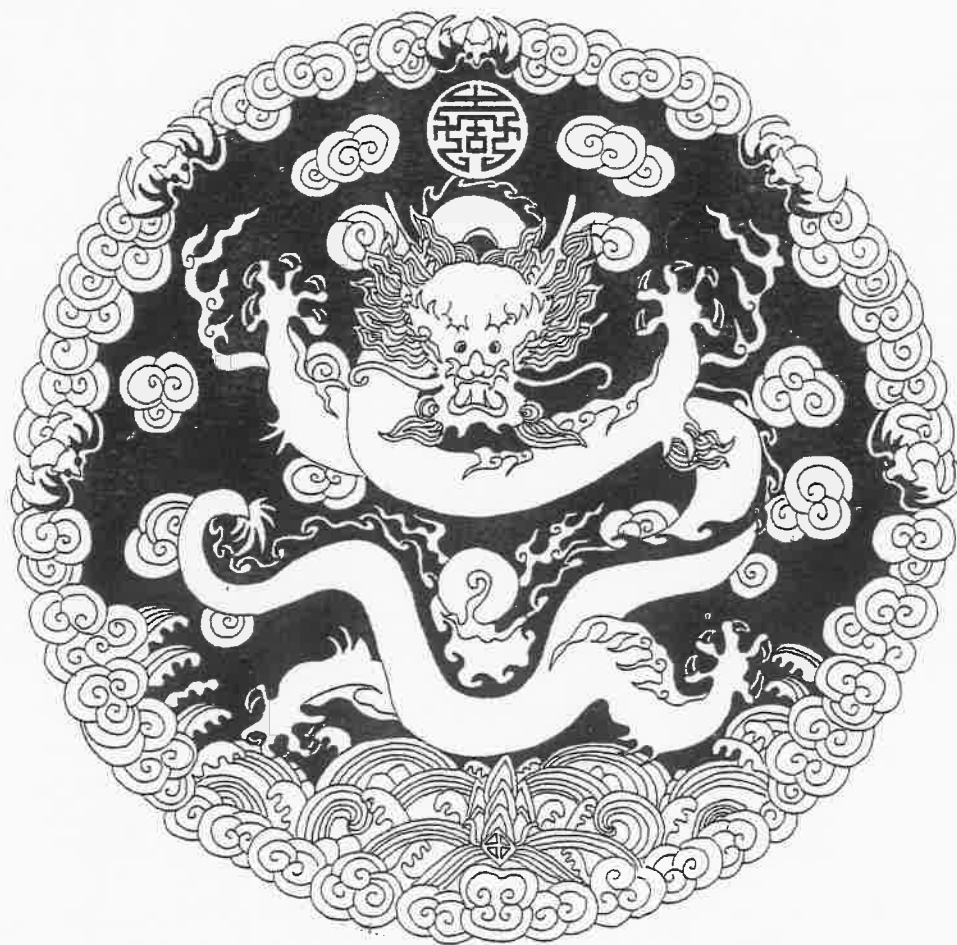


# A Y M T A

## J O U R N A L



## Editor's Desk

We are late with our Fall issue because we wanted to wait until our incorporation became official, and we could use our new name, AYMTA. With this change comes new Articles of Incorporation and Bylaws which we have included in this issue.

This is my last issue as editor. After four years I felt it was time for someone else to take over and infuse the Journal with new vitality. I have learned a great deal in doing this, but could not have accomplished it without the hard work of many others. I would like to thank Theresa Thomas for her endless hours at the computer; Royal Linden for his patience in working out computer glitches; Simonette Verbrugge for her many translations from French into English; and to those who gave of their time and energy by writing and submitting articles. Thank you all for your support!

## Message From The President

We have leaped forward and received our official incorporation from the California Secretary of State as well as tax-exempt status from the State Franchise Tax Board. Now we await tax exemption from the IRS, and the process will then be complete. It has taken some time for us to accomplish these goals, but finally we have been successful.

As you all know I decided to not seek reelection on the Board of Directors nor will I continue as President. Whatever accomplishments that were made during my tenure would not have been possible with the untiring efforts of all the directors and officers. I will always be grateful to them for their time, energy and support.

I also want to thank a special few (who while remaining nameless know who they are) not only for their support, but also for their friendship and understanding. I owe you a great deal.

In conclusion, I want to thank Wang Laoshi for his teaching, encouragement, kindness and humanity.

## AYMTA

### BOARD OF DIRECTORS

Royal Linden  
Sam Tomarchio  
Gloria Wong  
Wilma Wong  
Harry Wu

### PRESIDENT

Sam Tomarchio

### DIRECTORS ELECT

Thomas Campbell  
John Cole  
Charlotte Lee  
Robert Politzer  
Lizbeth Uptis

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Claudy Jeanmougin	(FRA)
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Akai Jong	(USA)
George Lin	(TAI)
Sabine Metzle	(FRA)
Joseph Morris	(USA)

The AYMTA Journal is dedicated to the promotion and practice of Yangjia Michuan Taijiquan and related neigong / meditation practices. Readers who choose to practice anything described in the AYMTA Journal do so at their own risk. Neither the officers, directors, advisors and authors, nor the editorial staff of the AYMTA Journal has any responsibility for any injury whatsoever arising from such attempt.

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### Cover Art:

Rising celestial dragon with a pearl representing condensed human-cosmic energy. From a Qing Dynasty embroidered silk robe.

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Sam Tomarchio

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Sam Tomarchio

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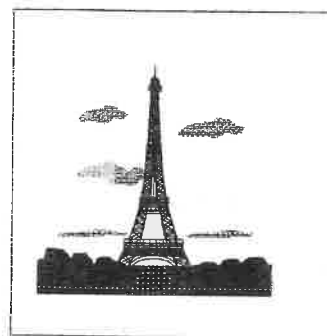
American Yangjia Michuan Taijiquan Association (AYMTA) is affiliated with the International Y.M.T. Organizations, but we are not in any way affiliated with any sovereign government or political entity whatsoever.

**Subscription inquiries and changes of address:** All members of AYM-TA receive the annual publication of the AYM-TA JOURNAL. For more information or address change notifications, please write: AYM-TA, 535 Whitecliff Drive, Vallejo, CA 94589.

# SUMMER 1999: WYN IN FRANCE



## Workshop Schedules



**W**ang Laoshi will be teaching workshops this summer in both Brittany and Angers. Here is the most recent information. Additional details will be mailed to you when available.

### BRITTANY

**July 10-14:** This workshop will be held at the Tibetan Buddhist Center in **Plouray**. Because of space restrictions the number of participants will be limited.

Topic: Sections 1 & 2, and Tuishou  
Host: Stephane CHARLES  
Tel: (33) 2-98-40-2608

### ANGERS

**July 19-22: ANJOU 1**

Topic: Tuishou as a Healing Art, not a Fighting Art  
Host: Marie-Christine MOUTAULT  
Tel/Fax: (33) 2-41-37-02-01

**July 26-29: ANJOU 2**

Topic: The Eight Sword Cuts of the Kunlun Sword Form  
Host: Claudy JEANMOUGIN  
Tel: (33) 2-41-43-68-88  
Fax: (33) 2-41-37-05-92

*There will also be a celebration of the 10th anniversary of Amicale and Teacher's College. Dates TBA.*

Start making plans to attend. It should be an exciting time.

# A MESSAGE FROM TAIWAN

Julia Fisher-Fairchild, George Lin  
Mark Linett and David Liaw



We, the AYMTA members living in Taiwan, send a special message of thanks to outgoing AYMTA President Sam Tomarchio, and all the other Board members: Vice-President Harry Wu, Royal Linden, Gloria Wong and Wilma Wong

After two terms as member of the Board of Directors, Sam, a thoughtful, conscientious and reliable teacher, will be stepping down to devote more time to his taijiquan students and acupuncture practice. Sam has been tireless in his devotion to the development of YMT and has been a generous and enthusiastic supporter of other YMT organizations' activities both in the USA and abroad.

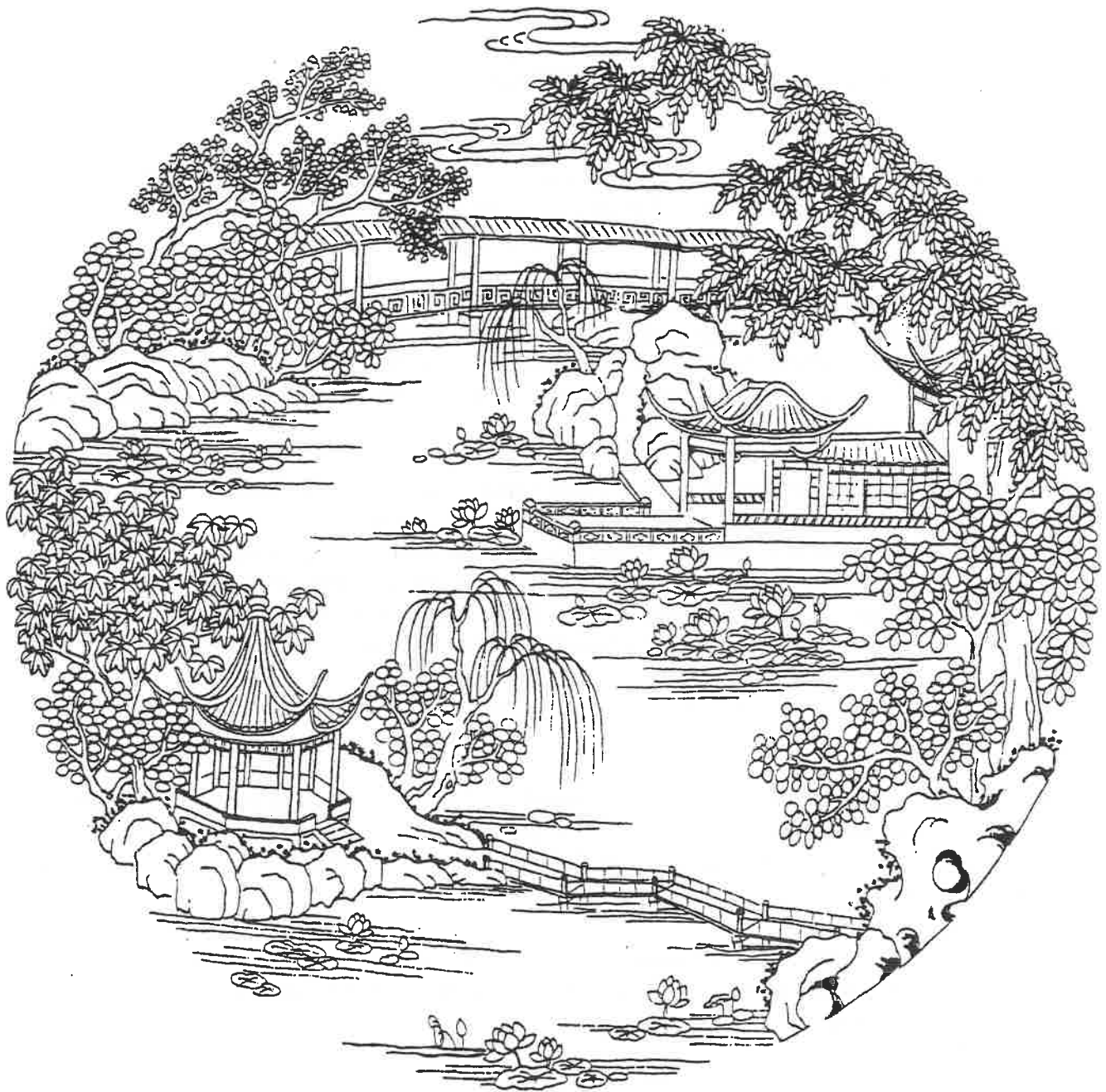
Sam first became a member of AWYMTA in 1992. Later voted a member of the Board of Directors, he took over as president in 1995 at a time when the Association was organizationally weak and without funds. During his five years of volunteer service as president, Sam helped turn the Association around: he and the other Board members will be leaving on January 1, 1999 with a bank balance in the black, an expanded Journal now published twice a year, a newsletter that keeps our members up to date on taijiquan events in the YMT world, a Third Duan video to its credit, increased membership, and official recognition of our Association as a public benefit nonprofit corporation.

Sam, in cooperation with other YMT teachers in California, has seen the association through several very successful workshops and other cosponsored events. This adds up to a general flow of information to students and teachers that helps us all become better at our art.

Just for fun, the *Yi Jing* was consulted for a general idea about what to say and how to thank Sam and the other current Board members for all their hard work. The oracle answered with hexagram #42 which states:

"In social organizations the hexagram *Increase* indicates a situation where the governing members are operating in order to dispense benefits to, and increase resources of, all the people. What descends from above reaches to all below. The satisfaction of the people in such circumstances is without limit."

And so with this we thank you, members of the Board of Directors, and in the same breath pledge our support to the newly elected Board.



## QUESTIONS & ANSWERS

---

**When pressurizing the dantian with qi, is the pressure constant? Or does it rise and fall with the breathing?**

**WYN:** In the practice of tuishou, the amount of qi that you have in the dantian is pressurized for a longer amount of time than, let us say, when you are practicing the form. When you are turning energy outward, on the exhale for example, you can't exhale so that the dantian becomes completely empty of qi. You must leave at least one third of the total amount of qi in the dantian after the exhale.

When you are practicing sitting meditation and circulating qi around the body, it looks as if you have completely contracted the dantian, but there is still some left over. There is still about one third left, because qi in the dantian needs to be there to meet new coming qi. If you contract completely and exhale to the end, then there is no qi in the dantian to meet the newly arriving qi. In tuishou, after an exhale, two thirds of the amount of qi is still left over in the dantian. Because new qi comes in quickly, and you have two thirds left, you immediately are up to full.

When practicing tuishou, oftentimes the first push doesn't work. You have to be ready for several consecutive pushes. If you end up with no qi after deflecting, then you have nothing to channel outward. You need to leave at least half the qi in the dantian --

leave a little extra. Don't exhale the qi completely from the dantian.

**In the form there seems to be two types of movements: one for push hands and the other for striking. How do we think about these movements as a practice?**

**WYN:** Real tuishou is not limited in what you can use. So of course, all the strikes can be used, including those like elbow and shoulder. But [usually] these movements would not be used in a regular class. If you were going to use them, then it is a question of your control over your own body, and [to remember] that your purpose is **not** to attack [your partner] or injure [them]. It has to do with your own gongfu or ability. Do you have control over your own movements? You have to be able to control yourself. Then you can use them.

Let's say for example, that I am moving in and press down with an elbow strike. My partner's hands must be in a protective position. You can still practice how to channel energy (Fajin) using these types of strikes, but you must make sure that your partner is not being injured. In general, the person you are using these [strikes] with would not know exactly what to do and would not have their hands ready [in a protective position]. Then you would certainly injure them.

In this case you can still practice channelling energy outward with these types of strikes with a partner, **but in a controlled situation.** Then you will not injure them and still can practice on how to channel energy outward.

**Is there a special relationship between the (palm of the) hand and the (sole of the ) foot?**

**WYN:** Of course they are related because the root is in the foot. Qi comes up from the foot past the leg, around the hip, up the back to the shoulder, out the arm and to the hand. It is one continuous route. If you don't believe me, notice that when your feet get cold, your hands will be cold also. If your feet get warm, the hands will get warm too. So their qi is one with a road or route that leads between the two.

Also, whichever is the full hand, the root is in the opposite foot. It is the idea of criss-crossing.





# MASTER WANG WINS AWARD

---

*We are pleased to announce that Wang Laoshi won the Sixth Global Chinese Culture and Arts Award for Chinese Martial Arts. The R.O.C. National Association of Yang Family Taijiquan hosted a banquet honoring Master Wang for his achievement on October 29. The R.O.C. National Tai Chi Chuan Association honored him by hosting a tea party in his honor at the National Sports Federation earlier this month. The award ceremony will be broadcast by Taipei TV stations on November 14. A video of the awards ceremony will be available early next year. Among the several articles published in the Taipei press regarding these awards, the following is a translation<sup>1</sup> of one which appeared in the Great News Daily on August 16, 1998*

<sup>1</sup> translated by  
Julia Fisher-Fairchild

## THE SIXTH GLOBAL CHINESE CULTURE AND ARTS AWARDS WINNERS ANNOUNCED

The ROC Jaycees Club, which aims to promote Chinese Culture and arts, recently announced winners of the Sixth Global Chinese Culture and Arts Award. Cosponsors of this prestigious award include: ROC National Government Executive Yuan, Department of Cultural Affairs, Information Office, Overseas Chinese Affairs Commission and the Taiwan Provincial Government Department of Cultural Affairs.

The awards were bestowed for ten different categories with a total of 16 persons capturing this special honor. Four of the winners come from mainland China. The award ceremony was held at the Sun Yet-Sen Memorial Hall on October 19.

The Global Chinese Culture and Arts Award, first held in 1993, was originally limited to ROC resident artists only. In 1996 ROC President Lee Teng-hui pointed out the need to expand eligibility to include ethnic Chinese from all over the world. ROC Jaycees Club President Zhuang Songrong, announced the number of applications and recommendations received from around the world totaled more than 300.

The selection process includes a first, second and final review of all applications. Those passing the three stages of review are sent to separate review boards established for each of the ten categories. The review boards then vote on two winners: one for Taiwan nationals and one for overseas Chinese. Four of the ten categories: Seal Carving, Folk Arts and Handicrafts, Folk Dance and Folk Theater announced only one winner each.

The Award winners include: Chinese Literature, Yang Gua (ROC), Shen Z.L. (Overseas); **Chinese Martial Arts, Wang Yen-nien (ROC)**, Xu Yanlin (Overseas); Chinese Calligraphy, Tian Yuqing (ROC), Xu Yunrei (Overseas); Chinese Painting, Liu Qiwei (ROC), Yao Kui (mainland China); Chinese Seal Carving, Jiao Yi (Overseas); Chinese Folk Art and Handicrafts, Shi Hongyi (ROC); Chinese Folk Dance, Hong-Lee Tsai-eh (ROC); Traditional Theater Arts, Wang Hai-ling (ROC), Zhu Rongshan (Overseas); Folk Music, Xu Mushan (ROC), Hu Zhihou (Overseas); Folk Theatre, Liao Huizhi (ROC).

**ARTICLES OF INCORPORATION  
OF  
AMERICAN YANGJIA MICHUAN TAIJIQUAN ASSOCIATION  
A CALIFORNIA PUBLIC BENEFIT CORPORATION**

ONE: The name of this corporation is American Yangjia Michuan Taijiquan Association.

TWO: This corporation is a nonprofit public benefit corporation and is not organized for the private gain of any person. It is organized under the Nonprofit Public Benefit Corporation Law for charitable purposes. The specific purposes for which this corporation is organized are to educate the general public, as well as perpetuate and promote Yangjia Michuan Taijiquan (YMT) (translated as Yang Family Hidden Tradition Taijiquan). The means of providing such education includes, but is not limited to, sponsoring YMT seminars and conducting workshops and demonstrations.

THREE: The name and address in the State of California of this corporation's initial agent for service of process is Sam Tomarchio, 535 Liberty Street #203, El Cerrito, CA 94530.

FOUR: (a) This corporation is organized and operated exclusively for Educational purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code.

(b) Notwithstanding any other provision of these Articles, the corporation shall not carry on any other activities not permitted to be carried on (1) by a corporation exempt from federal income tax under Section 501(c)(3) of the Internal Revenue Code or (2) by a corporation contributions to which are deductible under Section 170(c)(2) of the Internal Revenue Code.

(c) No substantial part of the activities of this corporation shall consist of carrying on propaganda, or otherwise attempting to influence legislation, and the corporation shall not participate or intervene in any political campaign (including the publishing or distribution of statements) on behalf of, or in opposition to, any candidate for public office.

FIVE: The names and addresses of the persons appointed to act as the initial Directors of this corporation are:

Name	Address
Royal Linden	327 NW 183 <sup>rd</sup> Street Shoreline, WA 98177
Sam Tomarchio	535 Liberty Street #203 El Cerrito, CA 94530

Gloria Wong

528 Grand Ave.  
So. Pasadena, CA 90130

Wilma Wong

2348 Wilson Ave.  
Venice, CA 90291

Harry Wu

1223 Huntington Drive #A  
So. Pasadena, CA 91030

SIX: The property of this corporation is irrevocably dedicated to charitable purposes and no part of the net income or assets of the organization shall ever inure to the benefit of any director, officer or member thereof or to the benefit of any private person.

Upon the dissolution or winding up of the corporation, its assets remaining after payment of, or provision for payment of, all debts and liabilities of this corporation, shall be distributed to a nonprofit fund, foundation, or corporation which is organized and operated exclusively for charitable purposes and which has established its tax-exempt status under Section 501(c)(3) of the Internal Revenue Code of 1986.

SEVEN: An existing unincorporated association is being incorporated by these Articles of Incorporation. The name of the existing unincorporated association is: American West Yangjia Michuan Taijiquan Association.

Date: 5/20/98

[Redacted Signature]

Royal Linden, Director

[Redacted Signature]

Sam Tomarchio, Director

[Redacted Signature]

Gloria Wong, Director

[Redacted Signature]

Wilma Wong, Director

[Redacted Signature]

Harry Wu, Director

We, the above-mentioned initial directors of this corporation, hereby declare that we are the persons who executed the foregoing Articles of Incorporation, which execution is our act and deed.

[Redacted Signature]

Royal Linden, Director

[Redacted Signature]

Sam Tomarchio, Director

[Redacted Signature]

Gloria Wong, Director

[Redacted Signature]

Wilma Wong, Director

[Redacted Signature]

Harry Wu, Director

The following have signed on behalf of this unincorporated association named above:

[Redacted Signature]

Sam Tomarchio  
President

[Redacted Signature]

Royal Linden  
Secretary

STATE OF CALIFORNIA,        )  
  )  
County of Contra Costa.        )

DECLARATION

Sam Tomarchio and Royal Linden, each for himself, declares under penalty of perjury as follows:

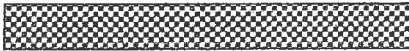
That Sam Tomarchio is the President and Royal Linden is the Secretary of the unincorporated association mentioned in the foregoing Articles of Incorporation; and

. That said association has duly authorized its incorporation in accordance with its rules and procedures and has authorized the undersigned, as said officers, to execute the Articles of Incorporation.

Subscribed this 15th day of May, 1998.



President



Secretary

**BYLAWS  
OF  
AMERICAN YANGJIA MICHUAN TAIJIQUAN ASSOCIATION  
A CALIFORNIA PUBLIC BENEFIT CORPORATION**

**ARTICLE 1  
OFFICES**

**SECTION 1. PRINCIPAL OFFICE**

The principal office of the corporation for the transaction of its business is located in Contra Costa County, California.

**SECTION 2. CHANGE OF ADDRESS**

The county of the corporation's principal office can be changed only by amendment of these Bylaws and not otherwise. The Board of Directors may, however, change the principal office from one location to another within the named county by noting the changed address and effective date below, and such changes of address shall not be deemed an amendment of these Bylaws:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Dated: \_\_\_\_\_, 19\_\_  
Dated: \_\_\_\_\_, 19\_\_  
Dated: \_\_\_\_\_, 19\_\_

**SECTION 3. OTHER OFFICES**

The corporation may also have offices at such other places, within or without the State of California, where it is qualified to do business, as its business may require and as the board of directors may, from time to time, designate.

**ARTICLE 2  
PURPOSES**

**SECTION 1. OBJECTIVES AND PURPOSES**

The primary objectives and purposes of this corporation shall be:

- (a) to conduct workshops and public demonstrations in Yangjia Michuan Taijiquan (YMT).
- (b) to educate the public that the purpose of Yangjia Michuan Taijiquan is to promote health, prolong the life span, calm the mind, and harmonize the spirit; to develop the art of self defense, and to provide the entry level of the Great Dao.

- (c) to provide certified YMT instructors for the public.
- (d) to provide qualified members with instructor certification.
- (e) to help instructors improve their teaching and build consistency in teaching YMT.
- (f) to publish a Journal and Newsletter (for members).
- (g) to perpetuate, promote and further the growth of YMT.

### **ARTICLE 3 DIRECTORS**

#### **SECTION 1. NUMBER**

The corporation shall have five directors and collectively they shall be known as the Board of Directors. The number may be changed by amendment of this Bylaw, or by repeal of this Bylaw and adoption of a new Bylaw, as provided in these Bylaws.

#### **SECTION 2. POWERS**

Subject to the provisions of the California Nonprofit Public Benefit Corporation law and any limitations in the Articles of Incorporation and Bylaws relating to action required or permitted to be taken or approved by the members, if any, of this corporation, the activities and affairs of this corporation shall be conducted and all corporate powers shall be exercised by or under the direction of the Board of Directors.

#### **SECTION 3. DUTIES**

It shall be the duty of the directors to:

- (a) Perform any and all duties imposed on them collectively or individually by law, by the Articles of Incorporation of this corporation, or by these Bylaws;
- (b) Appoint and remove, employ and discharge, and, except as otherwise provided in these Bylaws, prescribe the duties and fix the compensation, if any, of all officers, agents and employees of the corporation;
- (c) Supervise all officers, agents and employees of the corporation to assure that their duties are performed properly;
- (d) Meet at such times and places as required by these Bylaws;

(e) Register their addresses with the Secretary of the corporation and notices of meetings mailed or telegraphed to them at such addresses shall be valid notices thereof.

#### SECTION 4. TERMS OF OFFICE

Each director shall hold office for a term of two (2) years after election as a director, and thereafter until his or her successor is elected and qualifies.

#### SECTION 5. COMPENSATION

Directors shall serve without compensation. They shall, however, be allowed reasonable advancement or reimbursement of expenses incurred in the performance of their regular duties as specified in Section 3 of this Article. Directors may not be compensated for rendering services to the corporation in any capacity other than director unless such other compensation is reasonable and is allowable under the provisions of Section 6 of this Article.

#### SECTION 6. RESTRICTION REGARDING INTERESTED DIRECTORS

Notwithstanding any other provision of these Bylaws, not more than forty-nine percent (49%) of the persons serving on the board may be interested persons. For purposes of this Section, "interested persons" means either:

(a) Any person currently being compensated by the corporation for services rendered it within the previous twelve (12) months, whether as a full- or part-time officer or other employee, independent contractor, or otherwise, excluding any reasonable compensation paid to a director as director; or

(b) Any brother, sister, ancestor, descendant, spouse, brother-in-law, sister-in-law, son-in-law, daughter-in-law, mother-in-law, or father-in-law of any such person.

#### SECTION 7. PLACE OF MEETINGS

Meetings shall be held at the principal office of the corporation unless otherwise provided by the board or at such place within or without the State of California which has been designated from time to time by resolution of the Board of Directors. In the absence of such designation, any meeting not held at the principal office of the corporation shall be valid only if held on the written consent of all directors given either before or after the meeting and filed with the Secretary of the corporation or after all board members have been given written notice of the meeting as hereinafter provided for special meetings of the board. Any meeting, regular or special, may be held by conference telephone or similar communications equipment, so as long as all directors participating in such meeting can hear one another.



## SECTION 8. REGULAR AND ANNUAL MEETINGS

Regular meetings of Directors shall be held on the third Sunday of January, April, July, and October at 1:00 P.M., unless such day falls on a legal holiday, in which event the regular meeting shall be held at the same hour and place on the next business day.

Directors shall be elected by the Board of Directors in accordance with this section at the regular meeting in April of each even numbered year. Cumulative voting by directors for the election of directors shall not be permitted. The candidates receiving the highest number of votes up to the number of directors to be elected shall be elected. Each director shall cast one vote for each office of director being filled. Voting need not be by ballot unless a director demands voting by ballot at the meeting and before the voting begins.

## SECTION 9. SPECIAL MEETINGS

Special meetings of the Board of Directors may be called by the Chairperson of the board, the President, the Vice President, the Secretary, or by any two directors, and such meetings shall be held at the place, within or without the State of California, designated by the person or persons calling the meeting, and in the absence of such designation, at the principal office of the corporation.

## SECTION 10. NOTICE OF MEETINGS

Regular meetings of the board may be held without notice. Special meetings of the board shall be held upon four (4) days' notice by first-class mail or forty-eight (48) hours' notice delivered personally or by telephone, facsimile or other electronic transmission or telegraph. If sent by mail or telegraph, the notice shall be deemed to be delivered on its deposit in the mails or on its delivery to the telegraph company. Such notices shall be addressed to each director at his or her address as shown on the books of the corporation. Notice of the time and place of holding an adjourned meeting need not be given to absent directors if the time and place of the adjourned meeting are fixed at the meeting adjourned and if such adjourned meeting is held no more than twenty-four (24) hours from the time of the original meeting. Notice shall be given of any adjourned regular or special meeting to directors absent from the original meeting if the adjourned meeting is held more than twenty-four (24) hours from the time of the original meeting.

## SECTION 11. CONTENTS OF NOTICE

Notice of meetings not herein dispensed with shall specify the place, day and hour of the meeting. The purpose of any board meeting need not be specified in the notice.

## SECTION 12. WAIVER OF NOTICE AND CONSENT TO HOLDING MEETINGS

The transactions of any meeting of the board, however called and noticed or wherever held, are as valid as though the meeting had been duly held after proper call and notice, provided a quorum, as hereinafter defined, is present and provided that either before or after the meeting each director not present signs a waiver of notice, a consent to holding the meeting, or an approval of the minutes thereof. All such waivers, consents, or approvals shall be filed with the corporate records or made a part of the minutes of the meeting.

## SECTION 13. QUORUM FOR MEETINGS

A quorum shall consist of three Directors.

Except as otherwise provided in these Bylaws or in the Articles of Incorporation of this corporation, or by law, no business shall be considered by the board at any meeting at which a quorum is not present, and the only motion which the Chair shall entertain at such meeting is a motion to adjourn. However, a majority of the directors present at such meeting may adjourn from time to time until the time fixed for the next regular meeting of the board.

When a meeting is adjourned for lack of a quorum, it shall not be necessary to give any notice of the time and place of the adjourned meeting or of the business to be transacted at such meeting, other than by announcement at the meeting at which the adjournment is taken, except as provided in Section 10 of this Article.

The directors present at a duly called and held meeting at which a quorum is initially present may continue to do business notwithstanding the loss of a quorum at the meeting due to a withdrawal of directors from the meeting, provided that any action thereafter taken must be approved by at least a majority of the required quorum for such meeting or such greater percentage as may be required by law, or the Articles of Incorporation or Bylaws of this corporation.

## SECTION 14. MAJORITY ACTION AS BOARD ACTION

Every act or decision done or made by a majority of the directors present at a meeting duly held at which a quorum is present is the act of the Board of Directors, unless the Articles of Incorporation or Bylaws of this corporation, or provisions of the California Nonprofit Public Benefit Corporation Law, particularly those provisions relating to appointment of committees (Section 5212), approval of contracts or transactions in which a director has a material financial interest (Section 5233) and indemnification of directors (Section 5238e), require a greater percentage or different voting rules for approval of a matter by the board.

## SECTION 15. CONDUCT OF MEETINGS

Meetings of the Board of Directors shall be presided over by the Chairperson of the Board, or, if no such person has been so designated or, in his or her absence, the President of the corporation or, in his or her absence, by the Vice President of the corporation or, in the absence of each of these persons, by a Chairperson chosen by a majority of the directors present at the meeting. The Secretary of the corporation shall act as secretary of all meetings of the board, provided that, in his or her absence, the presiding officer shall appoint another person to act as Secretary of the Meeting.

Meetings shall be governed by Robert's Rules of Order as such rules may be revised from time to time, insofar as such rules are not inconsistent with or in conflict with these Bylaws, with the Articles of Incorporation of this corporation, or with provisions of law.

## SECTION 16. ACTION BY UNANIMOUS WRITTEN CONSENT WITHOUT MEETING

Any action required or permitted to be taken by the Board of Directors under any provision of law may be taken without a meeting, if all members of the board shall individually or collectively consent in writing to such action. For the purposes of this Section only, "all members of the board" shall not include any "interested director" as defined in Section 5233 of the California Nonprofit Public Benefit Corporation Law. Such written consent or consents shall be filed with the minutes of the proceedings of the board. Such action by written consent shall have the same force and effect as the unanimous vote of the directors. Any certificate or other document filed under any provision of law which relates to action so taken shall state that the action was taken by unanimous written consent of the Board of Directors without a meeting and that the Bylaws of this corporation authorize the directors to so act, and such statement shall be prima facie evidence of such authority.

## SECTION 17. VACANCIES

Vacancies on the Board of Directors shall exist (1) on the death, resignation or removal of any director, and (2) whenever the number of authorized directors is increased.

The Board of Directors may declare vacant the office of a director who has been declared of unsound mind by a final order of court, or convicted of a felony, or been found by a final order or judgment of any court to have breached any duty under Section 5230 and following of the California Nonprofit Public Benefit Corporation Law.

Directors may be removed without cause by a majority of the directors then in office.

Any director may resign effective upon giving written notice to the Chairperson of the Board, the President, the Secretary, or the Board of Directors, unless the notice specifies a later time for the effectiveness of such resignation. No director may resign if the corporation would then

be left without a duly elected director or directors in charge of its affairs, except upon notice to the Attorney General.

Vacancies on the board may be filled by approval of the board or, if the number of directors then in office is less than a quorum, by (1) the unanimous written consent of the directors then in office, (2) the affirmative vote of a majority of the directors then in office at a meeting held pursuant to notice or waivers of notice complying with this Article of these Bylaws, or (3) a sole remaining director.

A person elected to fill a vacancy as provided by this Section shall hold office until the next bi-annual election of the Board of Directors or until his or her death, resignation or removal from office.

#### SECTION 18. NON-LIABILITY OF DIRECTORS

The directors shall not be personally liable for the debts, liabilities, or other obligations of the corporation.

#### SECTION 19. INDEMNIFICATION BY CORPORATION OF DIRECTORS, OFFICERS, EMPLOYEES AND OTHER AGENTS

To the extent that a person who is, or was, a director, officer, employee or other agent of this corporation has been successful on the merits in defense of any civil, criminal, administrative or investigative proceeding brought to procure a judgment against such person by reason of the fact that he or she is, or was, an agent of the corporation, or has been successful in defense of any claim, issue or matter, therein, such person shall be indemnified against expenses actually and reasonably incurred by the person in connection with such proceeding. If such person either settles any such claim or sustains a judgment against him or her, then indemnification against expenses, judgments, fines, settlements and other amounts reasonably incurred in connection with such proceedings shall be provided by this corporation but only to the extent allowed by, and in accordance with the requirements of, Section 5238 of the California Nonprofit Public Benefit Corporation Law.

#### SECTION 20. INSURANCE FOR CORPORATE AGENTS

The Board of Directors may adopt a resolution authorizing the purchase and maintenance of insurance on behalf of any agent of the corporation (including a director, officer, employee or other agent of the corporation) against any liability other than for violating provisions of law relating to self-dealing (Section 5233 of the California Nonprofit Public Benefit Corporation Law) asserted against or incurred by the agent in such capacity or arising out of the agent's status as such, whether or not the corporation would have the power to indemnify the agent against such liability under the provisions of Section 5238 of the California Nonprofit Public Benefit Corporation Law.

## SECTION 21. QUALIFICATION OF DIRECTORS

No person shall be elected as a director unless that person is a practitioner of YMT.

## ARTICLE 4 OFFICERS

### SECTION 1. NUMBER OF OFFICERS

The officers of the corporation shall be a President, a Secretary, and a Chief Financial Officer who shall be designated the Treasurer. The corporation may also have, as determined by the Board of Directors, a Chairperson of the Board, one or more Vice Presidents, Assistant Secretaries, Assistant Treasurers, or other officers. Any number of offices may be held by the same person except that neither the Secretary nor the Treasurer may serve as the President or Chairperson of the Board.

### SECTION 2. QUALIFICATION, ELECTION, AND TERM OF OFFICE

Subject to the last sentence of this Section, any person may serve as officer of this corporation. Officers shall be elected by the Board of Directors, at any time, and each officer shall hold office until he or she resigns or is removed or is otherwise disqualified to serve, or until his or her successor shall be elected and qualified, whichever occurs first. If there are fewer than two (2) directors who are AYMTA certified instructors, then the president shall be an AYMTA certified instructor.

### SECTION 3. SUBORDINATE OFFICERS

The Board of Directors may appoint such other officers or agents as it may deem desirable, and such officers shall serve such terms, have such authority, and perform such duties as may be prescribed from time to time by the Board of Directors.

### SECTION 4. REMOVAL AND RESIGNATION

Any officer may be removed, either with or without cause, by the Board of Directors, at any time. Any officer may resign at any time by giving written notice to the Board of Directors or to the President or Secretary of the corporation. Any such resignation shall take effect at the date of receipt of such notice or at any later date specified therein, and, unless otherwise specified therein, the acceptance of such resignation shall not be necessary to make it effective. The above provisions of this Section shall be superseded by any conflicting terms of a contract which has been approved or ratified by the Board of Directors relating to the employment of any officer of the corporation.

## SECTION 5. VACANCIES

Any vacancy caused by the death, resignation, removal, disqualification, or otherwise, of any officer shall be filled by the Board of Directors. In the event of a vacancy in any office other than that of President, such vacancy may be filled temporarily by appointment by the President until such time as the Board shall fill the vacancy. Vacancies occurring in offices of officers appointed at the discretion of the board may or may not be filled as the board shall determine.

## SECTION 6. DUTIES OF PRESIDENT

The President shall be the chief executive officer of the corporation and shall, subject to the control of the Board of Directors, supervise and control the affairs of the corporation and the activities of the officers. He or she shall perform all duties incident to his or her office and such other duties as may be required by law, by the Articles of Incorporation of this corporation, or by these Bylaws, or which may be prescribed from time to time by the Board of Directors. Unless another person is specifically appointed as Chairperson of the Board of Directors, he or she shall preside at all meetings of the Board of Directors. The President shall preside at all meetings of the members. Except as otherwise expressly provided by law, by the Articles of Incorporation, or by these Bylaws, he or she shall, in the name of the corporation, execute such deeds, mortgages, bonds, contracts, checks, or other instruments which may from time to time be authorized by the Board of Directors.

## SECTION 7. DUTIES OF VICE PRESIDENT

In the absence of the President, or in the event of his or her inability or refusal to act, the Vice President shall perform all the duties of the President, and when so acting shall have all the powers of, and be subject to all the restrictions on, the President. The Vice President shall have other powers and perform such other duties as may be prescribed by law, by the Articles of Incorporation, or by these Bylaws, or as may be prescribed by the Board of Directors.

## SECTION 8. DUTIES OF SECRETARY

The Secretary shall:

Certify and keep at the principal office of the corporation the original, or a copy of these Bylaws as amended or otherwise altered to date.

Keep at the principal office of the corporation or at such other place as the board may determine, a book of minutes of all meetings of the directors, and, if applicable, meetings of committees of directors and of members, recording therein the time and place of holding, whether regular or special, how called, how notice thereof was given, the names of those present or represented at the meeting, and the proceedings thereof.

See that all notices are duly given in accordance with the provisions of these Bylaws or as required by law.

Be custodian of the records and of the seal of the corporation and see that the seal is affixed to all duly executed documents, the execution of which on behalf of the corporation under its seal is authorized by law or these Bylaws.

Keep at the principal office of the corporation a membership book containing the name and address of each and any members, and, in the case where any membership has been terminated, he or she shall record such fact in the membership book together with the date on which such membership ceased.

Exhibit at all reasonable times to any director of the corporation, or to his or her agent or attorney, on request therefor, the Bylaws, the membership book, and the minutes of the proceedings of the directors of the corporation.

In general, perform all duties incident to the office of Secretary and such other duties as may be required by law, by the Articles of Incorporation of this corporation, or by these Bylaws, or which may be assigned to him or her from time to time by the Board of Directors.

#### SECTION 9. DUTIES OF TREASURER

Subject to the provisions of these Bylaws relating to the "Execution of Instruments, Deposits and Funds," the Treasurer shall:

Have charge and custody of, and be responsible for, all funds and securities of the corporation, and deposit all such funds in the name of the corporation in such banks, trust companies, or other depositories as shall be selected by the Board of Directors.

Receive, and give receipt for, monies due and payable to the corporation from any source whatsoever.

Disburse, or cause to be disbursed, the funds of the corporation as may be directed by the Board of Directors, taking proper vouchers for such disbursements.

Keep and maintain adequate and correct accounts of the corporation's properties and business transactions, including accounts of its assets, liabilities, receipts, disbursements, gains and losses.

Exhibit at all reasonable times the books of account and financial records to any director of the corporation, or to his or her agent or attorney, on request therefor.

Render to the President and directors, whenever requested, an account of any or all of his or her transactions as Treasurer and of the financial condition of the corporation.

Prepare, or cause to be prepared, and certify, or cause to be certified, the financial statements to be included in any required reports.

In general, perform all duties incident to the office of Treasurer and such other duties as may be required by law, by the Articles of Incorporation of the corporation, or by these Bylaws, or which may be assigned to him or her from time to time by the Board of Directors.

## SECTION 10. COMPENSATION

The salaries of the officers, if any, shall be fixed from time to time by resolution of the Board of Directors, and no officer shall be prevented from receiving such salary by reason of the fact that he or she is also a director of the corporation, provided, however, that such compensation paid a director for serving as an officer of this corporation shall only be allowed if permitted under the provisions of Article 3, Section 6 of these Bylaws. In all cases, any salaries received by officers of this corporation shall be reasonable and given in return for services actually rendered for the corporation which relate to the performance of the charitable or public purposes of this corporation.

## ARTICLE 5 COMMITTEES

### SECTION 1. EXECUTIVE COMMITTEE

The Board of Directors may, by a majority vote of directors, designate two (2) or more of its members (who may also be serving as officers of this corporation) to constitute an Executive Committee and delegate to such Committee any of the powers and authority of the board in the management of the business and affairs of the corporation, except with respect to:

- (a) The filling of vacancies on the board or on any committee which has the authority of the board.
- (b) The fixing of compensation of the directors for serving on the board or on any committee.
- (c) The amendment or repeal of Bylaws or the adoption of new Bylaws.
- (d) The amendment or repeal or any resolution of the board which by its express terms is not so amendable or repealable.
- (e) The appointment of committees of the board or the members thereof.
- (f) The expenditure of corporate funds to support a nominee for director after there are more people nominated for director than can be elected.
- (g) The approval of any transaction to which this corporation is a party and in which one or more of the directors has a material financial interest, except as expressly provided in Section 5233(d)(3) of the California Nonprofit Public Benefit Corporation Law.



By a majority vote of its members then in office, the board may at any time revoke or modify any or all of the authority so delegated, increase or decrease but not below two (2) the number of its members, and fill vacancies therein from the members of the board. The Committee shall keep regular minutes of its proceedings, cause them to be filed with the corporate records, and report the same to the board from time to time as the board may require.

## SECTION 2. OTHER COMMITTEES

The corporation shall have such other committees as may from time to time be designated by resolution of the Board of Directors. Such other committees may consist of persons who are not also members of the board. These additional committees shall act in an advisory capacity only to the board and shall be clearly titled as "advisory" committees.

## SECTION 3. MEETINGS AND ACTION OF COMMITTEES

Meetings and action of committees shall be governed by, noticed, held and taken in accordance with the provisions of these Bylaws concerning meetings of the Board of Directors, with such changes in the context of such Bylaw provisions as are necessary to substitute the committee and its members for the Board of Directors and its members, except that the time for regular meetings of committees may be fixed by resolution of the Board of Directors or by the committee. The time for special meetings of committees may also be fixed by the Board of Directors. The Board of Directors may also adopt rules and regulations pertaining to the conduct of meetings of committees to the extent that such rules and regulations are not inconsistent with the provisions of these Bylaws.

# ARTICLE 6 EXECUTION OF INSTRUMENTS, DEPOSITS AND FUNDS

## SECTION 1. EXECUTION OF INSTRUMENTS

The Board of Directors, except as otherwise provided in these Bylaws, may by resolution authorize any officer or agent of the corporation to enter into any contract or execute and deliver any instrument in the name of and on behalf of the corporation, and such authority may be general or confined to specific instances. Unless so authorized, no officer, agent, or employee shall have any power or authority to bind the corporation by any contract or engagement or to pledge its credit or to render it liable monetarily for any purpose or in any amount.

## SECTION 2. CHECKS AND NOTES

Except as otherwise specifically determined by resolution of the Board of Directors, or as otherwise required by law, checks, drafts, promissory notes, orders for the payment of money,

and other evidence of indebtedness of the corporation shall be signed by the Treasurer and countersigned by the President of the corporation.

### SECTION 3. DEPOSITS

All funds of the corporation shall be deposited from time to time to the credit of the corporation in such banks, trust companies, or other depositories as the Board of Directors may select.

### SECTION 4. GIFTS

The Board of Directors may accept on behalf of the corporation any contribution, gift, bequest, or devise for the charitable or public purposes of this corporation.

## **ARTICLE 7 CORPORATE RECORDS, REPORTS AND SEAL**

### SECTION 1. MAINTENANCE OF CORPORATE RECORDS

The corporation shall keep at its principal office in the State of California:

- (a) Minutes of all meetings of directors and committees of the board indicating the time and place of holding such meetings, whether regular or special, how called, the notice given, and the names of those present and the proceedings thereof;
- (b) Adequate and correct books and records of account, including accounts of its properties and business transactions and accounts of its assets, liabilities, receipts, disbursements, gains and losses;
- (c) A record of its members, if any, indicating their names and addresses and, if applicable, the class of membership held by each member and the termination date of any membership;
- (d) A copy of the corporation's Articles of Incorporation and Bylaws as amended to date, which shall be open to inspection by the members, if any, of the corporation at all reasonable times during office hours.

### SECTION 2. CORPORATE SEAL

The Board of Directors may adopt, use, and at will alter, a corporate seal. Such seal shall be kept at the principal office of the corporation. Failure to affix the seal to corporate instruments, however, shall not affect the validity of any such instrument.

### SECTION 3. DIRECTORS' INSPECTION RIGHTS

Every director shall have the absolute right at any reasonable time to inspect and copy all books, records and documents of every kind and to inspect the physical properties of the corporation.

SECTION 4. [Intentionally left blank.]

### SECTION 5. RIGHT TO COPY AND MAKE EXTRACTS

Any inspection under the provisions of this Article may be made in person or by agent or attorney and the right to inspection includes the right to copy and make extracts.

### SECTION 6. ANNUAL REPORT

The board shall cause an annual report to be furnished not later than one hundred and twenty (120) days after the close of the corporation's fiscal year to all directors of the corporation and, if this corporation has members, to any member who requests it in writing, which report shall contain the following information in appropriate detail:

- (a) The assets and liabilities, including the trust funds, of the corporation as of the end of the fiscal year;
- (b) The principal changes in assets and liabilities, including trust funds, during the fiscal year;
- (c) The revenue or receipts of the corporation, both unrestricted and restricted to particular purposes, for the fiscal year;
- (d) The expenses or disbursements of the corporation, for both general and restricted purposes, during the fiscal year;
- (e) Any information required by Section 7 of this Article.

The annual report shall be accompanied by any report thereon of independent accountants, or, if there is no such report, the certificate of an authorized officer of the corporation that such statements were prepared without audit from the books and records of the corporation.

If this corporation has members, then, if this corporation receives TWENTY-FIVE THOUSAND DOLLARS (\$25,000), or more, in gross revenues or receipts during the fiscal year, this corporation shall automatically send the above annual report to all members, in such manner, at such time, and with such contents, including an accompanying report from independent accountants or certification of a corporate officer, as specified by the above provisions of this Section relating to the annual report.

## SECTION 7. ANNUAL STATEMENT OF SPECIFIC TRANSACTIONS

This corporation shall mail or deliver to all directors a statement within one hundred and twenty (120) days after the close of its fiscal year which briefly describes the amount and circumstances of any indemnification or transaction of the following kind:

(a) Any transaction in which the corporation, or its parent or its subsidiary, was a party, and in which either of the following had a direct or indirect material financial interest:

(1) Any director or officer of the corporation, or its parent or subsidiary (a mere common directorship shall not be considered a material financial interest); or

(2) Any holder of more than ten percent (10%) of the voting power of the corporation, its parent or its subsidiary.

The above statement need only be provided with respect to a transaction during the previous fiscal year involving more than FIFTY THOUSAND DOLLARS (\$50,000) or which was one of a number of transactions with the same persons involving, in the aggregate, more than FIFTY THOUSAND DOLLARS (\$50,000).

Similarly, the statement need only be provided with respect to indemnifications or advances aggregating more than TEN THOUSAND DOLLARS (\$10,000) paid during the previous fiscal year to any director or officer.

Any statement required by this Section shall briefly describe the names of the interested persons involved in such transactions, stating each person's relationship to the corporation, the nature of such person's interest in the transaction and, where practical, the amount of such interest, provided that in the case of a transaction with a partnership of which such person is a partner, only the interest of the partnership need be stated.

If this corporation has any members and provides all members with an annual report according to the provisions of Section 6 of this Article, then such annual report shall include the information required by this Section.

## **ARTICLE 8 FISCAL YEAR**

### SECTION 1. FISCAL YEAR OF THE CORPORATION

The fiscal year of the corporation shall begin on the first day of January and end on the last day of December in each year.

**ARTICLE 9  
AMENDMENT OF BYLAWS**

**SECTION 1. AMENDMENT**

Subject to any provision of law applicable to the amendment of Bylaws of public benefit nonprofit corporations, these Bylaws, or any of them, may be altered, amended, or repealed and new Bylaws adopted by approval of the Board of Directors.

**ARTICLE 10  
AMENDMENT OF ARTICLES**

**SECTION 1. AMENDMENT OF ARTICLES**

Any amendment of the Articles of Incorporation may be adopted by approval of the Board of Directors.

**SECTION 2. CERTAIN AMENDMENTS**

Notwithstanding the above sections of this Article, this corporation shall not amend its Articles of Incorporation to alter any statement which appears in the original Articles of Incorporation of the names and addresses of the first directors of this corporation, nor the name and address of its initial agent, except to correct an error in such statement or to delete such statement after the corporation has filed a "Statement by a Domestic Non-Profit Corporation" pursuant to Section 6210 of the California Nonprofit Corporation Law.

**ARTICLE 11  
PROHIBITION AGAINST SHARING CORPORATE PROFITS AND ASSETS**

**SECTION 1. PROHIBITION AGAINST SHARING CORPORATE PROFITS AND ASSETS**

No member, director, officer, employee, or other person connected with this corporation, or any private individual, shall receive at any time any of the net earnings or pecuniary profit from the operations of the corporation, provided, however, that this provision shall not prevent payment to any such person of reasonable compensation for services performed for the corporation in effecting any of its public or charitable purposes, provided that such compensation is otherwise permitted by these Bylaws and is fixed by resolution of the Board of Directors; and no such person or persons shall be entitled to share in the distribution of, and shall not receive, any of the corporate assets on dissolution of the corporation. All members, if any, of the corporation shall be deemed to have expressly consented and agreed that on such dissolution or winding up of the affairs of the corporation, whether voluntarily or involuntarily, the assets of the corporation, after all debts have been satisfied, shall be distributed as required by the Articles of Incorporation of this corporation and not otherwise.

## **ARTICLE 12 MEMBERS**

SECTION 1. CLASSES OF MEMBERS. The Board of Directors may make provision for various classes of nonvoting members who are thus not "members" within the meaning of Section 5056 of the California Nonprofit Corporation Law.

SECTION 2. SELECTION. Members shall be individuals who support the purposes of AYMTA, and shall be admitted upon submission of an application and payment of their first annual dues as set by the Board of Directors.

SECTION 3. CONSIDERATION. Any membership can be issued for no payment or for such payment as is determined by the Board of Directors. The corporation may issue the whole or any part of its membership as partly paid and subject to call for the remainder of the payment to be paid therefore. In the event that the Board of Directors sets annual dues, any member shall cease to be a member if he or she fails to pay his or her annual dues within ninety (90) days after the date set for payment by the Board of Directors.

SECTION 4. TRANSFER OF MEMBERSHIPS. Membership, or any rights arising therefrom, are not transferable or assignable.

SECTION 5. TERMINATION AND SUSPENSION OF MEMBERSHIP. A member may resign his or her membership at any time by notifying the secretary. Resignation, however, shall not relieve the resigning member from any obligation for charges incurred, services or benefits actually rendered, dues, assessments or fees, or arising from contract, or otherwise, and shall not diminish any right of the corporation to enforce any such obligation or obtain damages for its breach.

All rights of membership cease upon the member's death.

A membership issued for a period of time shall expire when such period of time has elapsed unless the membership is renewed.

By resolution, the board may establish a procedure to suspend, expel or terminate a member.

## **ARTICLE 13 MEETINGS OF MEMBERS**

SECTION 1. MEETINGS. The directors may or may not provide for meetings of nonvoting members. If a meeting is called, it shall be noticed and held in any manner determined by the directors.

## WRITTEN CONSENT OF DIRECTORS ADOPTING BYLAWS

We, the undersigned, are all of the persons named as the initial directors in the Articles of Incorporation of American Yangjia Michuan Taijiquan Association, a California nonprofit corporation, and, pursuant to the authority granted to the directors by these Bylaws to take action by unanimous written consent without a meeting, consent to, and hereby do, adopt the foregoing Bylaws, consisting of 18 pages, as the Bylaws of this corporation.

Dated: 5/02/98



Royal Linden, Director



Sam Tomarchio, Director



Gloria Wong, Director



Wilma Wong, Director



Harry Wu, Director

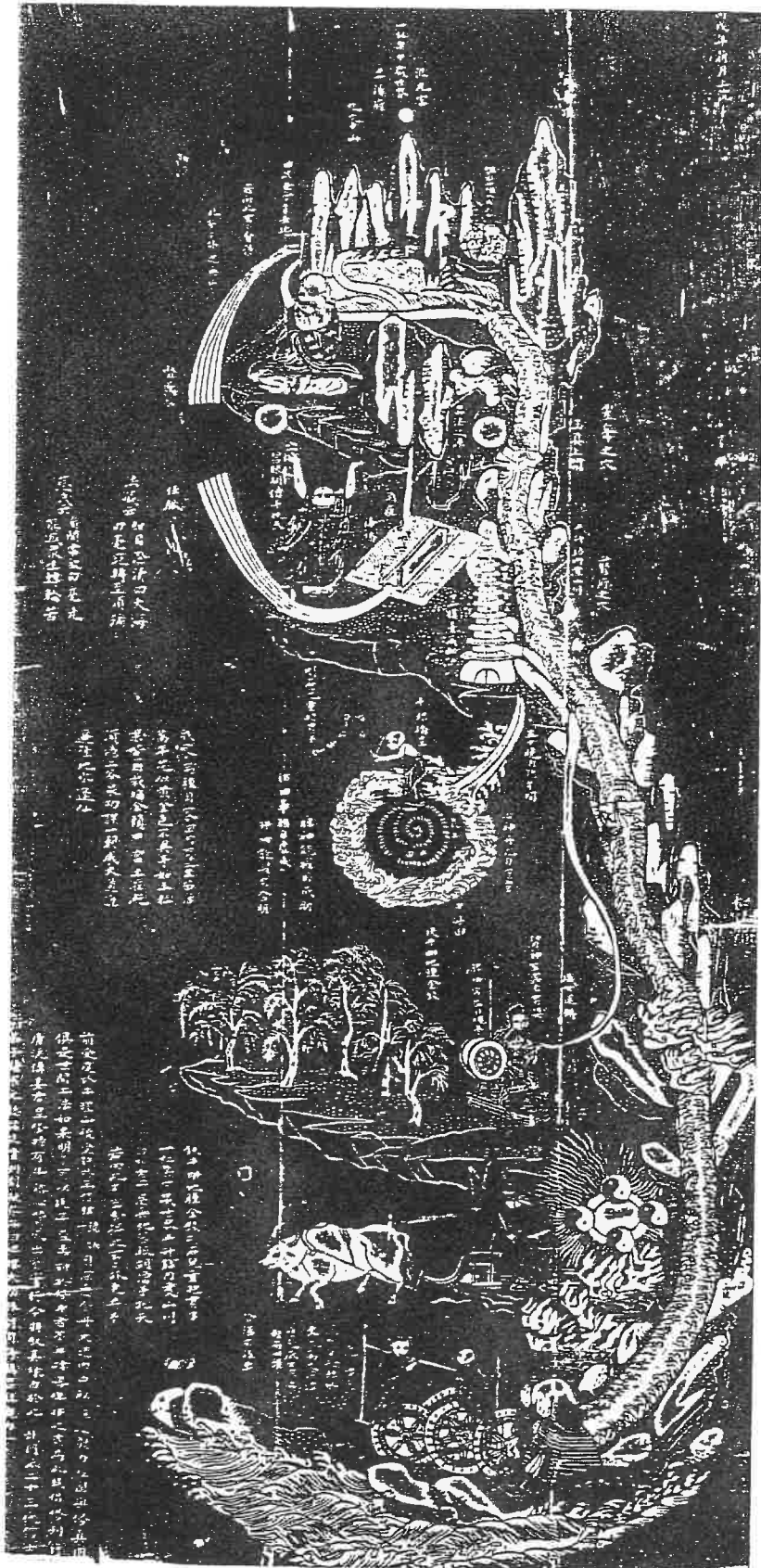
## CERTIFICATE

This is to certify that the foregoing is a true and correct copy of the Bylaws of the corporation named in the title thereto and that such Bylaws were duly adopted by the Board of Directors of said corporation on the date set forth below.

Dated: 5/02/98



Royal Linden, Secretary





# THE TWENTY-FOUR JIEQI FOR 1999

Julia Fisher-Fairchild

To use the *Zhongqi* and *Jieqi* times to your advantage, begin sitting 20 minutes before each designated time, using the methods *Jingzuo* (daoist sitting meditation), *TuNa* (the daoist art of breathing) and *Liandan* (tempering and refining the elixir of life) and continue for 20 minutes after the designated time before ending your meditation session. (from: *The Twenty-Four Jieqi and their Importance in Neigong* by Wu Tian-fu in AWYMTA Journal, Spring 1998)

- |     |   |     |  |
|-----|---|-----|--|
| 23. | <i>Xiao(3) Han (2) - Small Cold</i><br>TAI: January 6 @ 03:17<br>CA: January 5 @ 11:17 [PST]                    | 9.  | <i>Mang(2) Zhong(3) - Corn in Ear</i><br>TAI: June 6 @ 11:09<br>CA: June 5 @ 20:09                           |
| 24. | <i>Da(4) Han(2) - Great Cold</i><br>TAI: January 20 @ 20:37<br>CA: January 20 @ 04:37                           | 10. | <i>Xia(4) Zhi(4) - Arrival of Summer</i><br>(Summer Solstice)<br>TAI: June 22 @ 03:49<br>CA: June 21 @ 12:49 |
| 1.  | <i>Li(4) Chun(1) - Beginning of Spring</i><br>TAI: February 4 @ 14:57<br>CA: February 3 @ 22:57                 | 11. | <i>Xiao(3) Shu(3) - Small Heat</i><br>TAI: July 7 @ 21:25<br>CA: July 7 @ 06:25                              |
| 2.  | <i>Yu(3) Shui(3) - Rain Water</i><br>TAI: February 19 @ 10:47<br>CA: February 18 @ 18:47                        | 12. | <i>Da(4) Shu(3) - Big Heat</i><br>TAI: July 23 @ 14:44<br>CA: July 22 @ 23:44                                |
| 3.  | <i>Jing(1) Zhe(2) - Awakening of Insects</i><br>TAI: March 6 @ 08:58<br>CA: March 5 @ 16:58                     | 13. | <i>Li(4) Qiu(1) - Beginning of Autumn</i><br>TAI: August 8 @ 07:14<br>CA: August 7 @ 16:14                   |
| 4.  | <i>Chun(1) Fen(1) - Division of Spring</i><br>(Spring Equinox)<br>TAI: March 21 @ 09:46<br>CA: March 20 @ 17:46 | 14. | <i>Chu(4) Shu(3) - Limit of Heat</i><br>TAI: August 23 @ 21:51<br>CA: August 23 @ 06:51                      |
| 5.  | <i>Ching(1) Ming (2) - Pure Brightness</i><br>TAI: April 5 @ 13:45<br>CA: April 4 @ 22:45 [DST]                 | 15. | <i>Bai(2) Lu(4) - White Dew</i><br>TAI: September 8 @ 10:10<br>CA: September 7 @ 19:10                       |
| 6.  | <i>Gu(3) Yu(3) - Corn Rain</i><br>TAI: April 20 @ 20:46<br>CA: April 20 @ 05:46                                 | 16. | <i>Qiu(1) Fen(1) - Autumn Equinox</i><br>TAI: September 23 @ 19:31<br>CA: September 23 @ 04:31               |
| 7.  | <i>Li(4) Xia(4) - Beginning of Summer</i><br>TAI: May 6 @ 07:01<br>CA: May 5 @ 16:01                            | 17. | <i>Han(2) Lu(4) - Cold Dew</i><br>TAI: October 9 @ 01:48<br>CA: October 8 @ 10:48                            |
| 8.  | <i>Xiao(3) Man(3) - Ripening Grain</i><br>TAI: May 21 @ 19:53<br>CA: May 21 @ 04:53                             | 18. | <i>Shuang(1) Jiang(4) - Hoar Frost</i><br>TAI: October 24 @ 04:52<br>CA: October 23 @ 13:52                  |

19. *Li(4) Dong(1)* - Beginning of Winter  
 TAI: November 8 @ 04:58  
 CA: November 7 @ 12:58 [PST]
20. *Xiao(3) Xue(3)* - Small Snow  
 TAI: November 23 @ 02:25  
 CA: November 22 @ 10:25
21. *Da(4) Xue(3)* - Big Snow  
 TAI: December 7 @ 21:47  
 CA: December 7 @ 05:47
22. *Dong(1) Zhi(4)* - Arrival of Winter  
 (Winter Solstice)  
 TAI: December 22 @ 15:44  
 CA: December 21 @ 23:44

Zongqi and Jieqi dates from the 1999 *China Peasant's Almanac* (Taipei: 1998).

**Note:**

- **Dates and times are indicated for both Taiwan and California. Adjust according to your time zone.**
- DST (Daylight Savings Time) begins on the first Sunday of April and ends on the last Sunday of October.
- PST is Pacific Standard Time
- All times are plus or minus one minute
- Pinyin transcription with tones in parentheses



# THE POETRY PAGE

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## SILENCE IS NOT GOLDEN

Ann Lee

Weep no more, my dear  
Your innocent face is most misleading  
How do I know you are so talented  
Keeping silence all the time?

Silence is not golden  
Humbleness is not the best virtue  
Show off your capabilities  
Voice your opinion!

I sigh when I see your melancholy face  
Aware of your shortcoming  
Polishing your skill of articulation  
Your hard work finally pays off.

The sun shines bright  
The birds sing merrily  
No longer in solitude  
You weep no more!

*Ed: AYMTA is both happy and proud to report that Ann Lee's poem, Can I Fly? was selected as a semi-finalist in the North American Open Poetry Contest sponsored by the National Library of Poetry. If selected the winner, she would receive a \$1,000.00 grand prize.*

*We would like to extend to her, on behalf of the the entire membership, our congratulations and best wishes on her success.*

## CAN I FLY?

Ann Lee

Am I a baby bird  
that can barely fly above the  
ground?  
I can fly higher  
I can fly further  
if only to experiment  
to experience  
helplessness, nervousness, without  
control.

Your intensive love suffocates me  
You know my every move  
Be supportive, my love  
I can fly  
Fly high beyond the sky!

## LIST OF TAIJI WUDANG SWORD MOVEMENTS



	PINYIN	ENGLISH
1.	Yubeishi	Get Ready
2.	Qijianshi	Raise the Sword
3.	Fenghuang Zhanchi	Phoenix Unfolds Its Wings
4.	Xianren Zhilu	Immortal Points the Way
5.	Sanhuan Taoyue	Three Rings Harness the Moon
6.	Huitou Wangyue	Turn the Head, Gaze At the Moon
7.	Qishen Hejian	Raise the Body, Hold the Sword with Both Hands
8.	Sheyanshi	Shoot the Wild Goose with Force
9.	Dakuixing	Great God of Literature
10.	Qinglong Chushui	Green Dragon Comes Out of the Water
11.	Yanzi Chaoshui	Swallow Raids the Water
12.	Zuoyou Lansao	Block the Sweep, Left and Right
13.	Xiaokuixing	Little God of Literature
14.	Changhong Guanri	Rainbow Passes through the Sun
15.	Bocao Xunshe	Stir the Grass, Hunt for Snakes
16.	Yufu Cangjian	Hide the Sword in the Fish's Stomach
17.	Lingmao Bushu	The Clever Cat Catches the Rat
18.	Qingting Dianshui	Dragonflies Dip into the Water
19.	Huangfeng Rudong	Bumble Bees Enter the Hive
20.	Tongzi Baifo	Children Worship Buddha
21.	Changhong Guanri	The Rainbow Passes through the Moon
22.	Dapeng Zhanchi	A Huge Roc Unfolds its Wings
23.	Youxuanfeng	Whirlwind Right
24.	Xiaokuixing	Little God of Literature
25.	Zuoxuanfeng	Whirlwind Left
26.	Diaoyushi	Fish with Hook and Line
27.	Wulong Baiwei	Black Dragon Wags His Tail
28.	Huaizhong Baoyue	Hold the Moon in Your Arms
29.	Suniao Toulin	Birds Return to the Forest for the Night
30.	Qinglong Chushui	Green Dragon Comes Out of the Water
31.	Fengjuan heye	Wind Blows Through the Lotus Leaves
32.	Zuoyou Shizi Yaotou	Lion Shakes His Head
33.	Hubaotou	Tiger Covers His Head
34.	Yema Tiaojian	Wild Horse Jumps the Stream
35.	Fanshen Lema	Turn to Rein in the Horse

36.	Zhinanshen	Pierce Levelly
37.	Zuoyou Yingfeng Dachen	Wind Blows Up Dust, Left and Right
38.	Jiaobu Liaoyin	Cross Step, Slice Up the Groin
39.	Zhidang Sanjian	Aim at the Crotch, Stab Three Times
40.	Shunshou Tuizhou	Push the Boat Along with the Current
41.	Tianma Xingkong	The Heavenly Steed Soars Across the Sky
42.	Qishen Tiaolian	Raise the Body, Raise the Bamboo Curtain
43.	Zuoyou Chelun	Wheel Forward, Left and Right
44.	Daozhuang Chelun	Reverse Wheel
45.	Liuxing Ganyue	Shooting Star Chases the Moon
46.	Fenghuang Sandiantou	Phoenix Nods Its Head Three Times
47.	Yaozi Fanshen	Hawk's Turn
48.	Xiniu Wangyue	Rhinoceros Gazes at the Moon
49.	Qinglong Tanzhao	Green Dragon Explores with His Talons
50.	Zuoyou Kualan	Strike Back, Left and Right
51.	Baiyuan Xianguo	White Ape Offers Fruit
52.	Yanzi Ruchao	The Swallow Enters the Nest
53.	Zuoyou Luohua	Petals Fall, Left and Right
54.	Erlang Danshan	Second Rank Official Carries the Mountain
55.	Wulong Jiaozhu	Black Dragon Encircles a Pillar
56.	Chaotian Yizhuxiang	A Stick of Incense Points to the Sky
57.	Laosou Xieqin	Old Man Carries a Lute
58.	Fengsao Meihua	Wind Blows Through the Plum Blossoms
59.	Shangbu Zhinan	Step Forward, Pierce Horizontally
60.	Baojian Hetaiji	Hold the Sword, Taiji Comes Together.



# DIRECTORY OF AYMTA MEMBER INSTRUCTORS

The following AYMTA members are Yangjia Michuan Taijiquan instructors in the United States. The addresses listed are for mailing purposes only. Please contact instructors by mail or phone for specific information about class times and locations.

## CALIFORNIA/NORTH

John Cole  
535 Whitecliff Dr.  
Vallejo, CA 94589  
(707) 552-4738

James Douglas  
5494 College Ave. #4  
Oakland, CA 94618  
(510) 654-6043

Juliet Heizman  
6742 Bonnydoon Rd.  
Santa Cruz, CA 95060  
(408) 429-5428

Akai Jong  
517 Laurent St.  
Santa Cruz, CA 95060  
(408) 466-0121

Janet Phillips  
523 Ashbury Ave.  
El Cerrito, CA 94530  
(510) 524-5023

Theresa L. Thomas  
1825 Marin Ave.  
Berkeley, CA 94707  
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Sam Tomarchio  
535 Liberty St. #203  
El Cerrito, CA 94530  
(510) 527-2058

## CALIFORNIA/SOUTH

Wilma Wong  
2348 Wilson Ave.  
Venice, CA 90291  
(310) 306-1668

Harry Wu  
1223 Huntington Dr. #A  
So. Pasadena, CA 91030  
(213) 258-7224

## FLORIDA

Jeff Pentz  
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Seminole, FL 33772  
(813) 399-1596

## HAWAII

Kenneth Leonard  
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Kaneohe, HI 96744  
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## ILLINOIS

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Chicago, IL 60620  
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## MARYLAND

Michael Basdavanos  
PO Box 383  
Garrett Park, MD 20896  
(301) 565-3320

## MICHIGAN

James Carlson  
61655 Raintree Blvd.  
Sturgis, MI 49091  
(616) 467-1831

## NEW YORK

Robert Politzer  
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New York, NY 10034  
(212) 567-3694

## WASHINGTON

Royal Linden  
327 NE 183<sup>rd</sup> St.  
Shoreline, WA 98177  
(206) 546-3018

## WISCONSIN

Don Coleman  
801 Emerson St.  
Madison, WI 53715  
(608) 251-4726

### NOTE:

If you are unable to contact an instructor or need information, please call or write to John Cole (see above).

If you are looking for an instructor outside of the U.S., please consult the Worldwide Directory on the following pages.

# WORLDWIDE DIRECTORY OF YANGJIA MICHUAN TAIJIQUAN ORGANIZATIONS

## AFRICA

YANGJIA MICHUAN TAIJIQUAN FEIZHOU  
XIEHUI  
03 BP881 Abidjan 03  
Ivory Coast  
Contact: Denis Banhoro

## BELGIUM

AMICALE DU YANGJIA MICHUAN TAIJIQUAN  
18 av Leopold II  
5000 Namur, BELGIUM  
Tel.: (32) 81-74-24-94  
Contact: Jean-Luc Perot, President

ASSOCIATION DES ENSEIGNANTS DU  
YANGJIA MICHUAN TAIJIQUAN  
Av. de la NIVEOLE, 25  
1020 Bruxelles, Belgium  
Tel.: (32) 2-262-1051  
Contact: Jacqueline Frenay, President

## CANADA

WORLD YANGJIA MICHUAN TAIJIQUAN  
FEDERATION (CANADA)  
RR #1 Moser's River  
Nova Scotia, BOJ 2KO, Canada  
Tel./Fax: (902)347-2250  
Contact: Ronald & Mireille Wensel

## ENGLAND

THE TAI CHI CENTRE  
ASTWOOD STUDIO  
19 Astwood Mews  
London SW7 4DE, ENGLAND  
Tel.: (44) 171-373-2331  
Fax: (44) 171-243-8929  
Contact: Peter Clifford

## FRANCE

COLLEGE EUROPEAN DES ENSEIGNANTS  
DU YANGJIA MICHUAN TAIJIQUAN  
56, rue du Dr. Mangeney  
68100 Mulhouse, FRANCE  
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Contact: Jean-Claude Trap, Secrétaire

ECOLE FRANCAISE DE TAIJI QUAN  
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49017 Angers Cedex  
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Fax: (33) 241-37-05-92  
Contact: Claudy Jeanmougin

## ITALY

ASSOCIATION TRILOGOS  
via M.G. Capocci 9  
00199 Rome, Italy  
Contact: Ardito Gianvittorio

## JAPAN

TOKYO TAI KYOKKEN AOI KAI  
Address: Koengi Kita 2-33-5  
Suginamiku, Tokyo  
Japan  
Phone: (81) 3-3339-6875  
Contact: Sai Kunitada, president

TAI KYOKKEN SHINKI KAI  
2-1-6 Shironouchi St., Nada-ku  
Kobe City, Hyogo Prefecture, Japan  
Tel.: (81) 78-861-8973  
Contact: Shozo Matsuyama

## THE NETHERLANDS

CYPRESS (Center for the Cultivation of  
Yangjia Michuan Taijiquan)  
Madeliefstraat 14  
5643 HS Endhoven  
The Netherlands  
Tel./Fax: (31) 40-11-71-01

## RUSSIA

THE RUSSIAN ASSOCIATION OF YANGJIA  
MICHUAN TAIJIQUAN  
86 Vavilova St., Apt. 40  
Moscow 117261  
RUSSIA  
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Fax: (7) 095-938-5000  
Contact: Albert Efimov

## **SOUTH AFRICA**

YANGJIA MICHUAN TAIJQUAN CLUB  
OF SOUTH AFRICA  
48, Kidbrooke Place  
P.O. Box 801  
7200 Hermanus  
Republic of South Africa  
Tel.: (27) 283-61842  
Fax: (27) 283-61307  
Contact: Maureen Poole, president

## **SWITZERLAND**

ASSOCIATION SUISSE DU YANGJIA  
MICHUAN TAIJQUAN (ASYMT)  
87 Bd. Carl-Vogt  
1205 Geneva, SWITZERLAND  
Tel.: (41) 22-800-22-50  
Fax: (41) 22-800-22-54  
Contact: Luc Defago

## **TAIWAN**

WORLD YANGJIA MICHUAN TAIJQUAN  
FRIENDSHIP ORGANIZATION (TAIWAN)  
32-2F Fuguo Rd.  
Shihlin, Taipei, Taiwan 111  
Republic of China  
Tel.: (886) 2-2837-1779  
Fax: (886) 2-2837-2258

WORLD YANGJIA MICHUAN TAIJQUAN  
TEACHER'S UNION  
32-2F Fuguo Rd.  
Shihlin, Taipei, Taiwan 111  
Republic of China  
Tel.: (886) 2-2837-1779  
Fax: (886) 2-2837-2258

## **UNITED STATES OF AMERICA**

AMERICAN YANGJIA MICHUAN TAIJQUAN  
ASSOCIATION  
535 Whitecliff Dr.  
Vallejo, CA 94589  
USA  
Tel.: (707) 552-4738  
Fax: (707) 644-3950  
Contact: John Cole





# YMT CATALOG

## BOOKS



*Yang Family Hidden Tradition of Taijiquan, Illustrated and Explained* by Wang Yen-nien:

Vol. I (2nd Ed.): The basic exercises and all three sections of the form.

Cost: US \$65.00 - English/French  
US \$80.00 - Chinese/Japanese

Vol. II: Applications

Cost: US \$80.00 - English & Chinese

## FANS



### Bamboo Fans

Lightweight and highlighted by the Chinese characters *Yan Nian* (literally, extended years).

Cost: US \$15.00

### Stainless Steel Fans

Made of heavier construction and recommended for the more advanced student.

Cost: US \$32.00

## AUDIOTAPES

*Yangjia Michuan Taijiquan* by Wang Yen-nien.

A ninety minute tape of the breathing and postures (in Chinese) for all three duans.

Cost: US \$12.00

If you have any questions, or need additional information, please call or fax John Cole at 707-552-4738

## VIDEOS



### Third Duan

This step-by-step instructional video taught by Wang Yen-nien (1996) is for students new to the third duan, those who want a review aide, or for instructors who wish to explore all the rich details of the form. It is a set of three tapes approx. 2 hours each.

Cost: US \$ 85.00 (members)  
US \$170.00 (non-members)  
US \$ 4.00 S/H (airmail / USA)

At this time there are only a few video sets in stock (NTSC / U.S. format).

## ORDERING

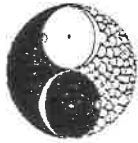
All prices for books, fans and audiotapes include shipping.

Books and Fans: AYMTA must have a minimum request for ten books or ten fans before orders can be placed in Taiwan. Books and fans are sent by *seamail* from Taiwan and takes 8-10 weeks for delivery. In general, orders are mailed to AYMTA. To receive direct delivery, you must have a minimum order of five books or fans.

Audiotapes: are shipped by airmail directly to you. Allow 3-5 days delivery from Taiwan.

Please make your check payable to AYMTA and mail to:

AYMTA  
535 Whitecliff Dr.  
Vallejo, CA 94589



# 美國楊家秘傳太極拳協會

## AMERICAN YANGJIA MICHUAN TAIJQUAN ASSOCIATION

535 WHITECLIFF DR. • VALLEJO, CA 94589 • USA  
 TEL: 707-552-4738 • FAX: 707-644-3950

### MEMBERSHIP APPLICATION

Name		Home Phone	Office Phone
Street			Fax
City	State	Zip	Country
Occupation	Date of Birth		Gender M <input type="checkbox"/> F <input type="checkbox"/>
Referred by			

Your Instructor's Name		School Name	
Street			Phone
City	State	Zip	Country

If you have not studied Yangjia Michuan Taijiquan, please specify what style(s) of taijiquan or gongfu you have studied:

Are you an instructor of Yangjia Michuan Taijiquan (as taught by Wang Yen-nien)? Yes  No

<input type="checkbox"/> Annual Fee (January - December)	US\$ 35.00
<input type="checkbox"/> Donation	US\$ _____
[Make Check Payable to AYMTA] Total Amount Enclosed	US\$ _____
_____ Applicant's Signature	_____ Date

<b>FOR AYMTA USE ONLY</b>	
Date Received _____	Member # _____
Check No. _____	Effective Date of Membership _____
Cash _____	

# AYMTA

## What is AYMTA?

The American Yangjia Michuan Taijiquan Association (AYMTA) is a nonprofit public benefit corporation. The specific purposes for which this corporation is organized is to transmit, perpetuate, promote and further the growth of Yangjia Michuan Taijiquan (YMT) in the United States.

## What is YMT?

YMT, translated as Yang Family Hidden Tradition Taijiquan, was created by Yang Luchan. Luchan passed it on to his son Yang Jianhou. Jianhou passed it on to Zhang Qinlin. Zhang passed it on to Wang Yen-nien. Master Wang, in order to prevent the loss of this art, has passed it on to all who are interested in carrying on the Yangjia Michuan style.

## Member Eligibility

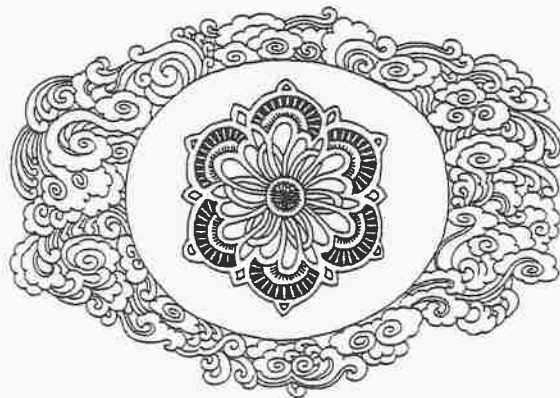
- ❖ Submit a completed and signed application form.
- ❖ Pay the annual fee.
- ❖ Support the purpose and objectives of AYMTA.
- ❖ Members need not be YMT practitioners.
- ❖ Members are welcome from all over the world.

## The Objectives of AYMTA

- To conduct workshops and public demonstrations in YMT.
- To educate the public that the purpose of YMT is to promote health, prolong the life span, calm the mind, and harmonize the spirit; to develop the art of self-defense, and to provide the entry level of the Great Dao.
- To provide certified YMT instructors for the public.
- To provide qualified members with instructor certification.
- To help instructors improve their teaching and build consistency in teaching YMT.
- To publish a Journal and Newsletter (for members).

## Annual Fee

- ❖ \$35.00 per year  
(January through December)



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**AMERICAN YANGJIA MICHUAN TAIJQUAN ASSOCIATION**  
**535 WHITECLIFF DR. • VALLEJO, CA 94589 • USA**  
**TEL (707) 552-4738 • FAX (707) 644-3950**