

# AWYMTA NEWSLETTER

Vol 1 No 1

September 1994

## **FROM THE PRESIDENT** **SAM TOMARCHIO**

As the AWYMTA grows and develops, a single issue of the AWYMTA Journal is insufficient to keep our members updated with all the news and events taking place in both our association and in the YMT community. Hence, this newsletter. Since there is no set format, please be patient (and forgiving) in the presentation of information.

This issue starts off with an article by John Cole on Laoshi's visit this summer and a YMT Events Calendar.

### **AWYMTA JOURNAL**

One of the goals of the Association when it was founded in 1992 was to publish the Journal quarterly. That is still our goal, although a distant one at this time. As we inch forward, I am hopeful that we will be able to publish two issues of the Journal next year (Spring & Fall). In order to make this a reality however, your participation by submitting stories, anecdotes, personal experiences, etc., is vital.

Starting things off in our Spring 1995 issue will be my interview with Laoshi during his stay here this summer which focused on ZHANG QINLIN. I think members will be fascinated with Laoshi's open and detailed "introduction." [Thanks Julia for the translation and invaluable assistance.]

### **BOARD OF DIRECTORS**

A Board of Director's meeting was held on August 4, with Laoshi and Julia (lifetime directors) attending. The key agenda items revolved around the budget, AWYMTA incorporation, board member vacancies, and new instructors.

As previously reported, the AWYMTA is currently and unincorporated non-profit association and needs to move toward incorporation. In order to do this, the Association needs approximately \$4,000 for legal expenses and filing fees. Since membership fees are insufficient at the present time, we will need to find the finances elsewhere. Full member support in attending AWYMTA workshops, as well as donations and lifetime memberships (\$500) are the keys to resolving this financial crunch. As we are facing time constraints (Spring 1995), your participation is essential. [A good turnout at our next workshop should give us the resources necessary to "start the ball rolling."]

## **WANG LAOSHI'S U.S. VISIT** **JOHN COLE**

Wang Yen-nien Laoshi and Julia Fairchild arrived in Washington, D.C. July 27th and met with members of the Gold Mountain Daoist School for the next three days in preparation of the Tian Ming Ceremony. Laoshi and Julia had the opportunity to tour and visit our nation's capital between meetings.

On July 31, 1994 Master Wang senior teacher of the Jin Shan Pai 5th generation certified and bestowed the title of Doctor of Meditation to the following: Donald Jones, Robert Politzer, Scott Rodell, Allen Tillotson, Michael Basdavanos, Christian Bernapel, Colette Thomas, and John Cole. These members of the 6th generation Jin Shan Pai are enjoined to teach and develop Daoist methods of meditation. They are permitted to choose student apprentices and bring them into the 7th generation.

Wang Laoshi presided over and officiated in this esthetically beautiful and spiritually uplifting ceremony. As always Julia Fairchild was the facilitator and much appreciated.

On Tuesday, August 2nd Laoshi and Julia arrived in Berkeley hosted by the AWYMTA at Theresa Thomas' home. The next evening Sam Tomarchio, President of the AWYMTA, arranged for Taiji students to gather together at the Taoist Tai Chi Chuan Association exercise hall. Students demonstrated the YMT Thirteen Postures, Fan, and Section I, after which Wang Laoshi spoke briefly and gave insightful form corrections. Fun was had by all.

On August 4th Master Wang attended the Board of Director's meeting of AWYMTA. As Chief Instructor I am pleased to announce the following new instructors: Michael Christofilis, Martin Taylor, Jim Carlson, Tracy Joe, Emily Dubois, and Royal Linden. Congratulations from Wang Laoshi and the Board of Directors. The certificates will be forthcoming.

The high point of Laoshi's California visit came that evening when we held a banquet in honor of Master Wang's 81st birthday, attended by students from all over northern California. Sam presented Wang Laoshi with a plaque and traditional "red envelope" on behalf of the Association.

Wang Laoshi and Julia returned to Taiwan on August 5th.

The Board of Directors currently has four openings to be filled. To be eligible, the by-laws state that members (a) must be residents of the Western region of the U.S., (b) must be YMT practitioners, and (c) must be committed to promoting the AWYMTA and Yangjia Michuan Taijiquan. Interested members should apply in writing.

#### MEMBERSHIP

Please note that annual membership fees (\$35) are due January 1995.

In order to help us reach our goals, please encourage others to become members of the AWYMTA.

**Note:** *The inscription on the plaque read: "The American West Yangjia Michuan Taijiquan Association celebrates the 81st birthday of our teacher, Grandmaster Wang Yen-nien" followed by a traditional birthday greeting in Chinese which may be translated as: "May you enjoy happiness as immense as the Eastern Ocean, and may your life be as lofty as the Southern Mountains."*

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### **YMT EVENTS CALENDAR**

#### 1994

##### **SEP 24-25**

TAIJI & QIGONG WORKSHOP taught by Akai Jong at Big Sur Station. For information call 408-667-0363

##### **SEP 25**

TAIJI GATHERING & BBQ hosted by Theresa Thomas at 1825 Marin St. (corner of Marin and Fresno), Berkeley, starting at 10:30 a.m.. For information call 510-527-7155.

##### **SEP 27 - DEC 27**

INTERMEDIATE PUSH HANDS WORKSHOP taught by Wang Yen-nien in Taipei. **pre-requisite:** completion of Beginning Tuishou. For information call 510-527-2058.

##### **OCT 16**

TAIJI & PUSH HANDS GET-TOGETHER hosted by John Cole at St. Basil's Gym (corner of Nebraska and Tuolumne), Vallejo, from 10:30 - 2:30. Lunch after St. Basil's so plan accordingly. For information call 707-552-4738.

##### **OCT 29-30**

TAIJI & QIGONG WORKSHOP taught by Akai Jong at Big Sur Station. For information call 408-667-0363.

#### 1995

##### **MAR - JUN**

ADVANCED PUSH HANDS WORKSHOP taught by Wang Yen-nien in Taipei. **pre-requisite:** completion of Beginning and Intermediate Tuishou. Specific dates when available. For information call 510-527-2058.

##### **JUL**

INTERNATIONAL YMT SEMINAR IN Mulhouse, France. This 3-day seminar will be centered around Bastille Day (Jul 14). The cost will be US\$80-100 per day and includes lodging, meals, and training. There will also be three 5-day seminars after the international workshop. One will be in Annecy with Henri Mouton, another will be in Switzerland with Luc Defago, and the third has yet to be determined. The exact dates and details will be sent out when they arrive. For information call 510-527-2058.

#### **AWYMTA WORKSHOP**

The Association is making arrangements for our next YMT workshop for around the end of January. Details will be sent to you as soon as possible.

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Send all correspondence, including inquiries, journal submissions, membership fees, address changes, etc., to:

**AWYMTA**  
**535 LIBERTY ST. #203**  
**EL CERRITO, CA 94530**  
**U.S.A.**  
**(510-527-2058)**

# A W Y M T A NEWSLETTER

No 2

January 1995

## FESTIVAL '95 UPDATE

Hopefully everyone received their Festival '95 brochure and registration form - and - has started making plans to attend this first international Yangjia Michuan Taijiquan event with Master Wang Yen-nien.

After corresponding with Christian Bernapel, Inpact Chairman, I have some additional information as well as corrections to pass on.

### FESTIVAL '95

The cost of the Festival (Jul 9-12) includes lunch on Thursday, July 13.

### STRASBOURG WORKSHOP: Jul 13-15

Program includes 1st, 2nd, 3rd Duans; Fan; Tui Shou; Neigong (evenings).

### ADDITIONAL WORKSHOPS

The dates for the additional workshops listed in the festival brochure are incorrect. The correct dates are:

Geneva: Jul 19-23 (Tuishou & Neigong)  
Annecy: Jul 25-29 (1st, 2nd Duans; Tuishou Applic.)  
Paris: Aug 2-4 (Program not yet determined)  
Paris: Aug 6-8 (Program not yet determined)

[At this time, please assume that workshop programs are subject to change.]

I have contacted Luc Defago, workshops coordinator, and he will send me all pertinent information on the additional workshops when available. As soon as I receive it, it will be passed on to you.

### FESTIVAL DEADLINE

Please note that the advance deposit, non-refundable registration fee is due by January 31, 1995 (sent by bank money wire/telex).

HOWEVER, you **will** be able to attend the festival after the registration deadline - **but** - there is no guarantee of room accommodations at the festival venue. (Most likely, lodging and meals will need to be found elsewhere.) No change in fees has been given for this situation at this time.

## ASSOCIATION NEWS UPDATE

Christmas is over and as the Dog gets ready to bow-out, the Pig begins its year of prominence on January 31. Whichever tradition you follow --- Best Wishes for a Healthy, Prosperous, and Joyous New Year.

### GENERAL BUSINESS

In our last newsletter, we talked about the need for the AWYMTA to raise substantial funds to file for incorporation by Spring 1995. Although we haven't done that, I am pleased to report that we have found an exemption that allows us to remain an unincorporated non-profit association - FOR NOW. Although we may have "dodged a bullet" it is only a matter of time before we need to make the change. Your continued efforts in promoting the AWYMTA will assuredly help us reach this goal.

### BOARD ACTIONS

The Board of Directors has set standard dates for its future meetings: the 3rd Sunday of FEB, MAY, AUG, and NOV (except for holidays or other unusual conflicts). For 1995, the Board will meet on Feb 12, May 21, Aug 20, and Nov 19. It has also set the date of the **General Assembly** meeting for the 3rd Sunday in May. For 1995, it will be May 21. An announcement will be sent to all members on the specifics of this important General Assembly meeting.

Any member who has issues or other items that they would like the board to discuss, should submit them to me (in writing) no later than 3 weeks prior to the Board meeting so that it can be placed on the agenda.

In our last newsletter, a request was made for members interested in being a candidate for Board Director to fill current vacancy needs. Because of the lack of response, as well as the relatively small size of our membership at this time, the Board passed an emergency ammendment to the by-laws to reduce the number of directors from 9 to 5 (and Vice-Presidents from 3 to 1). The number of directors will return to 9 (and V.P.'s to 3) when the association membership reaches 100 or more.

**TRAVEL SUGGESTIONS**

Strasbourg is located in the NE part of France, close to the German border. There are no direct air flights to Strasbourg (as far as I know), but festival attendees can **fly into** Paris, Frankfurt (Germany), Luxembourg or Amsterdam. If you choose NOT to rent a car to get you to Strasbourg, here are some of your options:

- Paris - Strasbourg: by plane 1 hr; by train 4 hrs  
(about 250 mi/400 km)
- Frankfurt- " : by bus ?? hrs (200 km)
- Luxembourg- " : by train 3-4 hrs
- Amsterdam- " : by plane 2 hrs

If you are aware of better options, please notify me so that I can pass the info along to others.

**VISAS**

Passports are required, but I've been advised **NO** Visa or Immunizations are required.

**CURRENCY**

As of 12/23/94, the exchange rates were:

- French Franc = US \$0.1837 (or 5.44 FF per US dollar)
- Swiss Franc = US \$0.7513 (or 1.33 SF per US dollar)

The Board of Directors currently has 2 openings to be filled. [To be eligible, the by-laws state that members (a) must be residents of the Western region of the U.S., (b) must be YMT practitioners, and (c) must be committed to promoting the AWYMTA and Yangjia Michuan Taijiquan.] Interested members should contact me as soon as possible.

Revised by-laws, covering our non-profit status and current ammendments, are being developed and worked-on (thanks Theresa) and will be brought before the General Assembly in May for ratification.

**OTHER STUFF**

Every effort is being made to publish 2 AWYMTA Journals this year (Mar/Apr and Sep/Oct). All members are encouraged to contribute articles, art and other work to the Journal.

For those awaiting Laoshi's new book - Vol II: Taijiquan Applications - word has it that it **should** be ready around October. Again, specifics will be sent out when available.

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**ANNUAL MEMBERSHIP FEES (\$35)**  
*are now DUE.*

*Please make your check or money order payable to **AWYMTA.***

**AWYMTA**  
**Sam Tomarchio, President**  
**535 Liberty St. #203**  
**El Cerrito, CA 94530**  
**(510-527-2058)**

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# A W Y M T A NEWSLETTER

No. 4

August 1995

## FESTIVAL '95

Festival '95, the first international Yangjia Michuan Taijiquan event, held in Strasbourg, France was a great success. Practitioners from 11 countries were in attendance. Everyone had a great time, met new friends, renewed old friendships, shared ideas and experiences, and practiced a lot.

Wang Laoshi was, as usual, always ready to give of his knowledge and experience. His earnest desire to pass on his art, his gentle humor, and warm smile were enthusiastically appreciated by everyone.

A special thanks goes to our host Christian Bernapel and the entire INPACT team for their exhausting efforts not only in planning the Festival, but in having it come off so well and so smoothly.

The second international Festival will be held in **1998 in NEW YORK**, hosted by Robert Politzer and his Manhattan West Side YMCA group. The AWYMTA will provide West Side with whatever support it can to help make Festival '98 a success.

## ASSOCIATION NEWS

A joint meeting of the Board of Directors and the annual general assembly meeting was held on June 11, 1995 in So. Pasadena with approximately 26 people (roughly 41% of the membership) in attendance. The meeting started with a 2 hour Taiji practice session. In the business portion, the major point of the meeting was the need to amend the existing by-laws to conform with the association's status as an unincorporated non-profit, until the final version (i.e., complicated and lengthy) is presented for member approval and official incorporation status.

One of the particular changes involved reducing the number of directors from 9 to 5. After lengthy discussion the members unanimously voted to reduce the number of directors to 5 when membership is less than 250 and be increased to 9 when membership is 250 or more.

I'm hoping to have the amended by-laws in our next Journal (Oct. 95).

## SUMMER WORKSHOP '96

Plans are being made to have workshops taught by Master Wang on both the East and West Coasts in the summer of '96. Although nothing is certain yet, we are all hopeful that Laoshi will agree to come to the US and teach. So start saving your pennies.....

## TAIWAN FALL '95 WORKSHOP SCHEDULE

The Taipei City Taijiquan Association has scheduled the following workshops:

- 1. Investigating Tuishou** (On-going all year)  
Times: Thur. 7-9 pm  
Sat. 10 am - 12 noon  
Cost: NT \$500/month  
Requirements: Open to association members interested in Tuishou. All levels welcome.
- 2. Yangjia Michuan Taijiquan, Sec.'s 1,2,3, Form Review: for teachers and assistants**  
Taught by: Wang Yen-nien  
Dates: Sep. 19 - Dec 19, 1995  
Times: Tue & Fri, 7-9 pm  
Cost: NT \$3,000  
Requirements: Open to association members who have completed Yangjia Michuan Taijiquan and who are interested in or who are currently teaching YMT.

(over)

3. **Tuishou Team: Demonstration preparation**  
Taught by: Wang Yen-nien  
Dates: Sep. 23 - Oct. 11, 1995  
Times: Sat. 4-6 pm  
Cost: 8 sessions/NT \$1,000  
Requirements: Open to association members who have completed Beg. Int. and Adv. Tui-shou. Culminates with the Nov. 19 demonstration at the Chiang Kai-shek Memorial.

For additional information, contact:

Taipei City Taijiquan Association  
87-1, 11F, Chungching N. Rd. Sec 1  
Taipei, Taiwan, R.O.C.  
Tel: (02) 556-5797

or

Sam Tomarchio, President  
AWYMTA  
510-527-2058

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\*  
\* **FRENCH TRANSLATOR** \*  
\*  
\* *Are you or someone you know fluent* \*  
\* *in French? If so, we are seeking* \*  
\* *a volunteer to help periodically* \*  
\* *translate articles from French* \*  
\* *into English for our Journal.* \*  
\*  
\*  
\* **LOGO SUBMISSIONS** \*  
\*  
\* *We are looking for creative ideas for* \*  
\* *an AWYMTA logo. If you have any* \*  
\* *suggestions, please send them along.* \*  
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**USA**  
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**ASSOCIATION NEWS**

The next Board of Directors meeting will be held on **February 11**. If you have nay items that you would like to place on the agenda, please send them ASAP.

**Director Elections :** Although 72% of all members reside in California, the rest of our membership is spread throughout 8 other sates as well as Taiwan, France, Switzerland and Australia.

In order to allow everyone the opportunity to vote, the 1966 Board of Directors election will be conducted by mail. The process will be conducted in 2 stages: Nominations & Elections.

For nominations, a list of eligible candidates will be sent to all members who will then return a nomination ballot. In the second phase, all eligible nominees willbe voted-on by the at-large membership. The top 5 vote-getterswill be elected. The new Board will serve from 1/1/97 through 12/31/99.

**TAIJI MAKES A DIFFERENCE!**

"When Harry [Wu] first approached Conway to ask us to join their Taiji group, we felt since he was our friend, we should join. After we attended a few classes, we really appreciated the opportunity that he gave us. Although I am not good in athletics, Taiji is different from the usual athletics. Every Sunday morning when I am ready to go, my daughter always says: 'oh, ready to punch the air.'

I never thought that one day I would enjoy practicing Taij, because I thought that Taiji was for the elderly. Now, I am not only practicing Taiji every Sunday, I am also showing a great interest in it. Since i started Taiji I have never felt better. I feel healthier and I have more energy. Therefore, Taiji is an exercise good for every one and we should encourage others to join in."

Heidi & Conway Chen  
So. Pasadena

\*\*\*\*\*

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# AWYMTA NEWSLETTER

No. 6

January 1996

## 1996 workshops

### U.S. (Revised)

Because of Commitments in Taiwan, Laoshi requested that the San Francisco dates (only) for the summer workshop be changed from June to July. All changes are in **bold**.

#### NEW YORK

Jun 21 Lecture  
Jun 22-23 First Duan  
Jun 24-25 Neigong  
Jun 26 Jin Shan Daoist Meeting  
Jun 27-30 **Push Hands**

#### D.C.

Jul 5-8 **Old Sword**

#### SAN FRANCISCO

Jul 13-15 Third Duan  
Jul 19-21 Pole (a.m.)  
Tuishou (p.m.)

### TAIWAN

The following class has been scheduled:

**Beginning Tuishou** - taught by Wang Yen-nien  
Dates: March 8 - May 31  
Times: Tue/Fri eve. 7-9 pm  
Cost: NT \$3,000  
Prerequisites: None. Open to all interested students.

Description: Students will learn the 15 basic Tuishou exercises of the Yang Family Hidden Tradition of TJQ. While aimed at the beginning tuishou student, this class is also suitable for advanced students interested in reviewing basic techniques and anyone interested in teaching tuishou.

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Please remember that **1996 membership fees** are due by January 31. If you have filed an application in the past, you do not need to resubmit a new one.

The AWYMTA has been pleased to collect monies for Vol. II publication costs of Laoshi's book as well as Festival 95 video/photo album. Sending a money wire/telex is fast and easy, **but each** one costs the association a set fee, regardless of the amount sent. It is your membership fees that allow us to do this. Therefore, your prompt payment of membership fees is greatly appreciated.

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The AWYMTA now has a **FAX**. Please use it if it will be easier for you.

AWYMTA  
535 LIBERTY ST. #203  
EL CERRITO, CA 94530  
U.S.A.  
TEL/FAX: 510-527-2058

# 美西楊家秘傳太極拳協會

AMERICAN WEST YANGJIA MICHUAN TAIJQUAN ASSOCIATION

535 LIBERTY ST. #203 • EL CERRITO, CA 94530 • USA

(510) 527-2058

October 1995

Dear Advisors,

As I indicated in my last letter confirming your appointment as Advisors for a new term, the Board is anticipating that each of you will contribute one article per year for our Journal.

In order to assure a balanced representation in each of our two issues, the following schedule has been prepared:

SPRING '96

Akai Jong  
George Lin  
Sabine Metzle  
Joseph Morris

FALL '96

Luc Defago  
Julia Fairchild  
\* Claudy Jeanmougin  
Donald Jones

Our publication dates for 1996 are March and September. PLEASE BE SURE YOUR ARTICLE ARRIVES NO LATER THAN FEBRUARY 15 for the Spring Issue, and AUGUST 15 for the Fall Issue.

I want to thank you again for your help and support of the AWYMTA.

If you have any questions, please contact me at any time.

Sincerely,



Sam Tomarchio  
President

JULIA FAIRCHILD  
14 Alley 1, Lane 128 Fuhua Rd.  
Shih-lin, Taipei, Taiwan ROC 111  
886-2-831-1164

Dear Taiji Friends,

Master Wang's new book, *The Yang Family Hidden Tradition of Taiji Quan: Martial Art Applications (Vol. II)*, brings the ability to repeat the applications of each move on our own a little closer to the realm of the possible.

An invaluable reference work for anyone practicing (or teaching) this style of taiji quan, the book includes 1062 photos showing the standard applications, that means showing it the way we practice it in the form, plus a few variant applications as well.

Knowing the applications of the form movements adds content to form on many different levels. Mentally applying the moves as you practice helps keep your mind one with your body. Your form will benefit as well as your health.

To help defray the cost of publication, Master Wang would like to offer anyone who would like to order this book in advance the following proposition: for US \$100, you will be sent one book upon publication (late 1996) and your photograph will be printed in the back of this book along with others who helped with publication costs.

The American West Yangjia Michuan Taijiquan Association has generously agreed to collect and forward these monies and photos on Laoshi's behalf. So, if you would like to order a book in advance with memento photograph in the back, please send a check for US \$100 payable to **AWYMTA** and mail to 535 Liberty St. #203, El Cerrito, CA 94530, USA. Please include one B & W or color 2" (passport size) photograph with your name clearly printed on the back. The deadline is December 31, 1995.

If you have any questions, please contact Sam Tomarchio, AWYMTA President, at 510-527-2058.

Sincerely yours,

  
Julia

# 美西楊家秘傳太極拳協會

AMERICAN WEST YANGJIA MICHUAN TAIJQUAN ASSOCIATION

535 LIBERTY ST. #203 • EL CERRITO, CA 94530 • USA

(510) 527-2058

October 1995

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I want to thank you again for your help and support of the AWYMTA.

If you have any questions, please contact me at any time.

Sincerely,



Sam Tomarchio  
President

5/22/96

Dear Claudy,

I hope you and your family are well.

This is just a reminder about you writing an article for our FALL Journal. If possible, please submit it by Aug. 01, 96.

If you have any questions, please contact me.

Sam