletin available only to members of the Amicale:

The "paper" version of the Bulletin will be reserved for members of the Amicale.

People who do not belong to an association or are not individual members will not have access to this paper version but they have access to the Bulletin via our website.

The Bulletin is published on our website with an eight-day delay so that members can be the first to receive it. All Bulletins on the website are accessible to the public without condition since September 1st.

### 2011: Creation of the Administrative Note

Claudy, the president, expresses his satisfaction with the implementation of the free publication of the Bulletin on the website of the Amicale, thanks to the separation between the membership of the Amicale and the subscription to the Bulletin. This modality was voted during the

previous General Assembly in Loctudy, and it is implemented this year.

This separation between membership of the Amicale and subscription to the Bulletin has led to the creation of the Billet Administratif which is sent quarterly to associations and individual members who are up to date with their dues. For the implementation of this administrative ticket, as well as a sharing of the layout of the Bulletin, adapted computer tools were necessary. The Board of Directors voted for the purchase of a laptop computer for the secretary Claudine Rousseau. Jean-Luc Pommier takes advantage of a new computer configuration to ensure the layout of the Bulletin.

Jean-Luc Pommier is greatly thanked for his involvement in the publication of the Bulletin.

Claudy, the editor-in-chief, is assisted by a team of 24 people who read and proofread the articles, correct them and translate them because the Bulletin is now published entirely in English. To this must be added the layout, the making of the covers and finally, the mailing once the Bulletin has left the printer's.

The authors, without whom the Bulletin could not exist, are on average a dozen contributing to a given issue.

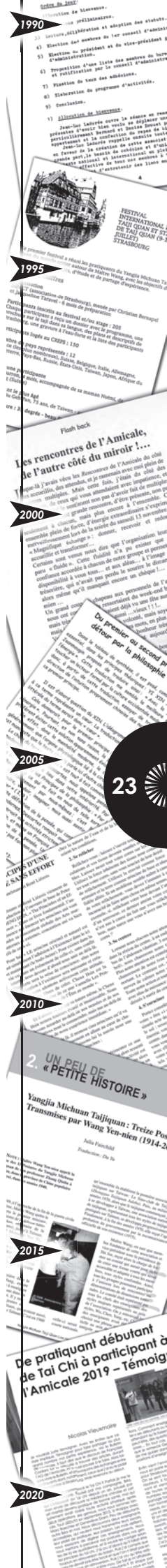
The various Commissions and the Administrative Council structure the Association. The list of commissions is available on the website (chapter "L'Amicale : Organisation"). The Bulletin is assured thanks to a very structured organization:

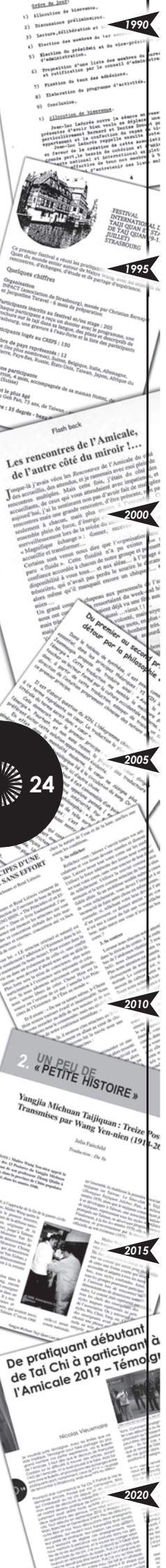
- The Reading Committee: 4 people,
- The Proofreading Committee: 5 persons
- The Translation Committee: 12 persons
- The layout: 2 persons
- The postage: 1 person.

The functions of Director of Publication and Editor-in-Chief are performed by Claudy Jeanmougin. The position of Director of Publication is, by definition, held by the President. Claudy agrees to continue as Editor-in-Chief of the Bulletin for another two years.

The function of the Bulletin is to create exchanges between the associations, by being a support of communication. It is possible to deal with a wide variety of subjects. There is no need to have com-

2. In the new website, the detailed informations concerning the Commissions are found in the menu Amicale, then Commissions.





plexes about writing, the Reading Committee and the Correction Committee help with the formatting of the texts.

In the accounting income, the item Bulletin Subscription has decreased from 4400€ to 3070€. Due to the free access on the website, there were fewer paper requests. This decrease goes in the desired direction.

### 2012: Françoise Cordaro takes over as editor-in-chief

Increase of 2 euros in the subscription fee for the "paper" version sent by post.

Françoise CORDARO, at the request of Claudy JEANMOUGIN, accepts to succeed him as editor in chief. Claudy will continue to assume, with his team, the logistics of page layout, relations with the printer and dispatch of the bulletins.

### 2013 to 2015: Subscription rate unchanged

The subscription rate for the bulletins remains at 22€ for the 3 issues in January, May and September.

### 2015: Evolution of the subscription rate

The subscription rate for the bulletins remains at 22€ for 2015-2016.

### Rate forecast for 2017:

The layout of the Bulletin at the current volume by a professional will cost approximately 1900€ per year. The proposal to integrate this cost from 2017 onwards is to spread it over the memberships and the subscription to the Bulletin, on a basis close to the following table.

This proposal is adopted unanimously.

### 2016: Publication of workshops organized by teachers

In order to free up space in the Bulletin, it was decided that courses will no longer be published

in the Bulletin, as they are updated on our website almost daily.

### 2017 to 2020: Subscription rate unchanged

### 2021: Lower rate due to volunteer layout

Since the resumption of the layout of the Bulletin by volunteer graphic designers, Sophie Cornueil and Emmanuel Leblanc, the budget item related to the latter has generated surpluses linked to a rate that took into account the intervention of a professional graphic designer. The new rate estimated by our Treasurer will be reduced to 21 euros per year.

I wish that the Bulletin, reflecting the life of the Amicale, will have a long and rich life.

Best wishes to all,

Jean-Michel Fraigneau

	Subscription	Subscription	Subscription	Subscription	Subscription
	Assoc.< 16	Assoc.≥ 15	Indiv.	Bulletin Assoc.	Bulletin Indiv.
Present	22,50	1,50 / member	15	22	25
2017	30	2,00 / member	20	27	30

# The torments of the editor-in-chief at the time of writing

**Twice editor-in-chief, Françoise Cordaro has “completed” about twenty issues of the Bulletin. Accordingly, she wrote the same number of editorials. A child’s play? Actually it’s more laborious than it seems at first glance...**

When Corinne asked me to contribute to the 100th issue I accepted the invitation because twice in the history of our Bulletin I took over as editor-in-chief. An article? Piece of cake!

But now, in front of the blank page, I remember all the times I had to supply the editorial but my mind was empty. The mandatory exercise of the editor-in-chief is a bit like the piece of writing we had to reiterate at the beginning of each school year when we were kids: “Tell about your summer holidays”.

You see, writing an article is (almost) a natural action since by definition you write because you have something to say. Not the editorial though! It’s a contrived exercise, no topic is assigned, and it must be renewed three times per year.

In addition, the editorial differs from The Word from the President. You must avoid stepping out of your role like tackling questions that are the president’s or the Amicale’s responsibility. For this reason I always waited for the president to be the first to send his text to make sure I wouldn’t repeat, duplicate, or treat on his toes. It could have been just fine except that most of the time the president, just as busy and uninspired as I was (ha! ha!), used to send his text at the very last minute. Suddenly there was only one day left and I rushed to send my text, the final stage before transferring the Bulletin to the printer.

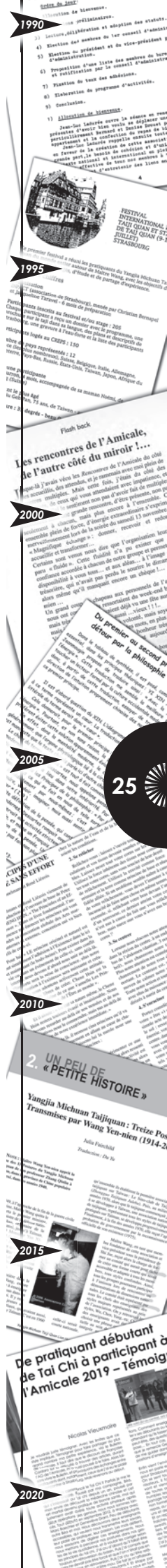
Also, an editorial is only a small teaser, a tiny column that must be wedged to the right of the table of contents. Getting it done was no

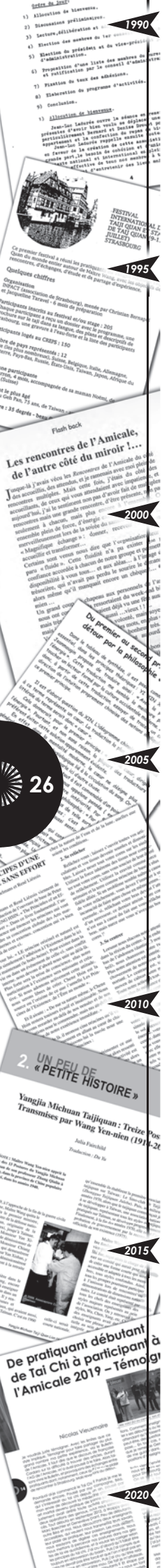


small feat in itself but that’s the very role of the editor-in-chief: to say maybe not everything but as much as possible within a few lines without wasting an inch of space by finding the one word that can replace 3 other words, by regretfully erasing a sentence and choosing another. And yet, every three months I did enjoy this modest challenge.

Apart from that...

I must confess that I have been the lucky one, compared to my predecessors. I opened a new era: until then we had to make do, now we hired professional graphic designers. By the





time I became editor-in-chief, such were two ATA<sup>1</sup> members: Sophie Cornueil (whose page setups are still impeccable nowadays...) and Michel Sequal who left us a few years ago. He entirely redesigned the layout with talent and finesse, and it is mostly thanks to him that you can enjoy browsing through a nice Bulletin. To remember him, a very important participant amidst the long chain of contributors to the Bulletin, go back to the article I wrote in Bulletin no. 81 dated January 2016 (p.19). Let us not forget those who passed away, those who contributed significantly though inconspicuously.

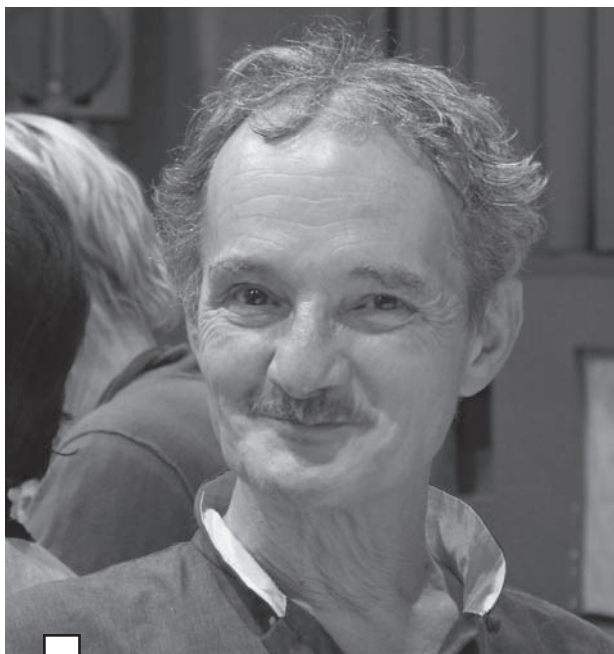
When I returned in 2019, Emmanuel Blanc, also from ATA, picked up from him and gave the

Bulletin a face-lift: the little fans to indicate the page number and the front and rear covers are some of his findings. As modest as Michel, with an unobtrusiveness verging on invisibility, a top-notch talent, dedication and generosity.

It's thanks to them all that our Bulletin has beautifully improved.

And still will, for sure. The adventure continues...

**Françoise Cordaro**



Michel Sequal

Emmanuel Leblanc



1. Association de Taiji quan de l'Anjou

2010-2012 / Since 2019

# The layout: a professional mission... that can be learned

**Sophie Cornueil is a computer graphics specialist who has been producing the Bulletin with precision and talent for several years. She explains her job, her desire to share it with the Amicale but also the workload that the Bulletin represents. A workload she would like to share as well... Notice to amateurs!**

Realizing the layout of the Bulletin is a way for me to give back to the Amicale, to the Yangjia Michuan and to its practitioners for all these moments of exchange and sharing during our annual Meetings. My first participation goes back to 2010, when I was in charge of the cover of issues 63 to 71.

## The job of page layout

Layout consists of applying styles to texts and arranging images and graphic elements. Upstream, it is necessary to design and produce a model that will structure the shape and space of the document: format, margins, columns, pagination, colors, etc... All these choices will give its visual identity to the document, will attract the eye of the reader on the important elements and thus facilitate the understanding of the text.

As of January 2019, the interior layout and cover of the Bulletin were designed by Emmanuel Leblanc with "Indesign"<sup>1</sup> and it is on the basis of his work that I format the articles.

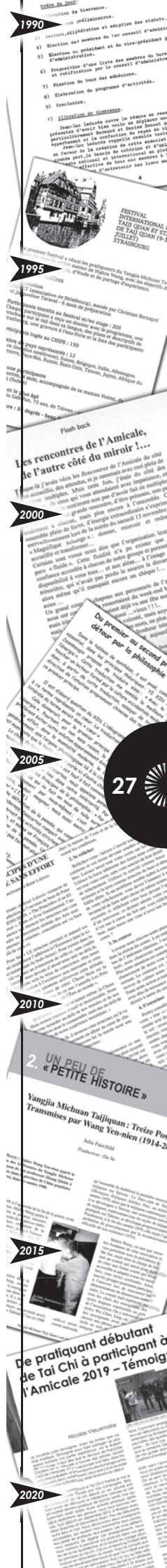
1. An Adobe page layout software.

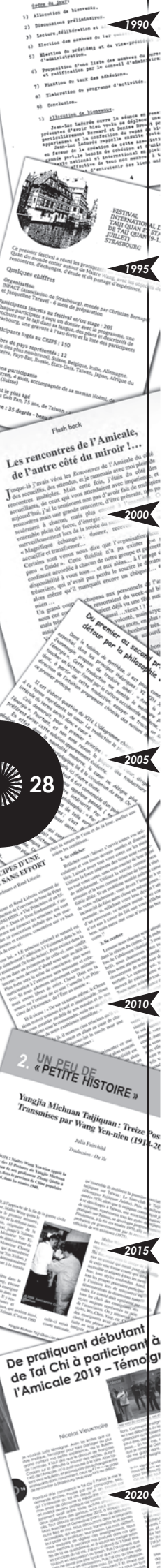
## Complex tools

From the 80's/90's until today, the progress of computer tools and the democratization of DTP (Desktop Publishing) applications, initially intended for professionals, have allowed the visual aspect of the Bulletin to evolve, as everyone will be able to see by leafing through the different issues on the Amicale's website. The call for volunteers with some experience in the graphic industry has also contributed to give it a more "professional" look.

I have a lot of respect and admiration for my predecessors, who were not fortunate enough to have access to DTP or who improvised themselves as page designers, even though it was not their job. I'm currently working in the flexible packaging industry, and although I had previously worked in publishing, that was 20 years ago. So I had to do some memory work and find my bearings on Indesign.

Despite the progress of the tools and the skills of everyone, it is still possible to tear out a few hairs to get the right number of pages (a multiple of four), to manage to insert the College Leaflets in the middle of the Bulletin, without cutting an article. It is also sometimes difficult to adapt articles with a lot of illustrations, tables, diagrams and legends that the author has taken care to present in one column and that must





be integrated in two columns. And I'm not talking about the ultimate stress of not forgetting a "typo" when the file is sent to the printer! Fortunately, there are also positive sides: I bring my small contribution to the Amicale, it is always a satisfaction to see the result once printed and I am among the first people to read the articles of our authors.

## The future of the Bulletin

I don't know what the future of the Bulletin will be, but if it is to continue in this paper format, what I am sure of is that the team of "editors" needs to be strengthened quickly: indeed, with its six annual Bulletins (three in French and three translated into English), it would be necessary to divide up the dozens of hours of work that it represents.

I am aware that the "professional" aspect of the work may slow down some people from taking on this task. On the computer side, there are now page layout programs that are more accessible

than those intended for professionals, probably less expensive, or even free, and which could be compatible on PCs and Macs. As you read this special issue on the history of the Bulletin, you will see that being a pro is not a sine qua non to start page layout and that it can be learned.

We should therefore look into the possibility of using a page layout software that is accessible to a larger number of people and to accompany those who want to but who think they don't have the skills.

I will try to work in this direction but, for the moment, I don't have the time because there is the no. 100 to finish!

**Sophie Cornueil**



2. Expression in printing to talk about an error or an omission in a text.

Since 2009

# Life of a Commission

**For 13 years, Simonette Verbrugge has been leading a team whose mission is almost invisible: she translates all the articles of the Bulletin into English, for publication and distribution to our non-French speaking friends. It is a very important job, and she tells us about the behind-the-scenes work... and the breaths.**

When in 2009 the decision was made to publish an English version of the newsletter, the idea of contributing to it appeared to me very quickly as important and useful to the community, for all the right reasons, the main one being to offer a regular link to all the distant but no less passionate YJMT practitioners. It is true that English is a second («family») language for me and that during Master Wang's trips I often translated, in one language or the other, Julia's or Sabine's speeches, who were in charge of Chinese.

I also accepted this task because it allowed me to remain permanently in the heart of the life of our Association and to discover not only the subjects, the inspirations, the literary styles of the authors but also to develop with all the editorial team very enriching epistolary or, to be more precise, «electronical-epistolary» relations. I am thinking of course of Claudy and also of Françoise Cordaro with whom I collaborated for many years.

The first task for me was to find translators. At the chance of the workshops where I had gone, I had met bilingual Americans to whom I immediately turned and that is how Gretchen Mac Lane from New York and Don Klein, a key figure of our style in the United States, whom some of you have known during his participation in the Meetings, joined the team. And in France, the first volunteers were Leland, Monique, Martine, Soazig... Little by little, like all the commissions, my troops have grown thanks to a few calls for

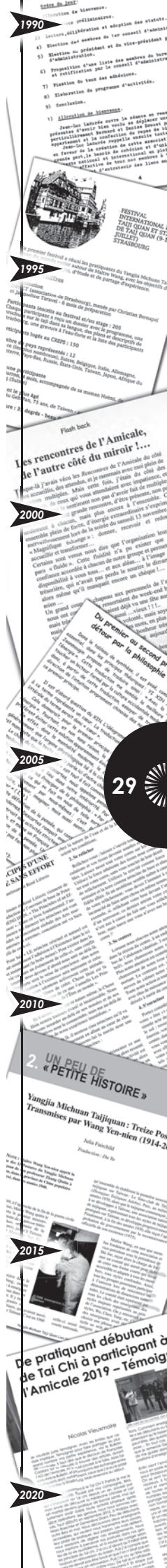
help and now I have a team large enough to do the job.

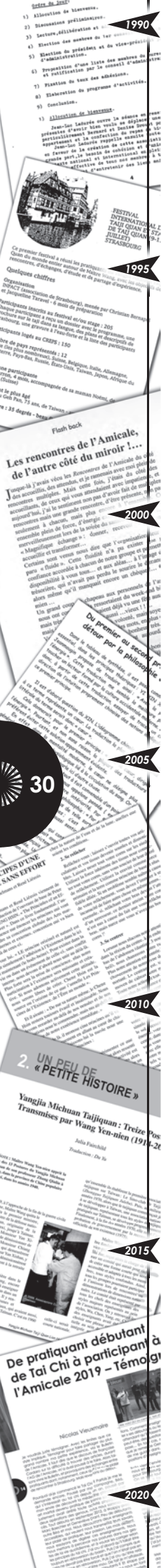
The only thing that saddens me is that for the past few years I have been working with people I have never seen. Some of them don't come to the Amicale or I can't always get there, so there are more unfamiliar faces on my list than not. I always hope to meet them in order to finally personalize the conversations we exchange by email.

What does the workload of a commission like mine look like? I'd say 3 deep breaths in a year. A new Bulletin arrives in my mailbox and I discover the work that has been done: a big exhale, a period of calm is coming... But very quickly the first articles for the next bulletin arrive, first inspiration: to whom to dispatch them? I often entrust the same authors to the same translators. Some have more time available than others, I try to make everyone work, it is necessary to balance, but I always keep some, for me, just for the pleasure...

The deadline for the return of the texts becomes clearer, the inspiration grows... a few reminders, the texts arrive, they have to be reread, possibly corrected... and when I can send them to the editor, the expiration can finally begin. After all, 3 times a year, it's still a steady breathing rhythm! But the breath lives in us, we cultivate it!

Recently I asked how many copies of the English version were printed: What a surprise: 8! Divided





between the United States and Taiwan. What happened to our friends?

and our passion, may they make our school known in the places of the world they will live!

**Simonette Verbrugge**

What will happen in a few years? Will the younger generation take over in the development of our form and our relations with practitioners outside Europe?

We would all like this number to increase again, the pages of this bulletin, for the realization of which so much energy and good will are implemented, are open to all the young people to whom we have tried to transmit our knowledge





# Index

## The Bulletin: a treasure...

**To find any article in one of the 100 issues of the Bulletin, by theme or by author thanks to the indexes... a painstaking and titanic work at the same time, that André Musso, the archaeologist of the Bulletin, has realized. He gives us here his little historical review of the main themes treated in the Bulletin.**

When Françoise Cordaro asked me to take over from her, in November 2015 in Annecy, I was happy that she trusted me (I had already worked a little with her before) and I knew that I would be able to make the link with a graphic designer or a printer, as I had already done it often.

I knew the Bulletin: Hervé, who contributed a lot to its creation, used to send us copies in the classes. This fed my curiosity for a long time. The opportunity being offered to me, I decided to go and have a closer look.

Wanting to follow in the footsteps of my predecessors, I thought the best thing to do would be to do an archaeology of all the back issues, published long before I knew the bulletin existed, and to read them. I had access to Hervé's back issues, which I was able to scan, and all the ones I missed were kindly provided by Jean-Claude Trap and Christian Bernapel.

### Index and offprints

All I had to do was to gather the treasure contained in all these issues in a form that could be computerized.

The idea came to me to compile in a "Summaries" file what could be found in the bulletins, adding the names of the author(s), while the scan was running.

The most important being done (manual entry or more or less acrobatic copy/paste), it only remained to break down the collected data in two new indexes: "Authors" and "Topics".

These data are the title of the article, its author and the number and page of the Bulletin where it can be found.

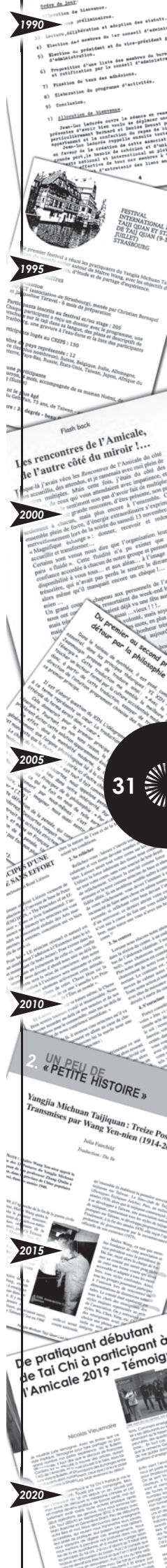
I wanted to give the YMTQ community access to any old document, whether it is for research on the history of the Yangjia or of the Amicale, on pedagogy, on Wang Yien-nien's teaching, or to make it easier for everyone to assemble writings on themes of interest to us, elaborated by members of the College and all those who have contributed to the Bulletin.

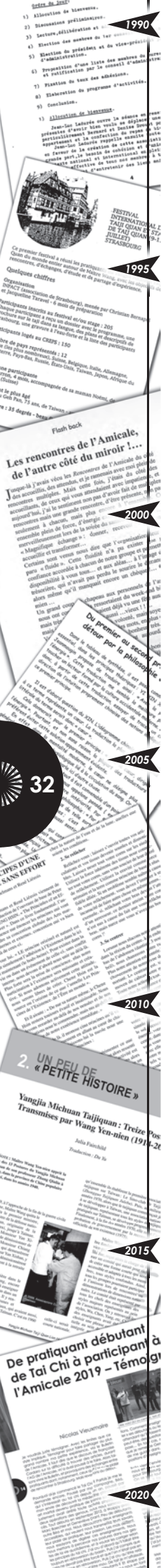
To achieve this, it was also necessary to extract from each bulletin separate copies of all the articles, at least for those that had been assembled by computer. Emeline will soon make them available on the site.

A small problem for the moment, the issues 1 to 51 were published in A5 size, which means that the pdfs of the scans have to be read in A4 Italian size. Except for the issues 46 to 51 designed in A4 and printed in A5, but printable in A4 portrait mode. There will be no more of this problem for the following issues.

### Newsletter or magazine?

Not being one of the founders and reading the old issues, I could see that the Bulletin, at the beginning, was the link between all those who participated in the construction of the Yangjia in France, in Europe, in the USA and in Africa. We can feel the efforts that were made, all the stakes around an eventual participation in what was to be a federation dedicated to





internal martial arts. We follow step by step the emergence of new associations. Articles on the origin and history of taiji quan appear.

Over time, the Bulletin has lost some of the elements that characterized it as a liaison bulletin: the training course section has disappeared, as have the GA reports. In some respects – substantive articles, Feuilletts du Collège – it acts as a second magazine, published more frequently than its sister publication Wen Wu.

## Some hints for a small archaeology and history of the YMTQ Asmicale

### Amicale

Before the Amicale published its Administrative Note, the minutes of the G.A. of November were published in the Bulletins: 1989 (B1) - 1990 (B5) - 1991 (B8) - 1992 (B11) - 1993 (B15) - 1994 (B18) - 1995 (B21) - 1996 (B24) - 1997 (B27) - 1998 (B30) - 1999 (B 33) - 2000 (B36) - 2001 (B39) - 2002 (B42) - 2003 (B45) - 2004 (B47) - 2005 (B51) - 2006 (B54) - 2007 (B57) - 2008 (B60) - 2009 (B63). The minutes since 2010 appear in the Administrative Note.

### Associations

While the YMTQ has more than one hundred associations, fifty-eight appear in the section dedicated to them. It is true that since No. 73 there are no more new articles to present the new associations. On the other hand, we know from the administrative bill the names of the new associations joining the Amicale. A history of the associations remains to be made...

### College

Since its foundation in June 1990, and until number 51, we are first informed of the progress of the work, then little by little the section is expanded. First the workshops are detailed, from number 52, in what is still called the College Rubric.

Then we see the appearance of the Feuilletts du Collège starting with no. 70. They are inaugurated by two articles by Claude Eyrolles and Pierre Lang, written on school notebook pages

with such dense line spacing and italics that they were abandoned in issue 71 for the article by Marie-Christine Moutault and the notes by Jean-Luc Perot.

One can see the richness of the contributions by consulting the index Themes under the heading [College]. It is a mine...

### Teaching

On this essential point, see the section [Questions/Answers], in particular the points of view of a dozen teachers grouped together in n° 70-71-72-74-76. But there are others and there will be others...

### Relationship with the federations

One can revisit the history of the painful relations between our internal martial school and the federations by going to the heading [FTCG] and to [Federations] in the Themes index. The interventions are recurrent until issue 31 (June 1999), with a resumption in September 2005 and January 2006 (issues 50 and 52). Then everything calms down. The passage of the federal grades is discussed by Lionel Descamps, Alix Helme-Guizon and Hervé Marest (no. 83 and 96).

### The form

The form is the subject of many articles.

Although Master Wang left the three large books that we know about, we can still find in Themes under the heading [Form], a dozen texts by him or on his teaching.

([Texts by Wang Yen-nien and working notes]: n° 50-51-53-54-57-68-76-78) and other contributions ([Wang Yen-nien transmission]: no. 4-8-9-29-47-50-68-84)

The subject that has generated the most contributions is, not surprisingly, Shi san shi (24 articles from no. 50 to no. 84).

### Weapons

As far as weapons are concerned, only the sword is illustrated (no. 38-39-51-56-90-91). On the fan, apart from the list of movements (53), only one article by Sylvain Maillot (75). As for the stick and the saber, nothing...

## Neigong

From no. 29 (September 1998), one could refer to "Lists of zhongqi and jieqi"<sup>1</sup> until no. 45 of January 2004, then, nothing more.

While Claudy Jeanmougin explains "Why I don't teach neigong" (February 2001, no. 36), only Christian Bernapel has ventured to tackle the subject (February 2005, no. 48).

## Taiji

This is obviously the most represented section, whether it be on general principles, important points (relaxation, rooting, modes of consciousness, centering, pelvis, back leg...), history or health.

It is, along with the [Form] section, the one that would allow the curious reader to get an idea of the work that has been done over the past years and to be inspired by it for his own practice. Everyone, according to his or her interests, could assemble articles and share their choices with us in the Forum. It seems to me that such collections could complement the courses in a stimulating way.

## Tuishou

Tuishou has been the object of particular interest since the beginning and it is one of the most frequented sections (no. 4-9-21-23-27-31-32-34-51-56-59-61-62-67-68-69-72-7381-83-84-88-89-90-92-93-94!)

All you have to do is practice, as you know...

## Meetings and courses

We can trace the history of the meetings, whether they are those of the Amicale or those of Jasnières.

There have been many others: Taiwan, Dutch Open Push Hands, Mosongmagyarovar, New York, Tai Chi Caledonia, Madison, Sword Games, Tai-Chi Cho, World Cup Tai Chi Chuan Championship, Taichi Chuan World Cup in Taiwan, National Tuishou Interstyle Meeting. Burkina is the subject of a special entry [Burkina].

1. Best moments for the practice of Nei Gong.

I certainly forget some. There are few detailed reports. The sections [Meetings] and [Courses] are of interest to those who want to get an idea of the historical development of Taiji in Europe over the last thirty years and even of the content of the courses (until 2016).

## Biographies and Tributes

A few biographies [Biographies] and the names of people who have been and are still very important to us can be found in the tab [Tributes].

## Reading reports

The "We have read" section takes up eight pages of the Themes index, following the order of publication. From now on, the titles are also classified by author in a new index: We have read by author.

## Chinese

If the study of Chinese is not self-evident, Bénou has been playing down the situation for 15 years now...

## And still...

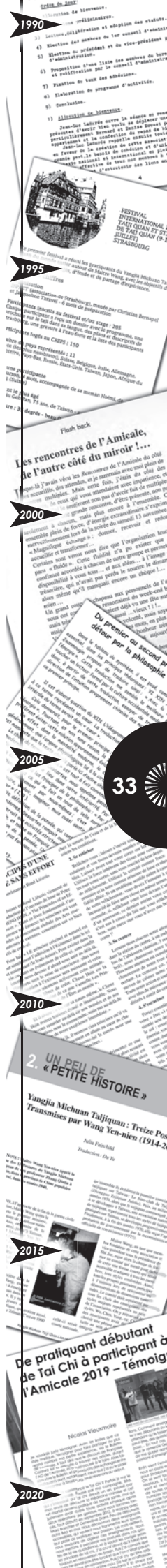
If you look hard enough you can find testimonies, texts on Taoism and Chinese culture and even a noodle recipe by Wang Yien-nien!

## And finally:

I hope that this little overview of the content of the articles published in the Bulletin will make you want to go and see them. That's what the indexes are for. The offprints too.

Long live the Bulletin!

André Musso



# Author

# 100 issues of the Bulletin: Looking back over a lifetime

*Who has not read one of Serge Dreyer's articles in the Bulletin? Starting from the very first issues, he has generously shared his knowledge and views on our Taiji practice, Chinese culture and many other subjects, even including literature. Contributions that have defined a lifetime...*

My first reaction when I received a message from Corinne asking me to participate in this special issue was, "Where should I start?". I will not try to catalogue all this work, neither in its form nor in its content, since André Musso's enormous and remarkable archival work has already accomplished this. No anecdotes, or touching, funny, angry or sad memories, my objective here is not to write a Harlequin novel. Some form of decantation takes place when one reaches a certain age, as I have. One avoids getting lost in the details, and tries to emphasize the most important threads holding things together. I see five of them throughout the Bulletin's lifetime (perhaps I have yet to discover others) they are: social connections, the free exchange of ideas, open adversarial debate, the creation of a common resource, and a font of generosity.

## Five important contributions of the Bulletin

**1. The connection** between the different practitioners of our style of taiji quan is obvious. Not having yet emerged from the social consequences of COVID 19, one would have to be particularly obtuse not to realize how much our existence is dependent on social connections, even if they are sometimes difficult. The connections created and nourished by the Bulletin are obviously protean. Whether on a purely informational level (about courses, meetings of the Association and other events), technical (specialized articles), social (the movement of people, and events in the lives of others), cognitive (formation

of think-tanks, references to books to be read), or intercultural (exchanges with colleagues outside of Europe: Americans, Africans, Taiwanese), it accompanies our progress in the practice of taiji quan.

**2. The free exchange of ideas:** whether through consensus or contradictory debate or even by the discovery of unknown ideas, ultimately the Bulletin stimulates our attention and our desire to know more. It clarifies our thinking, opens it up to new horizons, and above all prevents us from getting bogged down in pointless monologues ("I am the only one who understands the traditional teaching, I was Mr. Wang's favorite student, this is not how qi circulates, this is how we should teach our style, etc.")

**3. The open adversarial debate:** I don't think this point is totally separable from the free exchange of ideas, but I do think it deserves special emphasis. First of all, this type of debate, as it has developed within our style, seems to me to reflect the state of intellectual and moral health of our community of practitioners. I don't remember seeing any insults or violent words in the Bulletin, which is reassuring in such a passionate community. From time to time, tensions between individuals have surfaced, but nothing that has threatened the existence of our community. No insurmountable conflicts, but differences that have helped keep us informed. Moreover, and this seems to me to be more and more important with a new generation of practitioners, this circulation of ideas is not a one-way street. We have mostly avoided pitfalls such as the monopoliza-

tion of knowledge by those who studied with Mr. Wang in Taiwan, or the establishment of a hierarchy based on diplomas or seniority, which are sure ways to stifle the renewal of ideas and practice. We could also point out potentially more insidious forms of domination, by those who mastery the Chinese language, or certain medical skills, or a recognized martial history, etc. Whatever the configuration of the ideas that circulate in this Bulletin, and whatever their written form (formal, informal, academic, etc.), open-mindedness has prevailed for the past 100 issues, which is quite an accomplishment! I would also like to emphasize the fact that such debate, which is a strength (but not exclusive to) our Western cultures, has not gotten caught up in sino-béatitude, nor in all-out sino-criticism. Many martial arts disciplines and their written expressions have a hard time getting out of the strait-jacket of Japanese, Korean or Chinese thought.

**4. The creation of a common resource:** as a tool, the Bulletin is valuable for several reasons, it has :

- a functional value, because, like any tool, a hammer or a car, it helps accomplish multiple tasks, some of which were mentioned above. These include, a memorial (archival) function, referential (research), promotional (of the school), technical (description of exercises), etc.

- an identifying value, because it projects an image of organization, solidarity, technicality and a vision of the development of our style.

- an aesthetic value, especially when we see the progression from the first black and white issues to the current ones, whether it is the quality of the photos or the layout, or the use of colors, we clearly have a positive vision of the future of this object.

- an affective value, because it functions as a repository of emotions which go from compassion for those in difficulty, to the expression of the joy of having rubbed shoulders with so-and-so in one of the events of the community, perhaps sympathy (even antipathy) or simple jubilation when remembering good times spent together. The Bulletin acts as a kind of psychopomp<sup>1</sup>. But even more surely, it allows practitioners who are isolated by their physical distance from sources of learning to connect with others in order to keep their passion alive. In this sense, it is a way to counter solitude.

1. In the sense given to it by Mircea Eliade, i.e. any object/person/whatever entity on which any community projects/unloads its emotions/feelings and other desires.

- a reflexive value, because all the writings published allow us to reflect on our own convictions, but they also show us unexplored paths that it is up to us to investigate, or at least to put aside for later consideration.

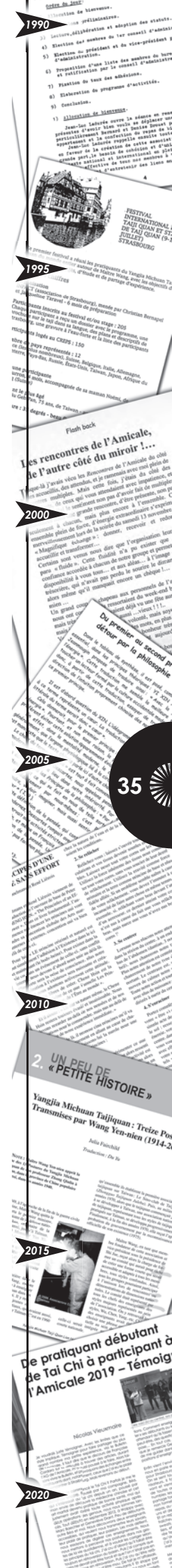
- an incentivizing value, because it allows many of us to express ourselves in writing, without needing any formal certification. I remember a debate a few years ago about the content of the Bulletin. Some readers complained about the complexity of certain articles, while others rejected the overly flattering articles like "I did a course with what's-his-name who is fabulous and who introduced me to real taiji quan". At the time, I suggested that diversity, inclusion and not exclusion should be our priority. It is illogical to argue that one must appropriate taiji quan for oneself and then refuse to publish an "overly technical" article, or one expressing pleasure at having practiced with a given teacher. I don't read every article in every issue, but I would hate to see any of them censored, so that I can only read what interests me.

**5. And finally, a font of generosity:** very simply, I would say that several generations of practitioners have made this magazine work, to varying degrees. They have devoted their time and energy to it without any pretention, other than the desire to see it endure and to share the pleasure with other people who are happy to receive and to read it. I will not make any distinction among them and I thank them all.

## Ideas for the Future

Now, since it is out of the question to discontinue this publication, I will talk about its future in terms of its potential. We have all – or almost all – entered the digital age, which offers seemingly infinite possibilities for interaction. Should we abandon the paper version in favor of a digital version? I don't have a strong opinion about this, but it would be really interesting to be able to exchange via visual and/or audio documents. Being a very basic user of computers, I am unable to imagine what format this might take, but I am hopeful that the younger generation will help move us forward: a welcome evolution as long as it further strengthens the connections between us.

Serge Dreyer



# Author

# 100 numbers: 100 pearls whose reflections sparkle towards 10,000 Shared friendships!

**Articles and testimonies, life of the Yangjia Michuan, national and international events, book reviews... Christian Bernapel is one of the pillars of the Bulletin. A way to support the publication and distribution of a Bulletin in paper form and via the site, as well as its distribution in English.**

I have, in a corner of my library, the collection of the Bulletins of our Amicale. The first copies were in photocopied and folded paper, A5 format. As new layout tools appeared, the copies were gradually expanded and unfolded, and the A4 format was decided upon, opening up to illustrations and more airy presentation graphics, implemented by large and small hands becoming more professional with the appearance of new publishing tools. Then the color highlighted the cover and new paginations appeared allowing the edition of a beautiful magazine, rich, well presented, colorful and pleasant to leaf through, to read, to consult and to download on our website. Let us remember the important decision taken in the agreement, solemnly signed with our friends from Taiwan during the 2009 Meetings<sup>1</sup>, to implement an English-language edition, allowing us to share the Bulletin with Anglo-Saxon and Asian readers. Finally, a remarkable tool has been put in place to help us find our way through the labyrinth of this immense library of contributions.

What a titanic work! Our gratitude goes to all the craftsmen, contributors, translators and stamp, label and envelope gluers who have

given their time and talent to the blossoming, the blooming and the diffusion of the Bulletin of the Amicale. Their commitment has made it possible to share and spread the information and the innumerable and eclectic articles and testimonies which are the unique mark of our school, both internally and towards the protean universe of taiji quan and the Chinese arts.

Each issue, awaited by each of us, has been like a new pearl threaded on the life of the Amicale. A pearl, yes! For their content, each time new, has helped weave the fabric of our Yangjia Michuan community. Three times a year, between two Meetings, each publication has created and strengthened the awareness of our solidarity.

The Bulletin allows our community to understand who we are and where we come from. It bears witness to the bonds we have shared and cultivated with our friends around the world, to their diversity, and thus to the voice of our school to the outside world, beyond our own house.

The written word is the guardian of our collective memory. It structures time, anchors it by creating the framework of history and allows us to project, to imagine the future, by arousing the desire to build it and thus to give birth to new committed

1. The conventions can be consulted on the Amicale's website.

vocations! The written word is a testimony of the spirit that brings us together and allows us to mark out the history of Yangjia Michuan, to bear witness to it and to open it up to new horizons in the diversity of exchanges. Alongside the physical exchanges and meetings that are essential, it energizes and allows us to build continuity and commitment from one generation to the next.

I recommend to our members, whether or not they have known the years of Master Wang's presence, to explore and dig into the many articles and testimonies that have marked the publication of these 100 issues. They will discover the inspiration provided by the radiance of his personality. How much he was able to inspire the construction of a fraternity, allowing the continuity of a legendary teaching through the enthusiastic commitment of all those who gave life and action to the Amicale and the College.

This solidarity is based on three singular points. The first is, of course, the teaching and the spirit of fraternity transmitted by Master Wang, which brought us together around him and also, I emphasize, among ourselves. The second is the heartfelt intelligence of this generation which has allowed the creation and the life of the Amicale and the College. The third is a fundamental issue that is emerging today. It consists in building together, "young" and "old", the continuity of this intergenerational commitment through a shared awareness of "origins" and the emergence of a new creative impulse.

In this dynamic, which is underway, the Bulletin, supported by our institutionalized exchanges in the Meetings and the transmission of teaching, has its place in the articulation between the present and the future. This encouraging dynamic has no other equal. It is up to us to cultivate it and to share it with great attention.

The Bulletin is: sharing, expressing, saying, writing, synthesizing, giving, expressing, revealing, discovering, know, cultivate, inform, dream, and so much more...

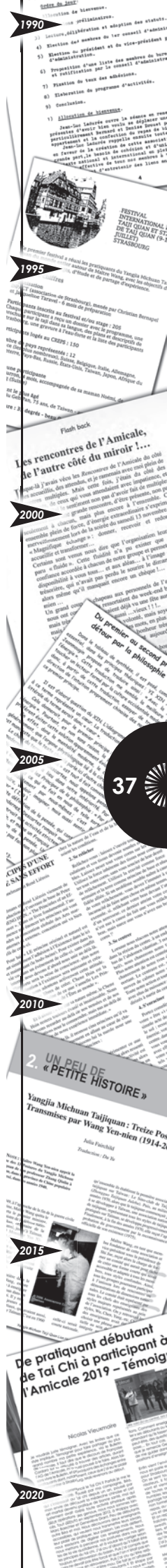
A link that gives the desire to meet again, to share the celebration of fraternity! The Bulletin is all this and much more.

A hundred and thousand thanks to all the pearls that make it sparkle.

**Christian Bernapel**

### Postscript

If I had to put my foot down during the 8 years of my presidency of the Federation (Faemc), which took up all my time and energy, I hope to become more contributive as before, by proposing articles and testimonies again!



# Author and Reader

## Writing and reading for sharing and passing on

**Jean-Luc Perot was president of the Amicale from 1997 to 2002. He is one of the main contributors of the Bulletin, with more than 50 articles. He is also a member of the reading committee which validates articles proposed by authors.**

As the Amicale grew in number, it needed a communication tool. Creating the bulletin was the adequate response. Its role is to communicate practical information about meetings, workshops, readings, testimonies, reports.

and his first disciples were inclined to establish in the early years in order to ensure continuity of the transmission.

Broadly speaking, I would say that tradition relies, of course, on transmission, but can be experienced only in reception. It is a question of welcoming, receiving and digesting, in order to share and pass on the inspiration and the fire that nourish our desire.

### My involvement as an author...

Since I began teaching Qi Gong and Taiji Quan (in 1978 and 1983 respectively), I have the habit of writing in order to clarify my thoughts, integrating the research and experience that drive me forward.

### ... and as a member of the reading committee:

My role was to guide both the reader and the author toward questioning. Criticism is then a compliment and a guarantee of the value of the author's statement.

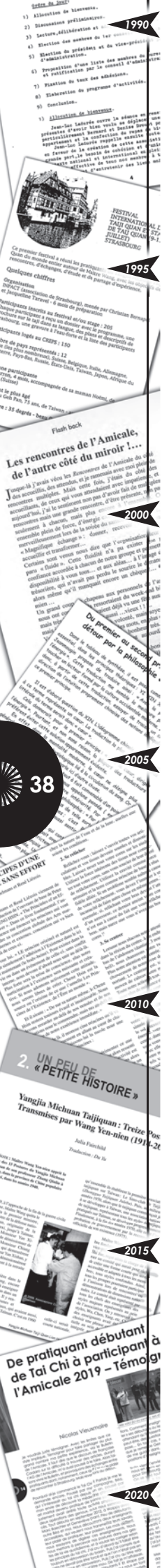
Already when I began practicing in 1962, I felt challenged by the idea of Qi versus brute force. This issue drove me toward various teachings and schools of thought: traditional Chinese medicine, TJQ, symbolism, philosophy, history, then osteopathic manual therapy, relaxation, breathing, dance, breakthroughs from neurocognitive science, the hygiene movement... in short, curiosity sustained by a desire to understand better and a recognition of incompleteness. TJQ as I experience it has this generous capacity to welcome and integrate this research.

I regret the lack of responsiveness generated by the texts. I wish reading were like a tui shou exchange, a constant invitation to adaptation and reciprocity. Of course, some of the articles are reports which do not necessarily invite commentary; they are rather like souvenir photographs of events. Shared memories are the glue that holds the group together.

All this inspired the texts, articles and musings that I have proposed for the Bulletin. Starting with material from the YJMTJQ corpus, I have endeavored to open up and develop concepts and exercises. One should not be limited by the normative frame that the master

### The future of the Bulletin

With more than thirty years of age, the life of the Amicale takes into account individual and collective maturation. You do not experience TJQ in the same way after 10, 20, or 30 years





# Les Treize Postures

Jean-Luc Perot



**C**ELA fait belle lurette que j'ai adopté la forme et les commentaires liés à cette proposition.

Il paraît que 13 postures était une appellation usuelle de la pratique avant qu'on ne parle de TaiJi Quan.

J'ai besoin de parler français, de trouver des mots et des formules qui nous touchent dans la langue maternelle pour partager mon TaiJi Quan.

Je l'avais appelé BASE 13 et 13 DE BASE.

BASE 13 parce qu'il parle des fondements de la pratique et 13 qui peut être l'addition de 8 et 5.

On a donc une théorie qui dans sa forme condensée 13 cherche une portée maximale.

8 modalités d'expression de l'énergie (pour ne pas parler de force ce qui chez nous fait référence au muscle, à son volume et à sa contraction puissante).

5 placements/déplacements pour dire l'occupation de l'espace à partir du centre et des 4 quadrants, des 4 secteurs où je peux aller et devenir.

La situation est vue en mouvement, dans le dynamisme du rapport à l'autre.

## HUIT MODALITÉS D'EXPRESSION DE L'ÉNERGIE

C'est à vous de choisir suivant la situation. Affaire d'écoute et d'intention avant tout.

Gérer l'imprévu invite à une posture et à un répertoire.

### D'abord le rythme yin/yang fondamental : PENG/LU

Yang l'expression, l'expansion, l'occupation de l'espace, l'invasion.

Yin l'attraction, la séduction, le rappel à la terre ou au vide, le repli.

Peng : l'intention, l'énergie ou la force naît dans les pieds, croît dans les jambes, est condensée et orientée dans le bassin, se développe tout au long de l'axe vertébral et s'exprime dans le regard et la main... Les références

internes pieds/genoux – hanches/sacrum – colonne vertébrale lombaire et dorsale – port de tête/nuque et regard sont à l'origine de l'expression du dedans vers le dehors.

Lu : suivant le même schéma, c'est à partir du pied et en remontant la suite que l'on se ressource à la terre pour se recentrer, attirer, tirer ou amener dans le vide. Du lointain vers le proche, l'intime.

### L'expression connaît deux régimes : le flot étalé ou le jet resserré

An : l'écoulement de l'énergie suit le terrain, contourne l'obstacle et dépasse les oppositions sans perdre son sens et sa destination.

Ji : la pointe a quelque chose d'incisif, le trait pénètre comme la flèche ou percute comme le marteau.

### Deux effets permettent l'expression de l'énergie

Cai déstabilise, coupe la relation à la terre, tranche les racines de la stabilité avec le principe des leviers.

Lie fait jouer les pivots de la rotation et de la torsion dans le corps, mais aussi les pivots de la tornade qui projette ou du tourbillon qui engouffre.

Ces mouvements d'énergie trouvent une expression privilégiée dans la main qui a la manière et concentre le savoir-faire mais, nés au centre, ils s'expriment en passant par l'épaule et la hanche (Kao), le coude et le genou (Zhou) avant de fleurir dans la main.

### LE QUATRE CENTRÉ ET LA CONQUÊTE DE L'ESPACE/TEMPS

Le centre est là où tu es, ton point de chute sur la terre, ta place et ton moment.

Tout commence avec toi !

Tu peux t'avancer pour aller à la rencontre, tu peux reculer et prendre du recul,

tu peux aller à gauche ou à droite, privilège du bipède, piéton qui sait sur quel pied danser et changer de point de vue.

Mais en plus, tu peux baisser, choisir l'oblique, la diagonale.

楊家秘傳太極拳聯會

n° 78 - Janvier 2015

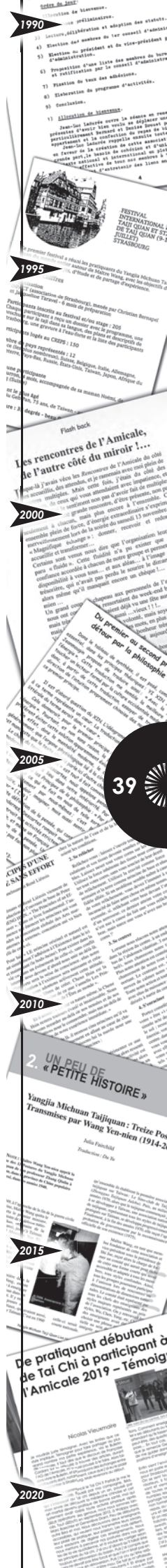
of practice, and individual rhythms have to be respected.

Nowadays, though, the evolution of TJQ is fostered by so many exchanges, live or pre-recorded, so many books, so many testimonies coming from all styles and parallels from other martial arts that it runs the risk of accelerating, which could be detrimental to depth.

Let us be wary of easy borrowings and interpretation that are not supported by diligent practice, enabling everyone to choose the vibes that suits them in the richness of practice.

We bet that the forthcoming articles will bear witness to the maturation of every practitioner according to their training.

Jean-Luc Perot





# THE RELEVANCE OF PRACTISING TAIJI QUAN FOR THOSE SUFFERING FROM MULTIPLE SCLEROSIS

Marianne Schweizer

Although I have practised Taiji quan for 30 years and taught for almost 20 years (only one class per week until 2019), I still see before me this vast field of study extending to infinity.

Newly retired, I wanted to teach a little more and receive training in some new tools. I chose the offer from centrÂge<sup>1</sup>. My questions focussed more precisely on the subject of the limits and difficulties which students may be faced with due to aging but equally for all other reasons; illness, accident, their constitution...

The subject is so vast that the risk of getting lost in it is very high. For my final project I decided to concentrate on multiple sclerosis since a lady, who I will call Mary, with this condition had approached me with the request to set up a class for herself and other patients, but also that it be open to older people in the area.

Mary said 'multiple sclerosis is like ageing prematurely'. Having practised Taiji quan for around ten years, she is enthusiastic regarding the benefits which this discipline brings her and thinks that it helps her slow the progression of the disease; she is still able to move around independently with the help of hiking sticks.

We discussed this idea and Mary invited me to the general assembly of the MS<sup>2</sup> Alliance where we presented the project. Against all expectations, eight people expressed their interest and I had already met others from the area who were interested.

Delighted by this chain of events, the training from centrÂge was to prove itself of great help for delving deeper into the different aspects of the disease, drawing parallels with the limits encountered by older persons, analysing certain types of difficulties and looking for solutions as to how to teach Taiji quan to a mixed group. We managed to start the class in autumn 2019 with 9 students, of whom 5 with limited mobility. The first 40 minutes we practised seated; after a short tea break we continued standing up with the possibility, for those students who wish, to be seated.



1- [www.centrage.ch](http://www.centrage.ch).  
2- Multiple Sclerosis

For people with disabilities, finding the pleasure and benefits in the discovery and practice of Taiji quan - Qi Gong raises numerous challenges.

In this article I have limited myself to three points, each bringing together several specific characteristics, so as to on the one hand identify the questions, apprehensions and motivations of the students, and on the other to propose indications and methodologies for the teachers.

### 1.

#### **Mobility, balance: the fear of falling**

Statistics show that falls increase from the age of 60, including amongst people in good health. Whilst for every 100 000 people there is 1 death due to a fall between the ages of 0 and 60 years, between 61 and 70 years one can expect 9 deaths. For the 71 to 80 year olds, there are already 41; for those 81 to 90 years old, 230, and for those over 90 years, 758 deaths are reported.<sup>3</sup>

The deterioration of internal balance, due to age or illness, can have physical, psychological or emotional origins.

Maintaining flexibility and an awareness of one's body through physical activity allows one to combat the fear of falling. Learning to lie down on the ground and to get oneself up again relieves anxiety. Often 'rigid people' hold on to their 'I can't' belief. It takes great skill to help them change their thought pattern, to find a chink in their rigidity to reinsert some suppleness.

Balance is a state of stability in the standing position. It is the result of the encounter of two forces; gravity which attracts us towards the earth and muscular contractions which keep us upright. The sense of balance is controlled by the brain which gathers information from three types of system; the inner ear, sight and proprioception. The loss of balance has many origins; it is helpful to be aware as to which element is perturbing us.



The following list is not exhaustive but these are the most frequent causes:

- > extreme fatigue,
- > inner ear disorder,
- > decrease in visual acuity,
- > drops in blood pressure,
- > muscle disorders,
- > neurological disorders,,
- > emotions, e.g. anxiety,
- > various pathologies such as; multiple sclerosis, Parkinsonian syndromes, migraine, etc.

Walking is where we have the greatest need for our balance. It is the most natural means of locomotion, allowing us to get around independently and energy efficiently. Nevertheless it is a complex activity which requires a long time to learn before it reaches fruition. This repetitive motor activity can be decomposed according to a gait cycle consisting of a standing phase (about 60% of the cycle) and an oscillating phase (about 40% of the cycle) of the lower right and left limbs.

We have observed and experienced that there are essentially two ways of walking:

A\_ from below, active walking, propulsion which starts from the feet and requires a certain amount of energy, it is tiring,

B\_ from above, passive walking, by first advancing the shoulders and making small steps, it is less tiring.

Older people tend to walk from above; and yet, when walking from below one is better balanced, better rooted. A good way to relearn a better locomotion is to practise Taiji quan.

According to the classic texts, grouped by Claudy Jeanmougin into 32 constant principles<sup>4</sup>, 'Before moving the top, I seat the bottom' (principle No. 11). To seat the lower part is to fix the feet to the ground. Mobilising the top refers to the hands, the arms, the trunk. Therefore it is appropriate to take the step before starting a gesture with the hands. The hand gesture must result from a movement of the pelvis. In order to make this movement, the lower part must be well rooted. The soles of the feet are placed completely flat; the Bubbling Well (Yongquan) acupuncture point sited on the sole of the forefoot, acts as the anchor which connects us to the energy of the ground. A second important point sited at the front of the heel allows the rooting of the energy. Rediscovering the awareness of the implantation of the feet, of the body's axis and of a smooth flow of movements helps us to be better balanced.

Several people come to class with sticks or rolators. Their difficulties walking and their fear of falling are very real. So we always give a good amount of time to rooting exercises, to centring and to proprioception. During the standing exercises, I invite the students who wish to place themselves behind the chair so as to be able to hold on to it. I was surprised to discover that already after a few weeks' practise, some people whose balance was very precarious, lifted first one arm and then both, delighted to rediscover this ability and the feeling of confidence which accompanies it.



3- [https://www.santeweb.ch/Actualites/Les\\_chutes\\_font\\_de\\_plus\\_en\\_plus\\_de\\_victimes\\_chez\\_les\\_seniors.html](https://www.santeweb.ch/Actualites/Les_chutes_font_de_plus_en_plus_de_victimes_chez_les_seniors.html).

4- *Principes constants du Taiji Quan du Yangjia Michuan*, Claudy Jeanmougin, La Griffé du Tigre, 2012

The benefit of a regular practice manifests as much for the body as for the mind since the interaction and interdependence is well known.

‘Solid on the inside, detached on the outside, move like a cat’

## 2. Proprioception, attentiveness to the body and energy

The proprioception or deep sensitivity denotes the perception, conscious or not, of the position of the different parts of the body. It functions thanks to numerous receptors on the muscles, ligaments and the pathways and nerve centres involved. Muscles, tendons, bones and joints all possess their own sensory nerve systems. The receptors are called ‘proprioceptive elements’ since they do not react to an excitation coming from the exterior (as is the case for the exteroceptor elements of the five senses) but to an excitation originating within the organ itself.

It is thus the body’s own very profound sensitivity of itself. Proprioception is sometimes designated a sixth sense.

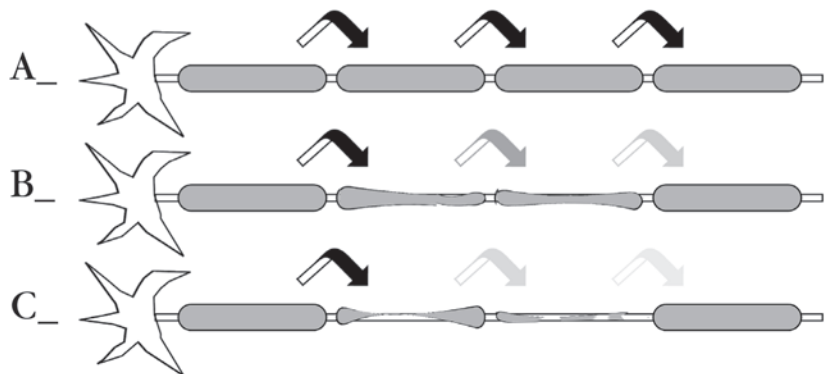
The brain takes in all the information the body supplies it with and sends back the responses, like a very rapid continuous flow to and fro. The myelin which surrounds the nerves facilitates this flow of information.

Multiple sclerosis is a chronic inflammatory, auto-immune, degenerative disease which attacks the myelin sheath and the nerve fibres.

A\_ The myelin (grey) forms a protective sheath around the axons (white) and allows the passage of nerve impulses (arrows)..

B\_ As the myelin degrades, the nerve impulses propagate less rapidly leading to the appearance of symptoms.

C\_ Once the myelin is completely destroyed, the nerve impulses can no longer propagate, disability sets in and progresses.



Magnesium maintains the myelin but above all it is movement which ensures elasticity and the passage of fluids indispensable for maintaining the membrane's permeability to fluids. The great enemy of the human body is the static state and the lack of liquids.

In multiple sclerosis, a detailed examination makes it possible to identify profound proprioceptive or sensory problems (as opposed to disorders of the superficial sensory system); a reduction or loss of the perception of the movement of limbs or sections of limbs in space (kinaesthesia), the reduction or loss of the perception of vibration in the bones of the limbs (pallesthesia). These various disorders can benefit from targeted rehabilitation and sometimes from drug therapy<sup>5</sup>.

The disorders described above inevitably lead to a slowing of movement, as much in older persons as for those with multiple sclerosis or other ailments. But slowness is equally a means for rediscovering the sensations and consciousness of a map of the body. The slowness of Taiji quan - Qi Gong triggers irritability in certain persons, even those slowed by age or disability. It is a sign of stress, of tension and impatience with oneself. Once one can accept a conscious slowing down in the practice, the whole world opens, particularly by the deepening of the proprioception, but also by a better rooting, the letting go, the attention to one's posture, one's rhythm and the rhythm of the group. With slower movement, controlling a gesture is easier. Slowness also facilitates the appearance of the intention (Yi), so fundamental to the practice of Taiji quan: 'There where the thought (Yi) goes, so goes the energy (Qi)'.

The desire to experiment with a movement oneself and to experience the associated sensations is essential in being able to perceive the circulation of energy, the presence of breath inhabiting each part of our bodies. From a pedagogical point of view, it is important to:

- > awaken and develop the capacity to locate with respect to ourselves,
- > develop a conscious proprioceptive sensitivity (go from a visual reference system to an essentially proprioceptive reference system)
- > be aware of oneself centring around one's vertical axis,
- > release the tensions in the structure so as to achieve fluidity of movement

Amongst the observations I was able to make in several of the centrÂge classes, attention to what was felt was very evident. Often after an exercise the teachers asked: 'What have you felt? What did you notice in your body? Which part of the body was mobilised?'

### 3. Memory, cognitive capacity

Knowing that ageing and multiple sclerosis can alter cognitive abilities, I wanted to explore this field further. The term cognition today includes a vast collection of mental processes related to the function of knowledge and activates; memory, language, reasoning, learning, intelligence, problem solving, decision making, perception and concentration<sup>6</sup>. Faced with the magnitude of this science, I decided to restrict myself to the question of memory.

5- [http://www.sclerose-en-plaques.apf.asso.fr/IMG/pdf/Brochure\\_Reeducation\\_SEP\\_schering.pdf](http://www.sclerose-en-plaques.apf.asso.fr/IMG/pdf/Brochure_Reeducation_SEP_schering.pdf)

6- <https://fr.wikipedia.org/wiki/Cognition>

We are all faced with memory loss. Together with a decrease in visual acuity, it is one of the first signs which draw our attention to our own ageing (which can start relatively young) often very poorly accepted. Memory deficit worries and discourages many people to the extent that they give up learning Taiji quan. It is interesting to note that in residential homes, the elderly people are no longer concerned by this aspect and enjoy their classes in the present moment.

For those with dementia or suffering from Alzheimer's who have practised for a while, the body remembers and links the movements one after the other<sup>7</sup>. Furthermore, all the practitioners noted the importance of body memory. By dint of repetition, the movements are engraved in the body. One can be distracted, no longer knowing intellectually what to do, and the body will carry out the sequence without waiting for the mind to wake up.

It has long been accepted that the stock of neurons is fixed at birth. In recent years however, the debate has been reignited by several contradictory studies of which some think that the brain fabricates new neurons up to 90 years of age and above. The latest to date has just provided supplementary proof of neurogenesis up to an advanced age.

So the brain of seniors continues to produce neurons but the neural plasticity is less good with age.

To the question as to which exercises could be done to improve the memory, the specialists reply that there are beneficial habits to maintain for which the literature shows a good level of proof of efficacy for ageing well. One must not skimp on activities which consist of relaxation such as meditation, yoga, Taiji quan and take care to have a sufficient level of oxygen in the brain. The brain also needs to be rewarded; it needs to be satisfied.

So one must develop pleasurable activities, amongst which sociability is on the rise in all the scientific articles.





## Conclusion

So is Taiji quan recommended for those with multiple sclerosis? Without a doubt. As for other pathologies or for straight forward ageing, this practice is beneficial at every level discussed in this article and even more.

At the end of this thought process, I now wonder whether the first challenge for those who learn and those who teach, isn't to find or to rediscover relaxation, the Wu Wei, the non-action from which all can spring? 'Without the calm of the spirit, it is not possible to concentrate. The slightest movement, whether forwards or backwards, to the left or the right, lacks assurance. It is thus necessary to have a calm spirit.'

## Taking stock

After two years of classes, peppered with several breaks due to Covid restrictions, we still thoroughly enjoy practising together.

The profile of the group has changed. In the first year there were six people with multiple sclerosis and three locals. In September 2021, three with the illness did not return (moved home, timing problems), but several locals joined us. This mix of profiles, with some disabled or not, retired or not and a young father at home, generates a great dynamic.

We all start with a first part seated: self-massage, exercises inspired by Qi Gong and Taiji quan to loosen the articulations, tame the respiration, seek rooting, place the centre, discover proprioception, improve coordination, etc.

The second part of the class is done standing up, but all those who wish can keep a chair close by to sit on or to hold onto its back. We do a few more preparatory exercises before starting to learn the 13 postures. We take all the time it needs to understand, assimilate, go deeper into the many aspects of each movement.

I have invented nothing specific for multiple sclerosis, the panoply of our exercises is so rich that one never runs out of ideas. But it is very important to be continuously aware of the limits and possibilities of each student to be able to give indications appropriate to each specific situation.

*Marianne Schweizer*

Mary is still convinced of the benefits of Taiji. She would like that more people suffering from multiple sclerosis could discover this practice, but she also appreciates our mixed formula, being open to those living in the area. Aware that recovery is not possible, she is content to be able to slow the degenerative process thanks to her diligent practice.



7- Cours centrÂge, Zouzou Valloton le 20.01.2019

8- <https://www.futura-sciences.com/sante/actualites/medecine-cerveau-fabrique-nouveaux-neurones-jusqua-90-ans-plus-35686/>



Le Rocheton, College workshop in octobre 2021



# Amicale of Yangjia Michuan Taiji Quan 31st Rencontres - November 10 to 13, 2022 In Saint-Jacut-de-la-Mer Prepared by SMACT and TAIJI QUAN DAO associations



We will be pleased to welcome you on **Thursday the 10th from 3 pm on at Abbey of Saint-Jacut-de-la-Mer.** A Benedictine monastery founded in the 5th Century by Saint-Jacut, the abbey was for centuries a political and spiritual center in Brittany.

Now renovated, comfortable and fully functional, it continues this promise differently **as a guest house with a cultural and spiritual vocation.**

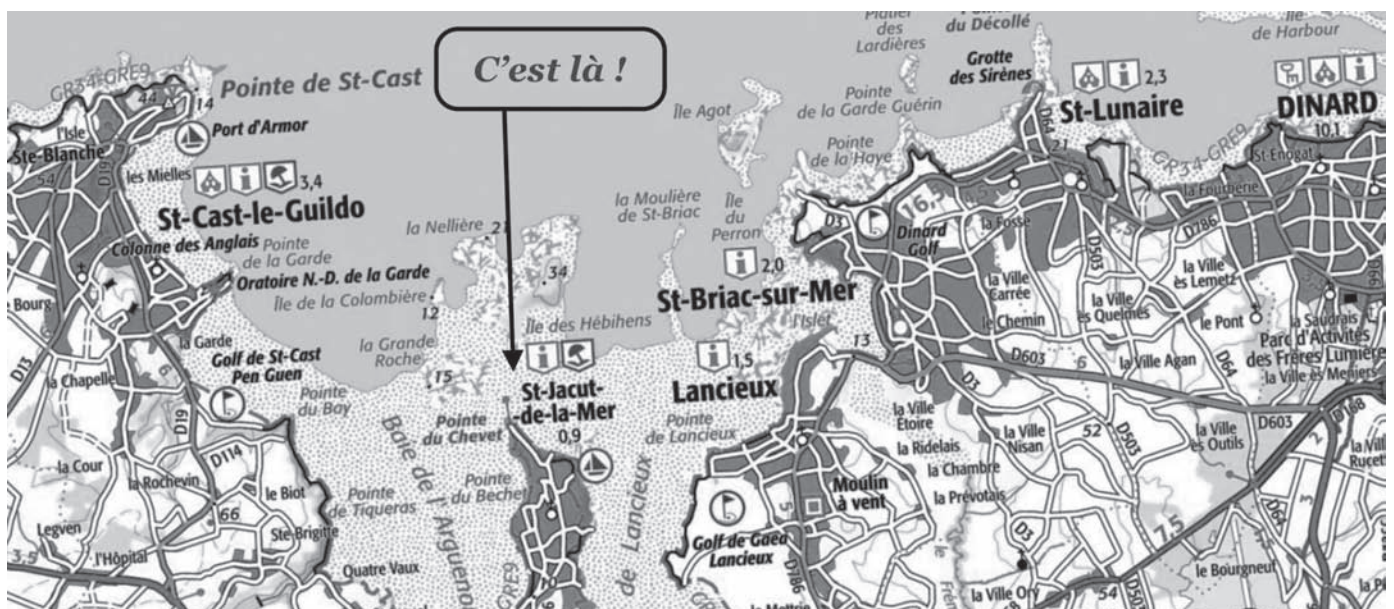
**The Abbey offers its guests** a vast ecologically maintained garden for quiet strolls as well as meditation. Diversified menus, adapted to cultural differences, balanced and using local producers are proposed.

**Access:** By road: 30 mn from St Malo; 1h from Rennes; 4h15 from Paris

By train: Direct TGV Paris-St Malo

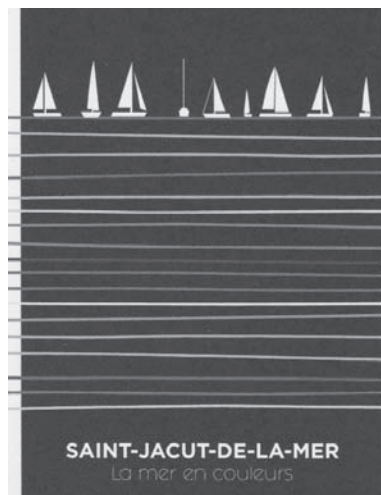
We will provide a shuttle from St Malo Station and from Dinard-Pleurtuit Airport.

We also invite you to offer carpooling on the forum of the Amicale.



**Address of the Abbey:** 3 rue de l'Abbaye – 22750 Saint-Jacut-de-la-Mer.

**GPS coordinates for the Abbey:** Latitude: N 48° 36' 9,333 » Longitude: O 2° 11' 27,821 »



**Capacity:** For these Rencontres in Saint-Jacut-de-la-Mer, we will host a maximum of 170 participants.



**Accommodation in the Abbey:** Three formulas will be proposed for an unbreakable stay:

Mostly, the Abbey disposes of individual or double rooms, but also 3 rooms for 3 people and 3 rooms for 4 people.

**Formula in :**

- **individual room at 245 euros,**
- **double room at 215 euros,**
- **or room for 3 or 4 at 200 euros.**

All rooms have a private bathroom except for ten rooms, all buildings have a lift. You can get in and out the property as you like after 8 pm with a code you will be given upon arrival. Sheets and towels are provided.

**Meals:** Breakfast and lunch is served at the table.

Please let us know if you wish to have vegetarian meals.

Don't forget your cup for the breaks!!

**Optional discovery offers:** we offer you a sand yachting outing and a discovery hike on the coastal trails or to the Hebihen islands.



**Extended stay:** You want to take some time to recharge your batteries in a comfortable, quiet setting bathed in iodine air? You can reserve a room before the Rencontres or extend your stay by registering directly with the Abbey. <https://www.abbaye-st-jacut.com/hotellerie>

**Accompanying persons:** We will try to make this possible after having satisfied the practitioners registrations.

### Contacts before and during the Rencontres:

Nathalie JOINIS – LEPHAY : 06 07 52 18 37 – Christophe LEPHAY : 06 99 44 69 54

**Courriel :** [rencontres.aymtjq.stjacut2022@gmail.com](mailto:rencontres.aymtjq.stjacut2022@gmail.com)



**Registration as of June 1st:** <https://www.amicale-yangjia-michuan-tjq.org/inscriptions-rencontres>



**RENOUVELLEMENT de l'ADHESION à L'AMICALE du Yangjia Michuan TJJQ**  
**Attention : pour toute nouvelle adhésion contacter : [secrtaire.amicale.ymtjq@gmail.com](mailto:secrtaire.amicale.ymtjq@gmail.com)**

**1<sup>er</sup> Septembre 2021 au 31 Août 2022**

**ABONNEMENT AU BULLETIN tirage PAPIER**

Nous rappelons que le bulletin est accessible à tout public sur le site de l'Amicale.  
L'abonnement tirage papier (3 numéros/an) n'est accessible qu'aux membres de l'Amicale.

**Renouvellement d'Adhésion Individuelle**

Vous n'êtes pas membre d'une Association adhérente à l'Amicale et vous souhaitez vous ré-adhérer à titre individuel, le tarif est de 20,00 €.

Je soussigné(e) Nom et Prénom

Adresse

désire renouveler mon adhésion individuelle à l'AMICALE du Yangjia Michuan TJJQ.

Téléphone

Portable

Adresse Mail

**Règlement pour l'Adhésion individuelle**

Je règle 20,00 € pour mon adhésion individuelle.

**Abonnement au Bulletin de l'Amicale tirage papier (3 numéros par an)**

**Pour un abonnement souscrit par un individuel (non membre d'une Association)**

Il (ou Elle) règle 27,00 €.

**Pour un membre d'une association qui désire recevoir le bulletin chez lui**

Il (Elle) règle 30,00 € directement au trésorier en lui communiquant son adresse personnelle et le nom de son association d'appartenance.

Adresse personnelle

Adresse Mail

Association  
d'appartenance

**Modalités de règlement**

Total adhésion ..... + Total abonnement ..... = Total à payer .....

Par virement bancaire (frais à la charge du donneur d'ordre)  Par chèque  Autre mode de paiement

Les règlements doivent être effectués à l'ordre de «Amicale du Yangjia Michuan TJJQ»,

A adresser à AMICALE DU YANGJIA MICHUAN TAIJI QUAN / Alain Coussedière,

1 rue du Troquant, Port à Clou, 17350 PORT D'ENVAUX (France)

Email : [tresor.ymtjq@gmail.com](mailto:tresor.ymtjq@gmail.com) Site Web : [www.amicale-yangjia-michuan-tjq.org](http://www.amicale-yangjia-michuan-tjq.org)

**IBAN – International Bank Account Number**

FR76 1551 9390 9300 0219 3780

**BIC – Bank Identifier Code**

189 CMCIFR2A

**Account Owner**

AMICALE YANGJIA MICHUAN

**Données Personnelles**

En adhérant à l'Amicale du Yangjia Michuan TJJQ ou en m'abonnant à son bulletin à titre individuel, j'accepte que mes données personnelles recueillies fassent l'objet d'un traitement informatique en vue de tenir à jour le fichier des adhérents / abonnés de l'Amicale. Elles sont destinées aux membres du bureau de l'Amicale.

Conformément au Règlement Général de Protection des Données entré en vigueur depuis le 25 Mai 2018, je bénéficie d'un droit d'accès et de rectification des informations me concernant en m'adressant au Secrétariat de l'Amicale.

Fait à :

Le :

Signature :

## L'esprit du taïchi chuan peut-il favoriser nos échanges relationnels ? conférence animée par Christian Bernapel, vendredi 3 juin à 19h

Dans une précédente conférence, nous avons déjà traité des 8 principes comme quintessence de l'art du Taïchi chuan.

S'ils peuvent être considérés comme des clés essentielles, qu'en est-il des « états d'esprit » qui président à leur mise en œuvre ? Comment ceux-ci peuvent-ils contribuer à notre évolution et enrichir nos capacités relationnelles ? Dans les liens que nous tissons avec les personnes et les groupes que nous fréquentons, les principes qui président au Tui shou peuvent nous apporter une aide précieuse, à condition que nous nous attachions à les appliquer ! Ils se présentent de multiples façons, tant dans nos échanges interpersonnels et collectifs que dans notre propre harmonie. Leur application peut nous éclairer utilement dans la conduite de nos échanges et ainsi contribuer à développer une attitude naturelle et tranquille. De l'écoute de l'autre à l'expression de nos choix, nous retrouvons naturellement dans nos actes les capacités d'écouter (ting jing) ; d'adhérer, (nian jing, tie jing); de comprendre (dong jing) ; de suivre (sui jing) ; de transformer (hua jing) et d'exprimer (fa jing). Nous tenterons d'éclairer ces principes grâce au « chant des huit caractères » attribué à Song Shuming : « Si l'on peut être léger, agile, dur et ferme, on peut aisément adhérer (nian), lier (lian), coller (zhan) et suivre (sui)... Celui qui peut adhérer, coller et suivre acquiert le centre véritable et ne le quitte pas ».

### Inscriptions

<https://www.helloasso.com/associations/federati-on-des-arts-energetiques-et-martiaux-chinois/evenements/l-esprit-du-taichi-chuan-peut-il-favoriser-nos-echanges-relationnels-conference-animee-par-christian-bernapel>

**Vendredi 3 juin 2022  
à 19h**

Conférence animée par  
Mr Christian Bernapel

“

L'ESPRIT DU  
TAICHI CHUAN  
PEUT-IL FAVORISER  
NOS ÉCHANGES  
RELATIONNELS ?



PLUS D'INFORMATIONS SUR:  
[WWW.FAEMC.FR](http://WWW.FAEMC.FR)

**Ne manquez aucune conférence !  
Suivez nous sur :**

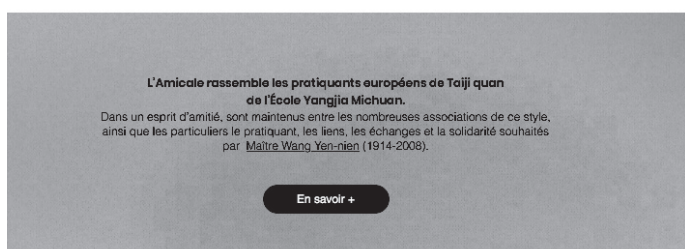


**[www.faemc.fr](http://www.faemc.fr)**



# Retrouvez toutes les actualités de l'Amicale sur notre site

[www.amicale-yangjia-michuan-tjq.org](http://www.amicale-yangjia-michuan-tjq.org)



Ainsi, vous pourrez être informé(e) directement, par exemple, de l'ouverture des inscriptions aux Rencontres, de la mise en ligne du Bulletin et d'autres informations à ne pas manquer. Parlez-en autour de vous à vos ami(e)s de pratique !

Afin de préserver le bon fonctionnement du forum, vous serez obligé de vous connecter en tant que « Membre » pour échanger, avec les identifiants de votre choix.

Pour toutes remarques et suggestions, ou difficulté de connexion et afin d'améliorer le site, contactez la webmaster : [amicale.yangjia.web@gmail.com](mailto:amicale.yangjia.web@gmail.com)

## Le site vous permet de retrouver facilement :

- tous les bulletins en version numérique
- de nombreux liens de documentation sur le Yangjia Michuan
- de nombreuses vidéos pour approfondir votre pratique
- la liste des associations membres par région ainsi qu'une carte interactive.
- les dates des stages organisés par les membres de l'Amicale
- un espace de conversation : votre Forum
- l'album photo des rencontres

## Inscrivez-vous pour recevoir les informations :

Afin de faciliter le lien entre l'Amicale et les membres des associations adhérentes, vous pouvez vous inscrire sur le site à titre personnel pour recevoir toutes les informations importantes de l'Amicale mises en ligne sur le site (le formulaire se trouve en bas de page du site).

**POUR RECEVOIR LES ACTUALITÉS DE L'AMICALE, INSCRIVEZ-VOUS À LA NEWSLETTER !**

<input type="text" value="Prénom"/>	<input type="text" value="Nom"/>
<input type="text" value="Nom de votre association"/>	Vous êtes : *
<input type="text" value="E-mail"/>	<input type="radio"/> Responsable d'association
	<input type="radio"/> Enseignant
	<input type="radio"/> Pratiquant
	<input type="radio"/> non adhérent à l'amicale
<input type="button" value="Envoyer"/>	

## Votre forum

Un outil pour échanger facilement avec les autres membres sur des sujets qui peuvent être proposés par l'Amicale ou par vous-même. Soyez acteur de ce forum, ouvrez la discussion sur la forme, sur des techniques, sur des sujets plus généraux concernant le fonctionnement de l'Amicale ou un sujet à débattre en AG.

