

Amicale

Yangjia Michuan Taiji Quan



A new library
in Anjou

楊家秘傳

Editorial

SUMMARY

A message from the President	1
Master Wang's 100th birthday in Anjou:	
• A day to remember and practise François Besson	2
• Flash Mob taichi in Angers Françoise Maillard	4
It is about...	
Marie-Christine Moutault	5
Rencontres Jasnières	6
25th Meeting of the Amicale	7
Let us discover of a new world Paul Roelandt	9
The ATCHA Association at 30 Years Henri Mouthon	11
The workshop in Ouagadougou, December 20th - 31st, 2014: Jean-Michel Fraigneau	13
• Report on the Workshop Issiaka Ouedraogo - Youssouf Ouattara	13
• Ouagadougou 2014 Hervé Marest	17
• Workshop in Burkina Faso 2016	18
• Article published on the Web site lefaso.net	19
• Article published on the Web site Afrique-Énergies.comSAport	20
The Animals in our Yangjia Michuan Taiji Quan Form Jean-Luc Perot	21
Variations around the basic s exercises of Yangjia Michuan Christian Bernapel	22
Our hidden side revealed and awakened by the practice of Taiji Quan Marie-Christine Moutault	23
Training Courses Calendar	24
Useful Addresses	25

What a pretty photo... what a beautiful picture of light shining through the night on the front page of this edition. It reminds me of those naive paintings of villages where you can only see light through the houses windows. We would like to go inside and enjoy the simple pleasure of light and human warmth when all is dark and cold outside.

During the our long winter, our practice rooms look a bit like a quiet haven, where, after a hard day of work or worries, practitioners meet for a few hours in the light and warmth of a tai chi class. Everyone comes loaded with their daily worries, but gets some relief for a short period of time.

Today more than ever, in this world that is suffering from its own excesses and absurdities, tai chi represents light and the authentic life just like a library lost in the depths of the Anjou countryside, or to the image of this Burkinabe practitioner who rides daily on his bike to attend his taichi class. Speaking of light and darkness, what about this great adventure led by Paul Roelandt, who opened a class for blind people, giving them an unbelievable experience allowing them to reclaim space, balance and movement.

Following the French saying "In May, do what whatever you like", it's now time to take a look at the courses calendar and prepare your summer tai chi plan, because, as our President said, the days and nights will be soon be equal, and what can be better than following a summer course in our beautiful French countryside, so that our nights become as beautiful as our days...

Françoise Cordaro

Translated by Thomas Cuvelier

A message from the President,

Translated by Thomas Cuvelier

THE pring equinox is now behind us, and we now have left the March-April period, a time when the day and night are balanced, and where the Yin and Yang balance leads to the Spring blossoming.

We are now in the April-May period, a time when the Yang force is expanding and strengthens everything. Strength of the nature, and strength of the bodies and minds.

The Bulletin is a true wealth of the Amicale, an evidence of our dynamism and friendship. It is also a very important part of our “window to the outside”. It contains many interesting articles and testimonies and also contains four detachable pages, “cheat sheets”, which are a collection of feature articles chosen from the Cahiers du Collège des Enseignants.

Please spread those within your association, and especially to the new joiners. Ten days after the mailing to the members, it will be posted on the website. Please spread the word.

This year, the 25th Amicale will take place in Annecy in Balcons du Lac, as announced at the Amicale last November by Emeline Regent, Pierre Bozon and Maryline Bozon, representatives of the CGA Tai Chi Chuan Association of Sévrier. In this edition, you will find all the related information as well as the registration form for the 25th Amicale. This will also be posted on the Amicale’s website, in the “Les Rencontres” section. Registration will be open from 1 June until 30 September.

Training and important events bloom in spring. They invite us to go out and look for ways to improve our existing knowledge. You will find on the Amicale’s homepage detailed information about the courses and events of May, June, July, as well as information about the upcoming summer courses.

Best regards to all,

Jean-Michel Fraigneau

BULLETIN DU YANGJIA MICHUAN TAIJI QUAN

May 2015 - No. 79

Publication de l’Amicale du Yangjia Michuan Taiji quan.

Siège social : c/o Jean-Michel Fraigneau, 2, allée du Roussillon, 78140 Vélizy-Villacoublay - France

<http://taijiquan.free.fr>

Directeur de la publication: Jean-Michel Fraigneau • **Rédactrice en chef:** Françoise Cordaro • **Rédaction (pour ce numéro):** Christian Bernapel, Jean-Luc Perot, Hervé Marest, Youssouf Ouattara, Marie-Christine Moutault, Paul Roelandt, François Besson, Françoise Maillard, Grégoire B. Bazié, Henri Mouthon • **Correction:** Sonia Sladek, Anne-Marie Guibaut, Françoise Cordaro, Peter Clifford, Mark Linett, Gretchen MacLane • **Comité de lecture:** Sonia Sladek, Jean-Luc Pérot, Christian Bernapel, Anne-Marie Guibaud, Jean-Michel Fraigneau • **Traduction:** Thomas Cuvelier, Cynthia Hay, Maud Trolliet, Martine Larigauderie, Leland Tracy, Simonette Verbrugge, Gretchen MacLane, Sylvain Maillot • **Mise en page:** Michel Ségal • **Couverture:** Michel Ségal • **Postage:** Yves Février

*Master Wang's
100th birthday
in Anjou*

A day to remember and practise

By François Besson

Translated by Maud Trolliet

ON one year after Master Wang's death, there was a sentence on the front page of a bulletin of the association "a day to remember", one day to remember Master Wang, his inheritance, his teaching. On 2014, year of the centenary of his birth, the association "Les Compagnons Du Taijiquan" suggested making a specific day with the associations of Maine-et-Loire about the practice of Yangjia Michuan. This day is about the practice and also a day of meetings between the followers of the various associations.

The idea is to create one day, in the style of the meetings of the association in a beautiful place, a drink, a picnic, some taijiquan, in brief, a good day in prospect.

It is thus on Sunday, September 7th, 2014, welcomed on the lands of the association Akti' Zen animations (co-organizer) that about forty participants of seven different associations found themselves in the magnificent park of the castle of Plessis-Macé. For a first one, it is a success!

Hervé Marest began the day by telling his meetings with Master Wang, the man whom he was alongside during stays in Taiwan or during Master Wang's stays in France. Few of us knew him, then to hear a direct witness of his teaching is also a part of the transmission.



"A common person", this is how Hervé described Laoshi, a common person in all his humanity and an extraordinary man by the level of practice of taijiquan that he reached.

After this tribute, the day continued with a warm-up, then lessons: introduction to tuishou and to weapons, revision of the forms. A break with a drink and a picnic shared all together with a magnificent sun. The afternoon, after a small nap, back to the lessons. To finish, we did the association's rite of the end, to "unwind" the shape all together.



Our hidden side revealed and awakened by the practice of Taiji Quan

By Marie-Christine Moutault

Translated by Simonette Verbrugge

IT IS part of the things we live in the body for a long time but which later turn out to be mental...

It was one evening, at the end of a class where, as usual, at the end of the warming up exercises, we had practiced in listening the various energy modalities aroused by the Gates practiced with two, before the start of the Form : it appeared to me then how the practice of Taiji Quan (Form and Tuishou) could be revealing of our other side... And that it was up to us to let it happen in broad light.

Indeed, there are basically people with yang tendency and those with yin tendency, even though it is clear that they conceal in them, in their behaviors, attitudes, reactions, shades due to their own history.

In Tuishou we have three major principles «follow - adhere - stick». To apply them we start from our bodily matter with all that is expressed from us through it. Here is, schematically, what we see most often :

- Those who collapse at the slightest push, if not before, as it is said not to resist, and sometimes ruminate their frustration...
- Those who are naturally endowed with great strength and will never let go or only when they are facing stronger! And yet in these conditions they will not let go...
- Those who, like brutes, push the other without the subtleties that their natural abilities allow them to apply safely...
- Or those made from a single block and who don't deepen either.
- And those who are scattered and do not manage to «come together» to direct their push.
- Etc.

In the practice of the Form, the principles are « fluidity - centering - rooting the lower body and lightness of the upper part – balanced deployment from the Dan Tian – alternating yin and yang...».

Yet we are led to observe on ourselves and on the practitioners:

- Rupture in the unfolding of the Form
- Uprooting during absorption phases
- Dissociations in the upper body relative to the vertical axis

- Impulses in the rear support in too big descents depending on the possibilities of the moment;

- Etc.

Noticing this, what became apparent to me? What is my point?

For me these attitudes come from RESISTANCES that remain present and active by NOT LISTENING. Indeed, I think more and more that outside LISTENING, there is no salvation... Without it, no awareness, no possible adjustment, no improvement of our inner transformation which would inevitably impact our radiance...

Indeed, it is fine LISTENING, continuous, diligent, that allows us to identify our shortcomings to BE and to exist in some aspect or another of ourselves not yet revealed, remained dormant, stifled... To practice Taiji Quan (Form and Tuishou) in Listening is to accept that awaken, as successive revelations, our missing parts in that they are present intrinsically but not yet revealed, not yet aware, not expressed in the reality of daily life.

This is how these revelations will allow a person with a yang tendency to feel in her the yin and conversely a yin person to feel the yang, allowing both aspects of his being to exist, to reveal themselves, to live and develop a more harmonious humanity.

Because after the revelation in Listening (which is not the least of it), it will be necessary to work on and on with this body, to, somehow, let another possible emerge...

Learning, according to each one, to put the structure in its unity and coherence, to accept flexibility in looking at fears in the face, to develop fluidity by learning to trust in anchoring to the ground and in the Heaven-Earth energy as sufficient element to face, not to cheat with yourself and put your ego facing you, without having to fear to discover... And then transform.

So in this work with our bodily matter, it is the Being that moves, transforms, reveals itself...

Advancing in my practice and teaching of Taiji Quan, I can only see now how what I knew without knowing, what I suspected without having a real conscience, is proving increasingly a source of limitless wealth and especially so exciting. Practicing taiji can be revealing and a fundamental ally in the creation of an inner struc-

Variations around the basic exercises of Yangjia Michuan

By Christian Bernapel

Translated by Simonette Verbrugge

THE 3 basic exercises and the 5 exercises preparing for Tui shou issued from the traditional teaching of the Yangjia Michuan taiji quan contain all the principles of health benefits for the practitioner and the martial efficiency of our school. They are extremely valuable for the health when they are executed in compliance with the rules and the specific parameters of the practitioner : biomechanical, anatomical and physiological, and in a state of mind suitable to the exercise. Their understanding is essential for a just and rewarding practice of our school in the form and in the practice of tuishou and neigong. They are at the source of our practice and are the substance, the decoding grid and the heritage of Yangjia Michuan!

The uniqueness of these extraordinary exercises in their simplicity and ingenuity, and their possible variations in respect of the original exercises allows to understand, deepen and apply the principles they cultivate and identify their hazards when not properly executed.

The Yangjia Michuan Taiji quan transmitted by Master Wang Yen-nien, beyond the learning needed to understand Taiji quan, has very simple exercises that are, by their depth, the quintessence of the specific principles of Yangjia Michuan and Taiji quan. They allow an opening to harmony for body and mind. These «basic» exercises, simple, clear and synthetic, well characterized, are a priceless treasure! Three basic exercises and five Tuishou exercises reveal the delicacy of spirit, the genius of its creator and his deep understanding of an approach respecting the health as well as the martial art and the opening of the doors to development of heart and mind.

Their fields of action allow for the construction and maintenance of the biomechanical structure and the fair straightening of the body in verticality integrating the permanent law of gravity and its invisible force that pulls us down, requiring straightening. They comply fully with the basic principles of taiji as described in the classics and serving the Yangjia Michuan particularities. By their conjugation with the depth of breath, they open access to the consciousness of the movement and the intent in the moment. In this they are a royal road to get in touch with the profound nature of our mind and its spiritual roots.

Their practice has powerful effects on the body. They can be as beneficial as dangerous. They require a rigorous and accurate practice, respecting the biomechanics and physiology of the human body. Respecting alternating work and rest phases allows the smooth acquisition without danger.

Rest is an essential counterpoint of the exercise to allow neurophysiological assimilation of the principles.

These principles are found in the 3 basic exercises and the 5 first tuishou exercises. The following exercises being increasingly complex variations of the 5 first. They are:

1. – Straightening of the central axis and lead relaxing of the periphery : shoulders, arms, hands.
2. – Respect and integration of gravity and its effect on each of our cells and our body structure by straightening and relaxation in the first basic exercises.
3. – Spiral principles in verticality that are expressed in the first two and the fifth basic exercise.
4. – The wheel that rotates forward and back as expressed in exercise 3 for the back absorption and exercise 4 for the front absorption.
5. – The wheel in the push with one or two hands.

The three basic exercises (bending forward and sideways) allow to understand the importance of breathing in the construction of the architecture of the being and of the movement in the distributed or separated balance. The human being straightened in line with its energy centers enters a “new intelligence”. The contrast of the first three exercises allows the realization of verticality by alternating straightening and relaxation. This is a unique feature of our school compared to most other schools of taiji quan.

The five first exercises of Tui shou allow to control the evolution in space by the relaxation and the straightening. This alternation characterizes the vertical state of the human being between heaven and earth. To rise and sink in spiral, straighten and relax in the harmony of the vertical axis and horizontal energy planes. But also move forward and backwards like a wheel to express and absorb. All changes become then possible between heaven and earth and in a horizontal approach to space from the relaxation and the straightening in verticality. They open to the inner unity to generate the straightening of the being.

In conclusion : our school is called Michuan. What does secret mean while apparently nothing is secret? Basically, can't we only learn what we already know?

To learn and teach, see and understand, know with the heart.

That is the secret!

The participants appreciated, the organizers were delighted, the second event is already in preparation by September 6th, 2015 with an invitation widened to the associations of Pays de la Loire and farther.

Hopefully next year, as to the association, there will be even more followers “unwinding” the form till the end of the third duan.



Schedule of Sunday September 6, 2015, co-organized by Les Compagnons du Taijiquan and AktiZen Animations:

9:30AM-10AM: Gathering in the park of Plessis-Macé Castle

Morning: Warming-up and practice in small groups

Noon: Picnic

Beginning of the afternoon: Practice in small groups

Middle of the afternoon: Practice of the form (including Shi San Shi)

4:30PM-5PM: End of the day

In case of unfriendly weather, we shall practice in the two sport halls (1000 m² + 400 m²) of the Culture & Sport Area “Espace Longuenée” (600 m from the Castle.)

The above schedule is the bare bones of the day. It will be fleshed out by whatever the participants will bring.

Learn more on:

www.lescompagnonsdutaiji.fr -

www.aktizen.free.fr



*Master Wang's
100th birthday
in Anjou*

Flash mob taichi in Angers

By Françoise Maillard

Translated by Thomas Cuvelier

*That is a successful event! Let it give others the desire to do the same!
A nice example of diffusion of TaijiQuan and our Style!*

Jean-Michel Fraigneau

THE Maine-et-Loire has no less than eight associations where one can practice tai chi.

These associations –Clouds Wudang (Angers - Thorigné d'Anjou), ATA (Angers), Taiji Quan in Baugeois (Bauge), Le Pas Sage (Beaufort-en-Vallée), Aktizen (The Meignanne), Taiji Group Gymnastics Interests Gemmois (Sainte-Gemmes-sur-Loire), Taiji Group SCB Martial Arts Beaucouzé, Taiji Group MJC Avrillé–gathered together to commemorate the 100th anniversary of the birth of Master Wang.

A taichi flash mob brought together nearly 70 participants on Saturday, September 27, 2014, on a beautiful sunny afternoon, on a square called “Ralliement d'Angers” (“the Angers gathering”).

Nothing was left to improvisation: preparation meetings, and there also was a rehearsal that very morning in the Mail Angers garden. So on that day, at the agreed time, Françoise and Marie-Christine started the 1st duan, and were gradually joined by 2, then 10, and finally 70 people to the sound of Chinese music, and before the astonished eyes of the many locals that were in the square on that Saturday afternoon.

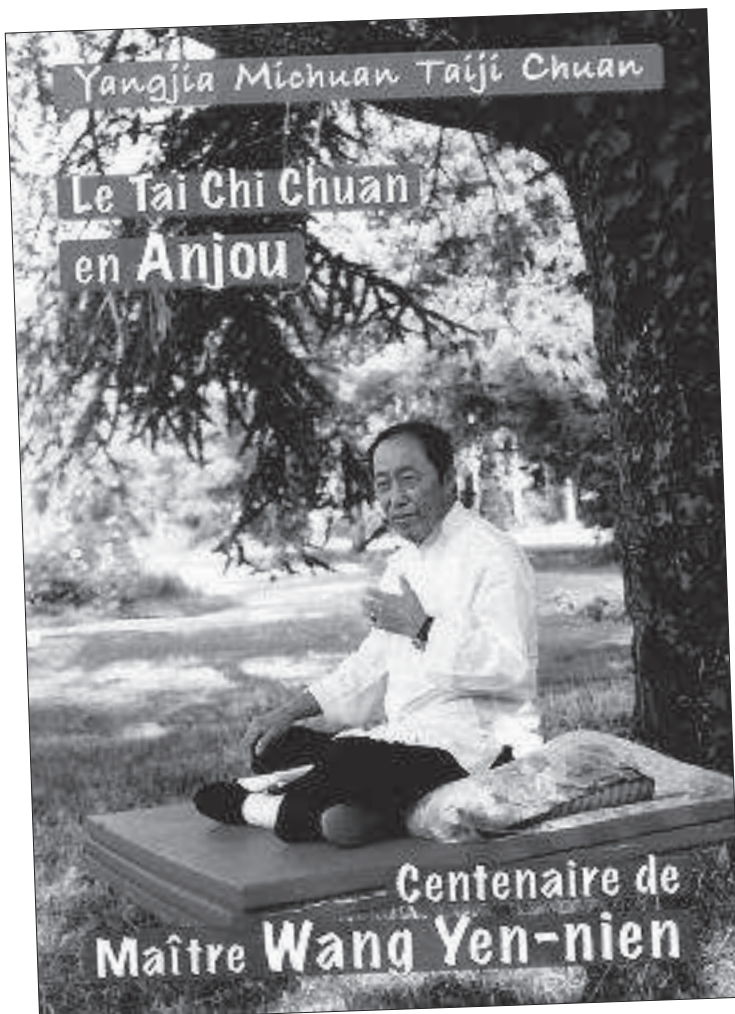
Many passersby stopped for a few moments. People applauded the fan form. Large posters were made and placed at different locations in the square.

As participants, it was fun to see each others in the square right before the flash mob. Some of us were seated in cafés, others were scattered in small groups, melting into the crowd. Everyone knew precisely when he/she was to join other participants and where to stand, which made the whole exercise very smooth.

And, finally, it became a beautiful moment, all of us practicing together in the middle of the city and under the sun.

People then came to ask us questions about Tai Chi. The press, warned a few weeks before the event, produced a documentary the next day in the “Courrier de l'Ouest”. Three non-practicing friends filmed the event from three different locations (the first floor of the Grand Theatre which kindly allowed us to use the stage that day) and a video was made from these three films.

To see the video:
<https://www.youtube.com/watch?v=9sKmg3IyJjY>



The Animals in our YangJia Michuan Taiji Quan Form

By Jean-Luc Perot

Translated by Martine Larigauderie



This short text calls for additional comments.

I have only considered the hand forms, using the common name for each movement, considering the possible function of each and the dynamique that each evokes.

I hope this text inspires you to complete this list of taiji beasts.



The Bird – Wings, Feet and Claws

The White Crane spreads (or dries) its wings

The Golden Rooster stands on one leg

The Heron on one leg

As if to Grasp the birds tail

The wings, flight and wingspan (breadth)

The flapping wings comes from the strength of the axilla –a collection of muscles connected to the thorax and the dynamic of the ribs.

Wings protect, spread, slice and stab at their extremity.

All of the arm movements originating in the shoulders benefit from the mobility of the shoulder blades, associated with the wave of the vertebrae and the accordian like movement of the rib cage.

The Tiger

Ride (straddle) the tiger and climb the mountain

Strike the tiger

Tiger onto ground

Bend bow, shoot tiger

Embrace tiger, return to mountain

The Tiger : either adversary or symbol of condensed energie, calm and ready to pounce.

The tiger's pounce involves an initial concentration of energy then springing, the propulsion of the jump is followed by a soft landing in which the

tigers weight “falls” on the adversary. Claws, fangs and eyes are sometimes mobilized to bring the prey closer.

The Monkey

Escapes, fights in retreat

The great monkey offers peaches to the immortals

The Monkey: dexterity in its zig-zag retreat, and the left right mobility on the frontal plane combined with rotation of the hips opening and closing (or protecting) the groin.

The Dragon

The dragon spreads its claws

The green dragon surges from the sea

The Dragon: A bit serpent, a bit snake, he emerges from under water.

He opens the curtains with his claws to make an appearance on the scene.

Coming from underneath, entering from the left to go to the right, the dragon is never where we expect him to be.

The Snake

The snake darts its tongue

The big snake coils around the head

The serpent creeps down

The Snake: undulates, goes around obstacles, slides along the ground or straightens up, coils around and constricts, all of which takes place down low at ground level, even if the snake can reach as high as the shoulders.

The Horse

Pat the high horse

Part the mane of the wild horse

The Horse: spirited but domesticated. We grab the bridle, bring the hands up to the shoulder or neck, the movements are higher up. ☐

Practitioners' point of view after the workshop

By Jean COMPAORE

Traduction: Leland Tracy

The Association de Tai-chi chuan et Arts énergétiques du Burkina Faso (ATCAE/BF) in association with the Amicale européen de Yangjia Michuan Taichi Chuan has organized a 10 day advanced level workshop for its members. On Sunday morning, December 28th 2014 we attended one of the training sessions taught by Hervé Marest, and gathered some comments from those who participated.



Hervé Marest, instructor:

“This was a good workshop, the participants have a good level of Tai-chi. The level of the practitioners here in Burkina Faso is definitely on the rise. The work we did revising, improving and developing our skills went very well.”



Youssouf Ouattara, president of the ATCAE/BF:

“The workshop went very well, we were able to work on improving and developing everything on the program. The beginner’s workshop also went very well. All of this contributes to the objectives of the ATCAE/BF, that our practitioners improve personally and raise the level of their practice, and that we train members capable of teaching other people.”



Diana Katakou, practitioner since 2007:

“The workshop went very well. There were many participants, beginner, advanced and intermediate students. There were even students from Ouahigouya and Fada. Compared to last year, we really worked more on improving and developing existing skills.”



Moctar Ouédraogo:

“The workshop went very well. This year we focused mainly on the applications of the movements, first we have to learn the movements and then how to apply them. For example we learned how to apply techniques using traditional weapons such as the Sword or the Fan, and this enriches the practice of our discipline. Once we get back home we will share what we have learned here with those practitioners who could not make the trip to Ouagadougou for the workshop.

**Interviews
by F.S.**

It is about...

By Marie-Christine Moutault

Traduction: Sylvain Maillot



*La Haute Jeannière –
Centre Xian
(www.centre-xian.fr/)*

clesdasie@orange.fr

*The library's website is
<http://www.clesdasie.fr>
but it will only be fully
working in September.*



IT IS about someone's project, which soon became a group project. Friends gathering to learn sustainable building, eat Claudine's lovely food, benefit from whatever the others had to bring.

It is about a place which only truly found its soul when it became this library: “Clés d’Asie”^[1], inaugurated this year on March 8th.

It is about a dream: the dream that this place be a place for pausing, a place for oneself, for interiorization, an “in-between” place, a place for listening... Listening to oneself or to nature: the honeybees and the bumblebees that revel in flying from the walls to the trees; the singing of birds—lovesongs or shouts of protest if you get too close to their nests and their children; the braying of the donkeys asking for food or for company; the deers and the foxes leaping about in the distance and hardly watching us, being used not to be disturbed; the sun playing with the branches of the trees; the inhabited silence of this whole life...

And in the centre, there is the “Clés d’Asie” library: 5 years of participative building with as much as 40 people involved; a place where you can get lost and revive among the stove, the books, the paintbrushes, the tea...

[1] In English: Keys of Asia.



This place wishes to be a home for anyone who fancies taking a stroll through the country or through the books (900 to date, mostly about Asia)... Do not hesitate, if you feel like it, now or later, for a day or a few days... come and take a rest... we'll be glad to welcome you in this ever more beautiful Angevin land.

[As an aside, let me tell you a few words about the inauguration ceremony. This was a magical day: on March 8th, in a summer-like weather, we had an exhibition with several kinds of calligraphy—Chinese (Sic Wah Yip), Japanese (Keiji Horibei), Latin (Chantal Forgeau), Hebraic (Sandrine Roth), Arabic (Mohammed Idali)— as well as paintings by Chantal Redcent-Guyon. We also had talks by Annick de Souzenelle and Elisabeth Rochat de la Vallée. The buffet and the Loire sparkling wine did the rest...]



A.R.A.M.I.S

Association de Recherche en Arts Martiaux Internes
en Sarthe

aramis72.taichi.free.fr

July 24, 25, 26 2015

Rencontres Jasnières

*A.R.A.M.I.S.
is happy to present you
the 28th edition of the Jasnières meeting.*



Site: The meeting will take place next to a wonderful stretch of water in the middle of the vineyards of “Jasnières” and “Coteaux du Loir”, about 40 km. south of Le Mans, close to the famous castles of the Loire Valley.

Address of the camp site: Camping Lac des Varennes, Saint-Lézin, route de Port-Gauthier, 72340 Marçon. Tel.: 33(0)2 43 44 13 72, email : lacdesvarennes@camp-in-ouest.com, Web site: <http://www.lacdesvarennes.com>.

Hotel information: tel. Association de la vallée du Loir: 33(0)2 43 38 16 60

Tai chi: Advanced level training at Bangr-weogo

Translated by Leland Tracy

Tuesday December 30, 2014

They had all taken part in a workshop addressing a wide range of techniques in the Chinese martial art of Tai chi Chuan. These Members of the *Association de Tai-chi chuan et Arts énergétiques du Burkina Faso (ATCAE/BF)* have returned for an additional workshop to help them perfect the techniques they have acquired. Last Sunday December 28, 2014, we were there for a session at Ouagadougou.

MEMBERS of the *Association de Tai-chi Chuan et Arts énergétiques du Burkina Faso (ATCAE/BF)* from Ouagadougou, Ouahigouya and Fada converged on Bangr-weogo, this green park in the heart of Ouagadougou, for an advanced level training session with Master Hervé Marest. Mr. Marest came from France for the occasion, to help them improve the skills and techniques acquired during previous workshops, and in particular the one dedicated to traditional weapon techniques (fan, staff and sword) which took place here in 2013.

Diana Katakou, who has practiced Tai chi since 2007 explains, “This workshop was dedicated to further developing certain skills and techniques acquired last year, going into greater detail for each movement, with particular emphasis on breathing, and the relationship between the movements, respiration and intention”. Moctar Ouédraogo is the director of the Tai chi club in Ouahigouya. He summarizes his participation in the event. “Every year we come to attend a workshop. This time the objective was to further develop our understanding of the techniques, when we return to Ouahigouya, we will try to pass on what we have learned to the other members of our association”.

A shared sense of satisfaction

Everyone seemed to agree that the workshop was a great success. “This was a good workshop, the participants have a good level of Tai-chi. The level of the practitioners here in Burkina Faso is definitely on the rise.” Mr. Marest affirmed. “The workshop went very well, we were able to work on improving and developing everything on the program. The beginner’s workshop

also went very well”, added Youssouf Ouattara the president of the l’ATCAE/BF. Diana Katakou had the same positive opinion, “The workshop went very well.” she agreed.

According to Mr Ouattara, the immediate satisfaction of mastering new techniques, gives way to another challenge, spreading the practice of Tai chi, which provides so many health benefits to those who practice, to as many other people as possible. According to the participants of this workshop, Tai chi also provides advantages to one’s professional life. Diana Katakou insists on this point, “Tai chi brings with it many benefits, particularly with regard to health. I have personally noticed that Tai chi brings me calm, and reinforces my mental and physical balance. I realize that I have become denser. Dense in the sense of being present. When we try to do something without being truly present, it is difficult to be very effective. In any profession, we must be fully present to truly experience what we are doing, and in this way we can be more productive. I have really felt this in my professional life teaching physical education.

Grégoire B. Bazié – Lefaso



the spiritual and health benefits it brings. I couldn't help but notice the deep sincerity and motivation in their practice. Some of them came from out of town or travelled tens of kilometers on scooters over red dusty roads to attend.

There are several Yangjia Michuan classes offered in Ouagadougou and in a couple of smaller cities –Fada and Ouahigouya. The number of students and teachers is on the rise and our Taichi style is growing. The teachers in Ouagadougou meet every Sunday morning. It is the beginning of a teacher's college that should only grow larger.

The president of the L'ATCAE/BF is Youssouf Ouattara, the secretary is Issiaka Ouedraogo and the treasurer is Diana Karaoke. Adam Traore, who welcomed me into his home for meals and drove me around, is the technical director. During our meetings I could see their competence and organizational skills at work. The cohesion of this group, along with the other teachers and students, and their passion for this discipline is very promising. We can expect to see some of them here in France soon. They are eager to participate in our Amicale.

They were disappointed that there were no other Europeans at the December workshop. It is true that the political situation was a little

scary and the fact that the workshop took place during the Christmas holidays might have been an obstacle for some. But the crisis in Burkina Faso was short lived and I can assure you that I always felt safe and never noticed any anti-French sentiments.

The next workshop will take place from January 3rd to the 13th (with a day off January 8th) after the holidays and at a time when the temperature is relatively low (25 to 30°C / 77 to 86° F). I stayed at the Hôtel de la Liberté, which is a good deal for the price (27 €/night for a room with a double bed, shower, WC, TV and Wi-Fi). You can have a good meal for 5 €.

If you are interested in a little adventure, don't hesitate, this country gives off a tremendous energy and the people are kind and amiable.

I hope to see you there!



Workshop in Burkina Faso 2016

- ☒ **Wen:** January 3rd - 13th, 2016 (with one day off January 8th)
from 7am to 10:30am and 6pm to 8:30pm
- ☒ **Where:** Ouagadougou (possibly one day off-site, TBA).
- ☒ **What:**
 - Basic solo practice of technical applications,
 - Review of 3rd Duan,
 - Review of Old Sword form,
 - Presentation of New Sword form (time allowing),
 - Pedagogical exchanges between teachers,
 - Evening practice of the form for beginners and tui shou for all
- ☒ **For more information:** Hervé Marest, 06 51 38 20 27, herve.marest@free.fr



25th Meeting

Of the Amicale of Yangjia Michuan Taiji Quan

Organized in Sévrier by CGA Tai Chi Chuan

from the 7th to the 11th of November 2015

The Cran-Gevrier Animation team will welcome you a few miles away from Annecy at the "Balcons du Lac". You will enjoy the stunning views of the lake, exceptional surroundings thanks to our mountains, and the Savoyard atmosphere of the place.



This year the meeting will be extended by one night. The reception is on Saturday, November 7 from 3pm . We will share 3 full days of workshops and discoveries and then finish our journey together on Wednesday, November 11 in the morning... but with a beautiful and festive evening before the day !

folder and online registration
<http://www.cran-gevrier-animation.org>

Les Balcons du Lac
1487 Route de Cessenaz
74320 SEVRIER
www.village-vacances.com

- By train : Annecy Train Station (8 km).
Some shuttles will be set for you from there.
- By plane : Lyon St-Exupéry (130km), Genève-Cointrin (45km).

Payment

- **By credit card** on the CGA website

After a quick checking of your online registration form, you will receive within two days a secured weblink of the Banque Populaire 3D Secure for a payment by CB .

- **Payment by bank transfer to the following account:**

Owner : Ass Cran Gevrier animation Tai Chi Chuan
Adress : BPA Cran Gevrier
IBAN : FR76 1680 7000 1432 4602 5621 891
SWIFT/BIC : CCBPFRPPGRE

Non-members must have their Amicale's membership fee paid (subscription to be paid to the Amicale's Treasurer). Payment in 2 or 3 times allowed : please send all checks with the required cashing month written on the back of each check.

Before and during the Meeting, all inquiries should be made to :

Emeline REGENT : 06 88 29 11 92
Maryline BOZON : 06 67 15 78 19

rencontres.annecy2015@gmail.com



REGISTRATION FORM

25th Meeting of Amicale

(starting from June the 1st and before September the 30th)

Paper forms are nice... But the Internet makes our tasks such easier !

<http://www.cran-gevrier-animation.org>

First Name Last Name.....
 Address.....
 Zip Code..... City.....
 Country.....
 Email Address (required)
 Phone Birthday/...../.....
 Association 's name.....
 Vegetarian : Yes No

Options

- « Full » (double room) : **275€**
I wish to share my room with
- « Full » (single room) : **319€** (According to availability)
- « Light » : **175€**

Optional extra :

Booking required with the registration. According to availability
 Annecy guided tour : **5€**

Payment

- Transfer
- Credit Card

Total journey€

«**Full**»: From Saturday evening diner at 7pm. to Wednesday 11th 's breakfast. (4 nights)
 Accommodation in double room with bathroom, television and hair - dryer in Each room. Towels are provided.
 «**Light**»: From Sunday breakfast at 8am 'till our festive dinner on Tuesday 10th November included.
 Access to activities from waking in the morning (before breakfast). Without accommodation.

Observations :

.....

	Arrival	Départure
Date :		
Time :		

Image reproduction rights : due to numerous lawsuits with that matter, your signature on this form implies you won't claim any image right.

Pictures and films : if you take pictures or make films during the "Rencontres", you agree to leave a copy of all images to the "Amicale" for archive purposes.

Cancellation : the here above terms are read and agreed.

A confirmation of your registration will be e-mailed.

At: On: Signature:

Ouagadougou 2014

By Hervé Marest

Translated by Leland Tracy

It was a great pleasure for me to go to Ouagadougou to help in the training of Yangjia Michuan teachers in Burkina Faso, after Henri Mouton and Claude Jeanmougin's trip in December.

As part of its effort to contribute to the development of Yangjia Michuan Taiji Chuan, the Amicale covered most of my expenses, while the Association de Tai-chi Chuan et Arts énergétiques du Burkina Faso (ATCAE/BF) paid for my lodging.

And I was handsomely rewarded by the motivation of the participants and the opportunity to discover a part of Africa. I only saw a little corner of the continent, but I was so impressed that I continue to think about it to this day.

We had two sessions a day for ten days; in the morning from 7 to 10:30 we practiced in a clearing in the Bangr Weogo forest on the outskirts of Ouagadougou (the very same place Henri and Claudy described in previous Bulletin articles). This session was reserved for teachers.

In the evening we practiced from 6 to 8:30 on a Sonabel (Burkina's Electric Company) sports complex. This session was for the teachers, the students, and the mosquitos.

All together, about ten teachers and twenty students participated. The workshop concentrated on a review of the 2nd Duan and included practice of the applications and basic postures. We also worked on the Old Sword form, the 15 Tuishou exercises, and a little pedagogy. The students worked on the Shi San Shi and the 1st Duan. They also did some work with a partner and some push hands.

All practitioners salute each other by bowing, fist in hand, even when they see each other in the street. There aren't yet many women in the group, but that is changing. All of the teachers are called 'Master', and most of them have studied other martial arts: Karate, Judo, Tae Kwon Do, Aikido, Viet Vo Dao, Kung Fu, etc. But that doesn't mean that they are only interested in the martial aspect of Taichi Chuan, they also recognize the importance of



Visit to the crocodiles of Bazoulé.

IV. – Recreation

Between training sessions, Master Marest spent his time at the hotel or on relaxing visits outside Ouaga.

Accompanied by his driver Adama at the wheel of his Toyota, master Marest Discovered the daily lives of the people of Ouagadougou, visiting such famous sights as the Memorial to the Martyrs. The workshop took place during the holiday season invitation to celebrate in the homes of Christian families were numerous. The treasurer of our association, Mme Karaoke, offered up an unforgettable meal, as is her custom at every workshop. The master tasted and enjoyed this special combination of traditional African dishes for which only Mos. Katakou knows the secret.

Outside of the city, Master Marest visited the crocodiles of Bazoulé. In this village, these otherwise dangerous animals allow themselves to be touched. We will remember how the Master straddled a crocodile, not far from the swamp.

V. – Interview with the Press

On Thursday December 29th, an online journalist from leFaso.net came to cover the event, taking pictures and conducting interviews. The online press has the advantage of preserving information and keeping it available for years to come. An interview with Sifu Jeanmougin is still available on the web. The article will appear during the first week of January 2015 at <http://www.lefaso.net>.

VI. – Conclusion

The workshop was attended by all of the registered members. A requisition did not enable everyone (particularly those in the private sector) to make themselves available to take advantage of the entire workshop. However the participants were quite satisfied at the end of the workshop. Emotions were high as the participants received their diplomas. We salute the presence

and availability of Master Marest who dedicated himself entirely to us.

The success of this workshop is due to the participation of a number of people to whom we are deeply indebted. We would like to specifically thank,

The Yangjia Michuan Amicale, for its constant support and determination to provide us with a complete and solid training program,

All of those skilled and experienced teachers dedicated to promoting their Art who have previously come to Burkina.

Dr Désiré Amoussou, for his constant support from France without which we could not even hope for this opportunity.

We would also like to thank all of those people who have contributed to the success of this project.

General Secretary
Issiaka OUEDRAOGO

President
Youssouf OUATTARA

*Debriefing with the teachers
in the Hotel de la Liberté.*



Let us discover of a new world

By Paul Roelandt,
association Taiji quan Bastogne "La Cigogne Noire" - Belgique

Translated by Simonette Verbrugge



particularity of this initiative is that the passengers of these bikes are blind.

About thirty blind people participate in each outing. During one of them, early 2014, I met Jean Luc Penning. He is an agricultural engineer who has traveled extensively. He became blind in 1995 when he was caught in a crossfire during a mission in Africa. He lost his sight, smell and hearing in part.

A great sportsman before his accident, he was practicing, among others, biking, tennis, sailing and riding. Finding himself blind at the age of 35 was very hard to accept, to overcome. Jean Luc has therefore sought to start again experimenting other ways of living and of apprehending sports. An experience in Aïkido during his university studies introduced him to martial arts and Western philosophies.

During his new training into a professional coach, he met Yves Richez who proved to be a great practitioner of Kung Fu. He awakened an old desire and advised Jean Luc to practice taiji to regain his balance.

Here is how a common challenge was taken up. A teacher and a private student face to face to share a knowledge.

FOR several years I have been participating in monthly outings by bike tandem for the CyclonA Association. You will think: nothing extraordinary! But the

For Jean Luc it was a challenge in the movement. As a blind person does not position himself in space as a sighted person does.

The first challenge to overcome was to accept the proximity of a person, by touch, by presence in a simple "hand to hand" to explain the gesture. This way each movement could be analysed and, above all, felt.

The second challenge was the change of direction and in the beginning this would be done "foot against foot", with added vocal instructions.

The biggest difficulty experienced by Jean Luc was balance in displacements. Without visual cues, he sometimes found it difficult to integrate into the movement. Although, as a blind person, he still has the reflex to bring his look far ahead.



With patience, starting over and over again, repetition, constant corrections of the teacher who helps in some movements and directs by the sound of his voice and the identification of this sound in space, Jean Luc can now practice a Shi San Shi in total autonomy.

It is worth noting that his blindness offers him innate abilities like an excellent position in space, a natural slowness (because he is careful in his displacements) and an automatic retroversion of the pelvis in his movements.

The most wonderful in this experiment is the smile of Jean Luc at the time of closing the 13 postures. He is happy to have been able to defy the darkness and to have produced a more than satisfactory result for a beginner. On the other hand, he says that he found, in Taiji quan and sharing with his teacher, a certain balance, physical and psychological, that he had not found in meditation.

This initiative of integration in an art of relaxation was brought to the attention of the Braille Ligue of Belgium to encourage other initiatives in this direction and so prove that it is possible to transmit an ancestral art to people with special needs who, like us, hope for a better quality of their everyday life.

Let me end my presentation by bringing to your attention that our Club, "The Black Stork" has been welcoming for eight months a young lady suffering from trisomy.

Her progression in the discovery of the first duan is amazing. And our greatest gift is to see Edith radiating joy in our little group on Thursday evening.

Thank you for having listened to me. 📷



III. – The Workshop

This year four students were admitted into the advanced group. In all there were eleven participants in the advanced group.

The tradition format of Yangjia was respected, with the session always beginning with a codified warm-up. Master Marest did not have us practice balancing on one foot, but we always began by walking in place with arms swinging. He added his personal touch to these exercises which, he reassured us, still respected the basic principles. Each movement was done slowly, as if we had all the time in the world, the most important thing being the fullness of the movement. Of course this meant a surprisingly slow rhythm, which we were not unrespecting.

The second part of the class was dedicated to the three Duans which the Master went over for us. We focused more specifically on the technical applications of the second Duan even referring to other martial arts to provide some perspective and to stimulate our research and to demonstrate that nothing was written in stone. He encouraged us to explore the various interpretations of the movements and to avoid associating a movement with one specific technical application.

Throughout the second duan we reviewed and corrected various postures. Master Marest often used images (not always familiar to us Burkinabe) to illustrate abstract concepts. Here are some examples of expressions used to illustrate specific postures or movements.

- The samurai horseman’s stance
- The skier holding his poles under his arms.
- Moving like an octopus
- The ice breaker
- The Emperor, the General and the Army (emperor observes demonstrating the importance of vision, the General embodied by the pelvis which governs the movement, and the army as the arms and the legs who execute the movement).

In the evening we practiced tui shou, going over the 15 basic exercises and focusing particularly on the posture and pair work.

We were given clarification of some subtle details of the postures; the complex idea of “folding” was demonstrated through a number of exercises. Holding (zhong mai) the meridian beneath the dantien vertical when folding or during the low postures help us better understand this idea.

The teaching method used involved doing the movement once, with or without the teacher, followed by practice and corrections. This meant that each of us received individual instruction, which was reassuring for those of us who heard him say “Good” “Good, good, good.”

Other playful exercises were often presented, the drunken man, the three way push hands, and circular movements helped create a more relaxed atmosphere.

At the Bangr Weogo Park.



I. – Reception

The Master was to arrive at 11:50 pm on Friday December 19th. A delegation of four people went to the Ouagadougou international airport to welcome him. As soon as his plane landed he was able to phone us. It took another 3 ½ hours for Master Marest to exit the airport. The wait was long and tense because we had only ever seen a picture of Marest. He made his way to us quite naturally and then went to pick up his luggage, which he was unable to locate. Those passengers whose bags were missing were supposed to sign a register, however that line was long as well and didn't seem to be moving. So we had to find a solution. We decided to return the next morning for the baggage. And so it was a Master without baggage who we welcomed there, nevertheless serene and relaxed. Vigorous handshakes and warm accolade relieved the tension of our long wait, as did the lower temperature of December. It was 2:30 in the morning when we made our way to the hotel. The president had asked that our board members meet on Saturday evening to discuss the organisation of the workshop. The luggage arrived at their destination that evening.

II. – Meeting

Our meeting on Saturday evening at the Hôtel Liberté where the Master was staying was a way of “offering water to a stranger” as we say. Both a first contact between Hervé Marest and our board members and a meeting whose main purpose was to go over the workshop program during which we discussed the schedule the levels and number of participants and the location of the training sessions.



Martyres' Monument.

In general, the organisation of these sessions was about the same as in previous years, with the content of the workshop as follows:

1. Evaluation of the overall level through the basic exercises, the form and tui shou
2. Proposed correction of the dynamic of the form
3. Application of the 2nd Duan
4. Review of the Old Sword Form and of the Fan Form
5. The relationship between movement and energy and the use of certain meridians.
6. Theory and pedagogical methodology

The morning classes were for the advanced students, taking place everyday from 6:30 to 9:30 in the Bangr Weogo Park.

The evening classes began at 6:30 and finished at 9:30 at SONABEL and were open to all participants registered in the workshop.

The ATCHA Association at 30 Years

By Henri Mouthon

Translated by Cynthia Hay

WHEN Françoise told me that the 30th anniversary of ATCHA (Association of Tai Chi Chuan at Annecy) would be an opportunity to write an article for the Bulletin, I quickly assessed who might speak of ATCHA and realized that I should do it.

It seems to me in terms of the number of students, the Association where they practice can be summarized as where they show their back while doing “Hu Shi.” Apart from the most experienced, few practitioners know the history of the Association or even are interested in it. Tai chi is of the moment and moreover, in that moment it is necessary to think of many things at the same time. To be candid, what matters to me, the only thing that interests me about the origin when I created ATCHA, is that it was specifically to do “Hu Shi” and not for the organizational framework. I did not even know about the law of 1901, and I was convinced that it would operate without external help — Tai Chi being such an inspired instrument of knowledge and communication... What I required was very swiftly finding a student as enthusiastic as possible, ready to guzzle down all that I had learned and which was beginning to overflow. Thereupon at the least I would have a local *alter ego* with whom I would take turns, who would question my expertise in a lively way and press me to integrate it more effectively. And I had a great deal of luck, because I met many people and continue to do so.

From the beginning, the local karate group, with whom I had communicated, was without a teacher, and the more advanced students returned to me to do Tai Chi. Well educated and disciplined... it was a dream. Moreover, a fellow tenant with whom I practiced my other profession and with whom I pushed until late in the evening, also plays the game well.

If my teaching at that time was far from being convincing, the first meeting of Laoshi at Annecy in 1986 decidedly recruited these first students to the cause of Tai chi. The expertise of the Taiwan veterans who helped with Laoshi in the demonstrations, and the Strasbourg people who came as a group to this workshop — all this gave the illusion of a group that already had a structure. At that time all that was needed was that passionate individuals practicing an art should chatter about it in France.

From that time until now, the history of the ATCHA Association has above all been the work of volunteers who have made it possible to structure the group and organize matters. As an old student said recently, in the past 30 years, we have passed from the grass roots to the state.

- However, I had a second occupation, and it was that which made it possible for me to live in the early stages. It seems to me that continues to be essential today at a time when disciplines of well-being and prevention cover the landscape.

- Subsequently I had presidents who were motivated and committed practitioners (who by the way I would thank here for everything). It is very important that there is a committed president when for example it is a matter of fighting to maintain practice areas that are envied by young competitors in all sporting disciplines in which medals are awarded.

I full discussion with Jacques Lombard.



• As well I have made it a priority to provide students with motivation by creating, as much as possible an environment which is favorable to an enriching practice:

A choice of various courses each week;

From the second year of practice, the possibility of assisting with all the courses through a system of lump sum pricing;

Affordable course prices;

Weekend workshops;

Regular specialized workshops at established times;

Addresses once or twice a year by an external teacher at a high level and of general interest, etc.

The organization of the three meetings of the Amicale (1992, 1998 and 2005) and of three courses by Master Wang at Annecy, a course in the United States and two courses at Burkina Faso have made us an established part of the Yangjia family.

• Always considering the perspective of maintaining practitioners' motivation and observing that the interest in Taichi comes from another sector of the population (which is older and less skillful), I went to Asia in 1991 to learn a simplified form of Yang. But I had not then sufficiently absorbed the enormous body of Yangjia, and I quickly forgot this new form. With the tendency being reinforced, at last I learned the 24 movements of Peking and the Flute of the Eight Immortals (short stick), which I now enjoy teaching to groups of older people.

What has motivated my passage results from my permanent questioning of practice, from my questioning of certain ossified orthodoxies in teaching, and from my desire to be at least part of the 999 honorable practitioners of Taichi, if not one of the happy select few who have understood everything.

I have far more sources of satisfaction than of regrets. In the space of 30 years I have seen many people involved in ATCHA. Some have even gone to Taiwan to perfect their study of Yangjia; others have set up their own groups with varying results. Others have returned to the fold after diversions to qi gong and other novelties.

Let me continue with what I have done:

Educating many practitioners who continue to practice, some of whom have become friends;

Seeing worried faces at the beginning of a course display smiles with their joy in the activity;

Starting a relationship with one of my students (thereby disobeying my professor), and marrying her;

Acquiring the confidence necessary to teach outside the conventions, without distorting their authority and



Workshop WYN in Annecy.

finding therein my own motivation in order to arrive at a course, a smile on my lips with the hunger of the discipline;

Having given a major boost to the transmission, particularly that of the Kunlun sword and of the start-up of the Yangjia discipline in western Africa.

My principal regret is that I did not know how to interest a sufficient number of students in Tu Shou and the lack of partners for pushing who would have helped me to make progress.

If I now have a certain authority as a result of having taught for all this time, I should like to make a suggestion with a view to aiding my organization and others to carry on. In order to teach in good conditions and to benefit from the advantages offered by the community system (free use of city rooms among others) then we should provide good preparation for students who hope to pass the diploma, by organizing particular workshops in preparation for the diploma, where teaching will be done by professors who have taken part in exam boards or who wish to contribute their help. Here is what could support the College because it is over and above its basic function that is to ensure transmission over time. It is idiotic to fail the Taichi diploma due to an inadequate preparation, when there is the opportunity to benefit from a priceless inheritance such as ours.

I note that the expression of eight potentials (ah! our dear doors) on the Peng/lu/an/ji and not the Peng/lu/ji/an and other details of the diploma that do not form part of our traditional teaching. After having given not a little and received much from the Taichi of Wang Laoshi, I would like to continue to propagate it and to help with propagation. My dream would be that the largest possible number of people experience the pleasure of sharing this language and that they have the opportunity, no matter where, in a park lost at the far end of the common or in the basement at home, to share it with a stranger or with a very dear friend. However, I think that this is a very good start!

Annecy April 2015

USEFUL ADDRESSES

COLLÈGE EUROPÉEN DES ENSEIGNANTS DU YANGJIA MICHUAN TAIJI QUAN

Frédéric Plewniak
7, rue des Cigognes - 67120 Molsheim - France
Tél. : [33] 3 88 38 41 27 - Email : secretaire.ceeymt@free .fr

TAIWAN YANGJIA MICHUAN TAIJIQUAN ASSOCIATION

e-mail: jasonhan98@gmail.com
Tél. : 886-2-932-081-564
Président: Jason Han
TYMTA c/o Jason Han: Fl.,14, No. 3, Lane 36,
Wang Ning St., Wen Shan Dist., Taipei, Taiwan, R.O.C.

WORLDWIDE DIRECTORY OF YANGJIA MICHUAN TAIJI QUAN ORGANIZATIONS BRAZIL

Thomas H. H. Cheng, Av. Aclimação, 68,
Cj. 82 CEP: 01531-000, Aclimação, São Paulo - S.P. Brasil
Tél. : (0-11)32078565 - Fax : (0-11)32096539
email : tch@brastone.com

AMERICAN YANGJIA MICHUAN TAIJIQUAN ASSOCIATION

Chris Nelson, President
Mail to: downtowntaichistudio@gmail.com
Web site: aymta.org/wordpress/

AYMTA JOURNAL

PO Box 173, Grand Haven, MI 49417, USA

WORLD YANGJIA MICHUAN TAIJI QUAN FEDERATION (CANADA)

RR#1 Moser's River, Nova Scotia, BOJ
2KO, Canada - Tél./Fax : (902) 347 2250

ESTONIE

Tarfu : Urmas Lest, Mobile: 372-56-68-93-77
Renata Soukand, email : renata@ut.ee

YANGJIA MICHUAN TAIJIQUAN CLUB OF SOUTH AFRICA

48, Kidbrooke Place, P.O. Box 801
7200 Hermanus, Republic of South Africa

ALLEMAGNE

Petra Schmalenbach-Maerker
Von-Kahr-Str. 82, 80999 Muenchen, Germany
Tél. : (49 89)8103-9682 - Fax : (49 89)8103-9684
email : petra_schmalenbach@hotmail.com

THE RUSSIAN ASSOCIATION OF YANGJIA MICHUAN TAIJI QUAN

86 Vavilova St., Apt. 40, Moscow 117261, Russia
Contact : Albert Efimov, albert@efimoff.net
Tél. : (7) 095 938 5124 - Fax : (7) 095 938 5000

YANGJIA MICHUAN TAIJI QUAN INT'L, & YANGJIA MICHUAN TAIJI QUAN TEACHER'S ASSOCIATION INT'L, TAIWAN

32-2F Fuguo Road
Shih-lin, Taipei, 111 Taiwan, ROC
Tél. : 886-2-2837-1779 - Fax : 886-2-2837-2258
Email : ymtitaipei@yahoo.com

THE TAI CHI CENTRE

19 Kensington Mansions, Trebovir Road,
London SW5 9TF - England - UK
Tél. : (44) 020 7373 2207
Email : peterclifford@thetaichicentre.com

TOKYO TAI KYOKKEN AOI KAI

Koengi Kita 2 33 5, Suginamiku, Tokyo - Japan
Tél. : (81) 3 3339 6875

TAI KYOKKEN SHINKI KAI

2-1-6 Shironouchi St. Nada-ku
Kobe City, Hyogo Prefecture - Japan
Tél. : (81) 78 861 8973

YANGJIA MICHUAN ORGANIZATION JAPAN

<http://www.geocities.jp/izk341/youkahidenhome.htm>
Adresse mail : amrita48@nifty.com
tonkou@bab.co.jp

YANGJIA MICHUAN TAIJI QUAN

FEIZHOU XIEHUI (AFRIQUE)

Denis Banhoru, 19 BP19 Abidjan 19 - Côte d'Ivoire

FÉDÉRATION DES ARTS ÉNERGÉTIQUES ET MARTIAUX CHINOIS

27, rue Claude Decaen - 75012 Paris
Tél. : 01.40.26.95.50

WORLD TAI CHI CHUAN FEDERATION

Contact : Ms lin Hsiao-Wei, E-mail : tccass@ms35.hinet.net
Ou Noëlle Kasai, E-mail : noelleka.fedetaichi@yahoo.fr

MEXICO

Stephen Merrill
A.P. 77, Todos Santos, BCS, 23305 Mexico
Message Ph : 52-114-50109
email : aleana97@yahoo.com

ITALIE

DOMAINE YEN-NIEN
La Maison des Cimes - Loc. Fromorsora
18037 Castel Vittorio (IM) - Italia
Tél. : (39) 0184 241211

BURKINA FASO

ATCAE-BF (Association de Taichi Chuan
et Arts Energétiques / Burkina Faso)
09 BP 1149 Ouagadougou 09 - Burkina Faso
Mail : y_ouattara@yahoo.fr

楊家秘傳太極拳聯會

