

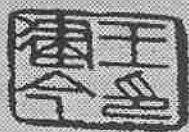
A W Y M T A

J O U R N A L

YANG FAMILY HIDDEN TRADITION TAIJIQUAN

APRIL 1994 • VOL 2 • NO. 1

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王建尔



AMERICAN WEST YANGJIA MICHUAN TAIJIQUAN ASSOCIATION

BASIC EXERCISES, SHI SAN SHI, & DI YI DUAN WORKSHOP

MEMORIAL DAY WEEKEND

MAY 28 & 29, 1994

AT

**ST. BASIL'S GRAMMAR SCHOOL
VALLEJO, CALIFORNIA**

American West Yangjia Michuan Taijiquan Association proudly presents its Spring Seminar. The seminar will focus on the Basic Exercises, the Shi San Shi or "13 postures" for the beginning student, and the Di Yi Duan or "Section 1," the first of three sections.

BASIC EXERCISES

The Taiji Basic Exercises are essential to beginning any taijiquan practice. In addition to a "warm-up" function, the various basic exercises also loosen the tendons and joints in the body, strengthen the internal organs, help circulate qi, and enhance endurance.

WORKSHOP A: 12 HOURS

SHI SAN SHI (13 POSTURES)

The 13 postures is a compact form which introduces all the fundamental elements of the Michuan style of taijiquan and prepares students for more advanced work in the longer 127 posture YMT form.

This is an excellent opportunity for novice students, martial artists who want to complement their styles, and for those who want to review before advancing to the YMT form.

WORKSHOP B: 12 HOURS

DI YI DUAN (SECTION 1)

The first section (duan) comprises the initial 18 of the 127 postures of the Yang Family Hidden Tradition Taijiquan form. The class will focus on learning the postures and applications of Section 1. *Prerequisite: Participants must have completed the 13-Postures.*

The YMT form synchronizes mind, movement, and breath. This style of taijiquan places special emphasis on incorporating the practice of neigong (the internal breathing technique, thereby uniting movement and breath).

COST:

Payment received before April 28, 1994:

\$130.00 for AWYMTA Members

\$160.00 for Non-Members

Payment received after April 28, 1994:

\$180.00 for AWYMTA Members

\$210.00 for Non-Members

The AWYMTA will send out registration information to members in the near future.
Non-members interested in attending should contact the AWYMTA at (510) 527-2058.
[Non-members joining the AWYMTA at the time of registration will be eligible for reduced member fees.]

*For complete information, contact AWYMTA
at (510) 527-2058.*

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On the front cover:

Chinese proverb:

*To flourish, one must treat skill and virtue equally;
Practice with principle and ability united into one.*

Art and text reprinted from Wang Yen-nien, Taijiquan, Yang Family Hidden Tradition: An Explanation Through Photos. Published by Grand Hotel Taijiquan Association, 1988.
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English translation by: Julia Fairchild.

On the back cover:

Chinese characters of American West Yangjia Michuan Taijiquan Association, (AWYMTA).

AWYMTA JOURNAL

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Subscription inquiries and changes of address: All members of AWYMTA receive the annual publication of the AWYMTA JOURNAL. For more information or address change notifications, please write: AWYMTA, 535 Liberty St. #203, El Cerrito, CA 94530.

A MESSAGE FROM THE PRESIDENT:

The establishment of the American West Yangjia Michuan Taijiquan Association (AWYMTA) in March 1992 was based on providing a solid foundation for furthering the growth of Yangjia Michuan Taijiquan (YMT) in the United States.

Much of the "blood, sweat, and tears" in getting the AWYMTA off the ground and running was due to the dedication and perseverance of our first president, Akai Jong. His continuing efforts to promote YMT led to the rare opportunity for all of us to study with Grandmaster Wang Yen-nien at Big Sur, California this past September.

The seminars were greeted with great excitement and anticipation. Under the tutelage of Wang Laoshi much was learned. It was a delight to watch Laoshi in action. He taught with a simple elegance. His movements were soft and concise; yet, powerful. But it was his open-heartedness, quiet humor, and ability to remain tranquil (even when chaos surrounded him) that was truly inspirational.

In the midst of the action was Julia Fairchild, invaluable as demonstrator, instructor, translator, facilitator, and friend. I want to extend our heartfelt thanks and appreciation not only for her efforts at the seminars, but also for her continuing aid to the association.

As your new president, I will continue to promote the growth of Yang Family Hidden Tradition Taijiquan. During this transition, it is imperative that we work to keep the enthusiasm building, bring in new members, avoid conflict and competition amongst each other, and continue our practice and study of YMT.

As the first regional association, we look forward to the development of other regional YMT associations—and in time—the unification of these regions into an American national YMTA.

In the words of Wang Laoshi, we must "pull, with one heart, in the same direction."



Sam Tomarchio
AWYMTA President

EDITOR'S CORNER

Gong xi fa cai! Happy year of the dog!

The day after I finished the initial layout for the journal, Los Angeles rocked with a 6.8 earthquake. As I huddled under the desk, I was certain life was being taken away. But I survived. After the quake, I couldn't find the motivation to edit. My heart and mind were elsewhere.

The jolt from the quake forced me to evaluate the important aspects of life. Too often we are caught up in the minor tasks of everyday life. Fortunately, we have YMT to find balance in our lives.

With the journal, I hope we provide a forum for ideas. We encourage all members to contribute writings, art, and other work to the journal. Become an active member, for as Julia Fairchild wrote: "The journal is the single most important activity that AWYMTA does."



Wilma Wong
AWYMTA Editor

AWYMTA

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THOUGHTS & IMPRESSIONS OF THE CHIEF INSTRUCTOR

John Cole

Writing an article for a Taiji Journal could easily become a life-time work. One could cover the ten thousand aspects of Taijiquan. A chief instructor is supposedly "profoundly wise." Therefore, my advice to you is to study the classics, and realize what is said through experiential learning.

My experience with Taiji began when I met Shifu Tsuei Wei. It was the late fall of 1973 and I was searching around an alley in San Francisco's Chinatown for a Ba Gua teacher. Something attracted me to a cellar door. I went down the stairs and into a room that seemed to be breathing as if the room was expanding and contracting with the people who were exercising. Their movement was mesmerizing, soft and slow, up and down.

"What is this? I have to study this." The exercise seemed to go on forever, but they weren't in a hurry, so neither was I. When they finished exercising, the instructor stepped up to me and extended his hand with a smile. He said, "My name is Tsuei. I don't speak English." Disappointment must have registered on my face for he took my hand and placed it on his lower stomach. I could feel it expanding and contracting with his breathing. He then placed my other hand on his arm which moved the same way. "Anyone can do that," I thought. Then I realized he wasn't contracting his muscles.

I was hooked. "What is this?" I asked his student. "Taiji." No. It couldn't be. I've seen Taiji. I didn't like it, nor want to study it. Taiji is for the old and infirm.

Later that week I told Sam Tomarchio about this man and his Taiji. I intended to study with him. First, I had to find ten English speaking people to form a class. This would encourage Mr. Tsuei to speak English.

With a religious fervor, I spent as much time as possible studying and doing Taiji. Tsuei Wei patiently repeated the

USE THE PRINCIPLES OF TAIJIQUAN AS YOUR DAILY TEACHER: THE MIND LEADS THE QI AND THE QI LEADS THE BODY.

forms, the principles, and theories of Taiji 10,000 times, so I could expand and contract, rise and fall, go forward and back as one continuously connected unity, aware and interacting with the internal and external environment.

The form that I teach today is what I learned from Tsuei Wei. It may not be exactly what I was taught. It has been refined by thousands of hours of personal experience; tens of thousands of hours of Tsuei Wei's experience; and hundreds of thousand of hours of Mr. Wang Yen-nien's experience.

Without Tsuei Wei and people like Akai Jong and George Lin, there would be no YMT in California, at least not for me. Thank you, Shifu Tsuei Wei.

There is a new generation of instructors starting; testing their wings and egos. They owe their Taiji existence to the practice of their predecessors, who created something so alive, that we would want to devote the rest of our lives to studying it.

After twenty years of Taiji, each day is a new discovery, challenge, lesson. Use the principles of Taijiquan as your daily teacher: the mind leads the qi and the qi leads the body. Feel the form from the inside out. Feel the movement from the ground (or back foot) up through the energetic being and out. The physical body must be perfectly aligned to allow the energy not to merely flow, but to surge.

Taiji exists on many levels. If you want to learn a dance, the form is enough. Great dancers appear overnight—i.e. after years of diligent practice. If you want meditation in motion, the effects of good meditation are acquired from years of conscientious daily practice. If you want self-defense, it requires a great deal of technique practice before it becomes second nature, or without thought.

It would seem that learning the form is barely the beginning of learning Taiji. Taiji is nothing more than the accumulation of continuous, sincere, diligent practice and refining the essence of years of experience. ♦

YANG FAMILY TAIJIQUAN: THE HIDDEN TRADITION

YANG LUCHAN TURNED A LITTLE-KNOWN CHINESE FAMILY ART INTO THE
WORLD'S MOST POPULAR FORM OF TAIJIQUAN IN LESS THAN 100 YEARS.

Scott M. Rodell

Yang Luchan is the most well-known Chinese martial artist in the taiji world. The story of his obtaining the secret of taijiquan in the remote village of Chenjiagou and his fame as "Yang the Unbeatable" are common legends among taiji players the world over.

Yang Luchan created—Yang style taijiquan—is the most popular form in the world today and is practiced around the globe. What is more surprising is that he made a little-known Chinese family art into a common exercise practice in America in less than 100 years.

The familiar story of Yang Luchan being challenged by the Emperor's head guard gave him lasting fame overnight. He stood in a no-win situation. To lose would have meant instant obscurity. To win meant that the Imperial Guard would someday make his family pay. The master reasoned the only way to preserve his reputation as "unbeatable" yet avoiding retribution, was to fight to a stalemate. To do this Yang felt a fighter's skill must be three times greater than his opponent's. History records that the bout did indeed end in a draw.

TWO YANG STYLES

But there was still another major obstacle in Yang Luchan's path. The Imperial family decided Yang would teach them his art. Today it is difficult to see how this created a problem for the master. But China's rulers at the time were Manchus from the North. The Chinese

thought of them as invaders and outsiders. Patriotism in mind, Yang did not want to give his art to outsiders. Yet, an Emperor's wish is dangerous to deny. So Yang Luchan created a new Yang style, similar in posture to the Chen family's style, but devoid of many parts of his personal style. This was the beginning of what we now know as the *mi chuan* (hidden tradition) or *lao* (old) and *xin* (new) Yang styles. One style was kept within the family and the other open to the public.

Later, when Yang Luchan's sons, Jianho and Banhou, and grandson, Chenfu, began to teach all Chinese, they secretly continued this two-form tradition out of necessity; if the Imperial family learned of Yang Luchan's earlier deception, trouble would soon arrive.

Many martial artists (particularly non-Yang stylists) claim the new Yang style is martial useless, and that Yang Luchan purposely made it so. This claim is completely without basis, as even a quick review of Chinese martial history and contemporary masters show. Yang Luchan's grandson, Yang Chenfu, never studied the older *mi chuan* form, yet was well-known as a skilled boxer. Many of Chenfu's students, notable Chen Weiming and Zheng Manqing (aka Cheng Man-ch'ing), are Taiji legends today. And America's most well-known exponent of taijiquan's martial component, William C. C. Chen, studied the new Yang style form exclusively, learning only the *mi chuan* push hands from Wang Yen-nien.

THE OLD FORM

So, what remains of the Yang tradition and what does the *mi chuan* form hold that the new form lacks? Amazingly the *mi chuan* part of the Yang style was within

one teacher of extinction. The story of its preservation is typical of the twists and turns of Chinese martial history. Yang Luchan had long been dead when his son, Jianhou, decided to pass the secret art outside the family for the first time. In that era, reputations were made through challenges, not workshops. Yang Jianhou fought with a master from the *zi ran men* (natural style school), Du Xing-wu, which ended in a draw. A student of Du's decided to challenge the Yang family for his teacher. This student's name, Wan Xingwu, was fast becoming known in China for his successful challenges.

When Wan arrived at the Yang family training center, the students inside were all concerned that they would be called upon to face this challenger. As they stood in the courtyard looking at each other, Zhang Qinlin spoke up. "Okay, I'll go see what Wan wants," said Zhang.

To everyone's amazement he returned in a few minutes unhurt. Wan was gone. Zhang told them Wan had "asked for a lesson so he could learn of the Yang style" (the polite way of issuing a challenge). To which Zhang agreed. Knowing that the *zi ran men* fighters were particularly good with their feet, Zhang was on his guard when Du began with a right kick. Zhang swept it to the side and threw his punch into the opening. Wan immediately threw a strike and their hands collided. Wan stopped and shouted, "*Gao Ming* (great)." Zhang assumed Du's wrist had been so badly hurt he could not continue.

ZHANG'S TRAINING

At that time Zhang had been studying the new Yang style with Yang Chenfu. Jianhou, having seen Zhang's loyalty and love of his teacher, called him into his personal quarters to look him over. Jianhou noticed that Zhang truly had the body of a martial artist. He was short and heavy with hands and feet that were twice as big as normal. He had ventured to the Yang family's home at the age of 14 after his parents' death to pursue his love of martial arts. Jianhou decided to secretly teach Zhang the michuan form, which never before had been seen outside the Yang family.

Zhang Qinlin was later to become famous by winning the All China Fighting Championships in 1929 in the unarmed division. T.T. Liang (Zheng Manqing's senior student) described Zhang as having amazing abilities. During World War II, Zheng ran into Zhang in Nanjing. They had both studied under Yang Chenfu and the younger Zheng, wanting to test himself, challenged Zhang to push hands.

Liang described the encounter with a wave of his hand, "Zheng just pushed him down." The story goes that Cheng bowed to Zhang and studied push hands with him for nine months. In the end, Zheng challenged Zhang to a fight and was knocked out.

MOUNTAIN STRENGTH

What made Zhang so strong?
"He learned something in the

mountains from a Daoist." It was Zhang's Daoist lifestyle which led him to choose a docile life instead of one teaching martial arts. In all Zhang only taught seven students (Zheng Manqing, Wang Shanzhi and Li Yunlong of Hebei, Liu Yanzhen, Liu Zhiliang, Su Qigeng and Wang Yen-nien of Shanxi). Of these seven, only two remain alive. And only Wang Yen-nien, living in Taiwan, teaches the michuan form.

Wang Yen-nien studied with Zhang only after he received an introduction from his father who was studying Daoist meditation at the same *Dao Guan* (Daoist study center) as Zhang. Today, at 80, Wang Yen-nien is the last and youngest of Zhang's students. No one knows what became of Zhang Qinlin.❖

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March 1993, Vol. 20, No. 3.
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Scott M. Rodell.



Rodell competed with the U.S.
team at the International Taiji
Tournament in Taiwan, placing
second in his push hands division.



He currently teaches both new
and michuan Yang Family
taijiquan and Taoist meditation at
the Great River Taoist Center in
Washington, D.C., and Baltimore,
and recently taught in Russia and
Estonia at the request of the
Soviet Wushu Federation.

ASK MASTER WANG:

SPIRALING ENERGY

Translated by Julia Fairchild

QUESTION:

Laoshi, during the seminars held at Big Sur you often referred to “spiraling” energy.

What do you mean by “spiraling” energy, how is it created and where is it found in the Yang Family Hidden Tradition Taijiquan?

—Sam Tomarchio

ANSWER:

Every move in the Yang Family Hidden Tradition of Taijiquan that has an “up” or a “down” necessarily includes the idea of a spiral, or more specifically, a spiral curve occurring in a series of planes around a central axis. We could also describe this as a helix.

The spiral, created by a coiling and uncoiling of the leg as a screw thread combined with the turning of the hips and waist, varies from large to small depending on the degree of turning of the hips and waist.

Almost every move in this style of taijiquan includes the principle of the spiral. Wherever you find legs and waist involved in a movement you will find a spiral.

Under normal circumstances, the spiral is gentle. If, however, you use the energy created by the spiral in combination with the internal energy (neijin) and release it—well—the result is something entirely different. ♦

Do you have questions for Master Wang? Send it to the AWYMTA office and we will publish it in the following issue.

MEMBER PROFILE:

JULIA FAIRCHILD & THE ROAD TO TAIJI

As a senior in biochemistry at Brown University, Julia Fairchild had no intention of learning Chinese. However, a serendipitous error by the registrar changed her life forever.

Though she intended to enroll in a class in Greek Classics (CL001), an error by the registrar caused Julia to end up enrolled instead in Chinese 1 (CI001). A year of intensive Chinese language study later, Julia headed to Taipei, Taiwan to further her knowledge.

After one year of study, malaria debilitated her. Today, Julia attributes her ability to overcome her crisis with malaria to a tiny amount of accumulated *qi* (life force), gained from practicing taijiquan. Her bout with malaria proved the health benefits of taijiquan. She had also discovered that taijiquan could be practiced at any age, not just by old people. She was hooked.

Although she had only intended to stay for six months, Julia never did leave Taiwan. Originally from Saratoga Springs, New York, she has lived and worked in Taipei for the past 14 years. She has devoted her life to Taijiquan, since her first lesson in 1981 at the Taipei Grand Hotel with Master Wang Yen-nien, the Chief Instructor and Honorary Life President of the National T'ai Chi Ch'uan Association (NTCCA) of the Republic of China.

During her tenure in Taiwan, she has become accomplished as a Taiji competitor, teacher, and translator for Master Wang. In 1984 she entered her first national Push Hands competition in Taiwan and took first place in her division. Two years later she entered and won first place in the Women's Push Hands division at the Taiwan international competition. Julia was not only a top competitor, but also a district and national level push hands referee, licensed from the NTCCA of the Republic of China.

Julia's achievements as a teacher are numerous. She received her NTCCA Sixth Duan certification in 1989 and placed first in testing for the NTCCA teaching certifica-

tion. As a teacher, she uses her trilingual skills daily. Speaking English and French she teaches expatriates in the foreign community; meanwhile, she speaks Chinese to teach Taiwanese at the Taipei City Taijiquan Association. With Wang Yen-nien's help, she established the taijiquan program at the Taipei Youth Program Association (TYPA) in 1985.

As her knowledge and expertise in taijiquan grew, Master Wang increased her teaching responsibilities. Beginning in the summer of 1984, Julia accompanied Master Wang on his first trip* to the United States as his interpreter and, in her own words, "glorified bag-carrier." Joseph Morris of Chicago had invited Master Wang to teach a six-week course on Yangjia Michuan Taijiquan and Push Hands. Since then, she has frequently toured Europe (1986, 1987, 1989, 1992), U.S. (1986, 1988, 1990), and South Africa (1992).

Julia's dedication to taijiquan involved her with several projects. She produced and directed a 30-minute film titled Push Hands Competition in the Republic of China. She continued her translation work for the English edition of Wang Yen-nien's book, The Yang Family Hidden Tradition of Taijiquan Illustrated and Explained (*Yangjia Michuan Taijiquan Tujie*, first Chinese ed. 1971). Later, she collaborated with Claudy Jeanmougin and Sabine Metzle to produce an English/French edition that was published in 1988 and again in 1993. She is currently working on Wang Yen-nien's second book, to be published in 1994. ❀

*While this was Wang Yen-nien's first trip to the U.S., it was his third overseas teaching tour. The first was made in 1981 to France at the invitation of Serge Dreyer. In 1982, Master Wang made a return trip to Europe at the invitation of the Stichting Taijiquan Nederland (Hanne Arnold, secretary), Guo Chi of Belgium and Luc Defago of Switzerland. He was accompanied by Bruno Hardsmeets, translator.

THE IMPORTANCE OF A GOOD TEACHER

George (Jingtai) Lin

My teacher Wang Yen-nien (now 80 years old) has acted on me and my life, on his students and their lives, as a catalyst in the process of enlightenment by showing us how to develop two skills simultaneously: speed up the development of wisdom and slow down the aging process.

This conclusion came to me as I read and contemplated this ancient poem found in the Dunhuang Caves in Gansu, a northwestern province of China:

“BODY BORN; WISDOM LATENT.
WISDOM REVEALED; BODY AGED AND WITHERED.
BODY HATED; WISDOM REVEALED TOO LATE.
WISDOM RESENTED; BODY TOO YOUNG.
WITH BODY AND WISDOM NEVER MEETING,
HOW MANY TIMES WILL WE BE BORN AND DIE?
WITH BODY AND WISDOM UNITED,
ONENESS WITH THE UNIVERSE IS DISCOVERED.”

The first six lines describe the usual scenario of human beings from birth to death (and rebirth): a baby is born with wisdom, dormant. With time a person's wisdom is uncovered but usually too late. A body, aged and withered, loses its usefulness.

Here we see the growth of the physical body and the revealing of wisdom (divine mind/heightened awareness) as parallel roads never meeting. The physical body becomes of no use to the divine mind.

The last two lines of this poem describe a situation where body and wisdom unite early enough to enable a person to reach for and find oneness with the Way in one lifetime.

The road to oneness with the universe takes physical health. Without physical health, the body does not have the endurance to last the length of time needed. Similarly, without wisdom one's thoughts (and physical body) will not be directed toward this goal.

As Wang Yen-nien's Taoist students in the Gold Mountain School of Internal Alchemy, we learn how to discover or “turn on” wisdom light by consciously focusing on *Xuan Guan*. We learn how to slow down the aging process by practicing taijiquan and the upper levels of Taoist gongfu, which use “jing”, “qi”, and “shen” to nourish the internal organs, muscles and ligaments, and the brain and to replenish bone marrow.

Before reading this thought-provoking poem I had not realized quite so consciously that wisdom revealed internally (brighter stronger wisdom light) will eventually express itself on the outside (wiser in our present ways).

With greater wisdom we are much more likely to choose oneness with the universe as our way of life. Without it, who knows? We may chance upon the right path and then again we may not.

My father studied taijiquan with Master Wang and it was he who first took me (in 1960) to Master Wang's school. I was a sickly adolescent 16 year old.

After graduating from college (in Taiwan) I went to graduate school (civil engineering, U. Mass., Amherst) in the United States, married, and while working as a structural engineer on a nuclear power plant, moonlighted by teach-

ing the Yang Family Hidden Tradition of Taijiquan in the Boston area. My wife and I eventually moved our family (two daughters, one son) to Los Angeles, where I continued to teach taijiquan, setting up classes at the South Pasadena Chinese American Club.

Over the years I have returned to Taiwan several times. Each time, I would visit Master Wang and ask him for guidance and advice. In the fall of 1987 I asked Master Wang to formally accept me as a sworn student and adept in the Gold Mountain Taoist School of Internal Alchemy. Fortunately, he did not refuse my sincere request.

In 1990, the South Pasadena Chinese American Club, organized a taijiquan and Taoist gongfu workshop and I had the pleasure of inviting Master Wang to Los Angeles to instruct us in neigong and Yangjia Michuan Taijiquan. In 1991, I moved back to Taiwan to start a new business and attended the International Taijiquan Teachers' Workshop on the Applications of the Yangjia Michuan Style.

Having known Master Wang for more than 30 years, I feel deeply that he is truly a great master of taijiquan and Taoist practices. Knowing that he is well thought of worldwide has not influenced my thoughts.

He not only matches perfectly taijiquan theory with the practice, he has developed this correspondence to the point where "the stove fire for concocting the elixir of life begins to give a pure glow." In other words, he has attained a highly developed and mature level of skill and learning. Humble and kind by nature, he gets along well with his family, students, peers and is comfortable in anyone's company. He possesses a profound understanding of the Way; is extremely proficient in taijiquan and Taoist practices; and has a truly beautiful and distinguished way of being a person.

I lack natural gifts and am not very agile and may not be able to absorb all that Master Wang has and taijiquan classmates to consider as very precious life's opportunities. Seek a teacher who is able to open your wisdom eye and guide you to better health. Avoid the situation described in the above poem: "With body and wisdom never meeting; How many times will we be born and die?" Seize the opportunity to study with a good teacher. Never regret missing the chance. ♦

George Lin now lives in Taiwan and is on the AWYMTA Board of Advisors. He also coaches Yangjia Michuan Taijiquan and Push Hands at the Taiwan Provincial T'ai Chi Ch'uan Association in Taipei.

The Dao

It is man that often loses the Dao, not the Dao that loses man. Man discards the Dao, never the Dao that discards man.

A person who cultivates the dao enters into deep reflection. Therein, he finds qi is just the Dao. This dao is experienced as emptiness. Emptiness is nature and nature is non-doing. Non-doing is the unmoving mind. The unmoving mind means the inner mind does not arise. When the inner mind does not arise, outer conditions do not disturb. Inner and outer are still. In stillness the spirit displays elegance. With elegance of spirit, the qi harmonizes. When the qi harmonizes, the Original Qi naturally manifest. Then the inner organs are replenished and the hundred meridians course with energy.

*from The Classic of Qi Master Taiwu from Mt. Song
(original source unknown)*

A PHYSIOTHERAPIST'S

POINT OF VIEW

Lorna Sutcliffe

In December, 1992, Maureen Poole, chief instructor for the Yangjia Michuan Taijiquan Club of South Africa, held a demonstration of YMT and invited me to attend. At her request, I have gladly made this short report based on my observations made during the demonstration.

The taijiquan stances produced an excellent stretch for the muscles across the front of the hip that often shorten due to age and the onset of arthritic hip problems. Also restricted with this shortening of the muscles across the front of the hip is limitation of hip rotation.

All stances where balance is on one foot excites the proprioceptive response, which diminishes with age and is vitally necessary for balance.

The flattening of the lumbar curve with strong abdominal contraction produces strength in the abdominal girdle. The stances often reduced thoracic kyphosis (round shoulders) giving excellent posture. ❀

Words of Wisdom: Taiji Glossary

Daoist:

Also spelled Taoist. A person who studies the *dao* (or the Way). Both versions of the term are pronounced with the sound "d" as in dog.

Laoshi:

Teacher or grandmaster in Chinese. Occasionally members will refer to Master Wang Yen-nien as simply Laoshi or Wang Laoshi.

Shan:

Fan in Chinese.

Shifu:

Master in Chinese.

Tuishou:

Push hands in Chinese.

Taijiquan:

Spelled using the Mainland Chinese Pin Yin system. In Pin Yin, the Q sound is pronounced with the sound "ch" as in chick. The AWYMTA Journal uses this system.

Tai Chi Chuan:

Alternate spelling of *Taijiquan* using the Wade-Giles method.

YMT:

Abbreviation for Yangjia Michuan Taijiquan.

13 Postures and Basic Neigong 9-Day Spring Seminar: May 20-29, 1994

Taught by Mike Basdavanos

*The activities will be geared to
beginning level students with
plenty of practice time included.*



*Colette Thomas will lecture on the
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Sponsored by:
Dancing Mountain Yangjia Michuan Taijiquan

TAIJI SHAN IN BIG SUR

Mike Basdavanos

They are moving with the speed of dreamers in deep sleep, always about to fall over, but just waking up in time to regain balance and equilibrium.



I am stretching low and looking toward a Sequoia that has become by now familiar in my mind. I don't attempt to see beyond the tree; its hugeness imposes itself upon the viewer. A step backward and I am looking at what would be the sky if the Sequoia were not between me and the heavens. I am just able to view over the top to some far off point in space that is still connected to the ground by the ancient tree.

Starting a new direction, I skate over the parking lot trying to find root within the subtle shifting of the weight; left foot, right foot, sink and rise, turn and jump, always focusing on the bright red object that is the central character in this blend of movement and intelligence. I uncover a new awareness of the waist, the hand, the leg.

The sun comes and goes, eclipsed by the open fan above my head. The animals are not accustomed to the popping of silk on the bones of wood and even though the tourists are no novelty, these people don't seem to be leaving. They are moving with the speed of dreamers in deep sleep, always about to fall over, but just waking up in time to regain balance and equilibrium.

Again and again they dance the dance of learning, clumsy at one point and full of finesse at another, laughing within and cursing each misstep as if this were the last chance to do it right! Some improvement, slowly the form sets into consciousness like the face of an old friend. Now it is easy to recall the faces of new friends, all linked to

some movement of fan and body we move as a group and the momentum is palpable, this is hard work!

Julie's voice is even and clear. The directions are easy but the reality is a stretch and an effort. "Not too bad," says Wang Lao Shi. Translate; do it again a few times until you are sufficiently frustrated to relax and release the hope of ever being able to make these powerful movements real. Now you can make a small gain.

The air is perfect for this kind of practice. I think you sweat but it dries immediately. You are cooled occasionally by the wind from the ocean as it seeps over the coastal mountains. These ancient trees have seen it all, the moving of mountains, crushing of stone into a mixture that geologists are still trying to understand, huge concordors floating down the ditches, eagles at roost in eyries above the timber line.

The impression from the land is that things are chaotic, but the changes are the result of millions of years of practice, the land scraping and scraping itself into a huge rock garden nourished by the sweet sea breeze to grow pines and grasses, chaparral and lizard tail, fir and redwood, poppies and wild oats. The smells confuse and overlay as you walk from seaside to mountain top. I wonder at the surprises that different seasons must bring to the dwellers of Big Sur.

I am trying to get the order of the form right once again. As I Split Mount Hua, I am aware the moun-

tains around here split occasionally themselves. During a drive along the coast highway, I see a boulder that is 12 feet tall with a split down the middle. The lady who lives across the street at Rancho Rico tells me that the old-timers say the split occurred during the earthquake of 1905. It's comforting to know that the boulder hasn't moved since...Split Mount Hua! Now, I have an idea of the power that phrase implies.

Everywhere another huge tree...an adult, matured over thousands of years like the Taiji form slowly growing and expressing the same patterns in a larger and larger body. If you look closely at the trees, they all are different, winds and light have called forth changes that make them unique and at the same time alike. Circles of trees! The old tree in the center has been take by loggers 100 years ago, but five new trunks have grown from the old root. They seem to protect the space the original tree occupied, making it more private and somehow sacred. No one stays in the center, it still belongs to the ghost of the Ancient One.

Perhaps AWYMTA has such a life, a circle of followers connected at the root to a center that cannot be divined or even brought into awareness except by the constant practice of the michuan form, hidden like the ghost of the ancient tree, informed by the presence of our Teacher Wang Yen-nien. I am unfinished, the fan is wobbling and my attention is at its end...the trees attract the songbirds for the evening's lullaby. ❖

THE SEARCH FOR ZHANG QINLIN: WANG YEN-NIEN RETURNS TO CHINA AFTER 44 YEARS

Julia Fairchild

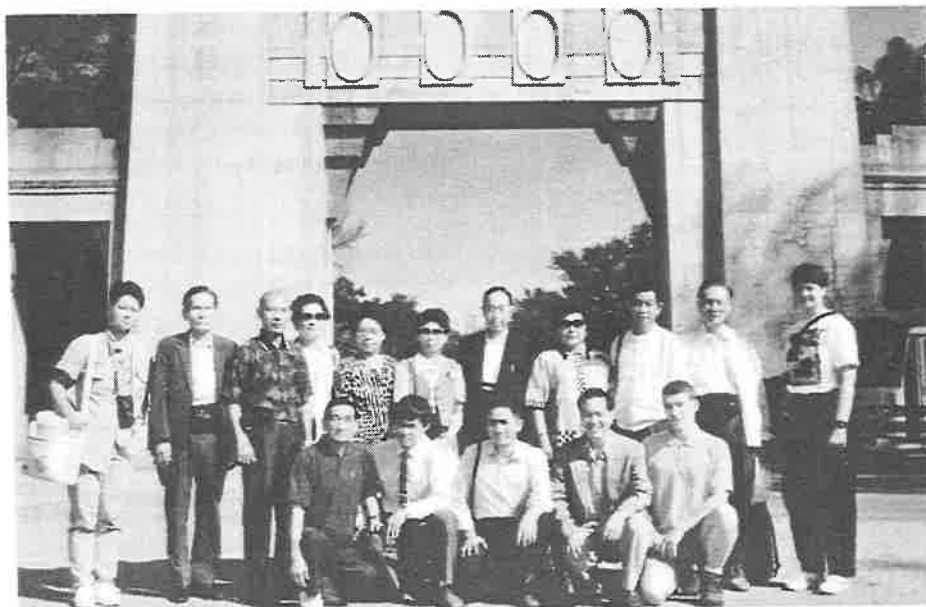
TRIP'S PURPOSE

In the summer of 1993, Master Wang organized a trip to China with a party of 15 for two purposes: to meet with the family and students of his teacher Zhang Qinlin and to pay his respects to Li Yunlong, the man instrumental in locating Zhang Qinlin's family.

Huang Hua Gang Park, Guangzhou — June 20, 1993

ZHANG QINLIN'S STORY

Zhang Qinlin, born in the year of the rat, taught Master Wang the Yangjia Michuan Taijiquan and Tuishou. Zhang, originally from Hebei Province, lived in Taiyuan, Shanxi Province, for a long period. Everyone in the Chinese martial arts world knew that in the north there was Zhang Qinlin and in the south there was Wan Laisheng. Wan, however, dared not to venture north for 20 years after he had been defeated by Zhang. According to many of the "older" martial artists in China, after the Cultural Revolution, the "younger" martial artists never



Members of the Taipei City Taijiquan Association Tour to Mainland China (Back row from left to right) He Peijuan, Li Hengju, Zhang Tianshou, Liu Yueqin, Lin-Zheng Xiulian, Guo Xiuying, Wang Yen-nien (Laoshi), Li Baoyu, Li Jincal, Zhang Mingde, Julia Fairchild; (Front row from left to right) Wu Tianfu, Hong Xunzeng, Li Genzai, Lin Jingtai, and Philippe Danel.

even knew of Zhang Qinlin nor the story about how Zhang Qinlin defeated Wan. That story has been recorded in Wang Yen-nien's book, The Yang Family Hidden Tradition of Taijiquan, Illustrated and Explained.

LI YUNLONG'S INITIAL CORRESPONDENCE

Li Yunlong, the "older brother" of Wang Yen-nien, had studied 81-Step TJQ and Tuishou with Zhang Qinlin and was especially famous for his Xingyi. He had seen an article with a picture of Master Wang in an old taijiquan magazine. He wrote to the address of the defunct organization, but miraculously the Taiwan postal service forwarded the letter to the National T'ai Chi Ch'uan Association, where Master Wang presided as president.

THE SEARCH

Their correspondence began a long search for a picture of Zhang Qinlin, which nobody seemed to have. Master Wang had asked Li Yunlong to help him contact Zhang's students and relatives. Zhang had only a handful of students, many of them coming from non-taijiquan backgrounds to study his famous tuishou techniques.

Of the people visited in China, two had been Zhang's students: Li Fuyuan, who studied 81-Step TJQ and Tuishou with Zhang sometime after the cultural revolution, making him Master Wang's "younger brother" and Pu Bingru, who studied 81-Step TJQ and Tuishou with Zhang in the early days of his career in Shanghai, making her Master Wang's "older sister."

While Master Wang had never met or heard of Li Fuyuan until just a year or two ago, he had heard Zhang Qinlin talk frequently of "Old Man Pu," Pu Bingru's father. Old Man Pu, a high-ranking civil servant, was a great patron of the arts and the martial arts, supporting talented young people. Zhang Qinlin, then a student of Yang Chengfu's, caught his eye. Old Man Pu invited him to teach TJQ and Tuishou to his only daughter, Pu Bingru, originally a vowed student of Yang Chengfu. Pu Bingru became a famous martial artist in her own right in Shanghai during the 1950's and 60's. Neither students had a photograph.

Train station in Zhangjiakou, Hebei Province — June 1993



Li Baoyu, Wang Yen-nien, Li Fuyuan, and Li Jincai (from left to right) meet for the first time.

Pu Bingru's home in Shanghai — July 7, 1993



Wang Yen-nien (front row, right) visits his "older sister" Pu Bingru (front row, middle). Pu Bingru, also known as Pu Yu, is 87 years old.

LI YUNLONG'S FAILING HEALTH

During the past six or seven years of occasional correspondence, Li Yunlong was no longer able to speak or write well due to a stroke. His senior student, Zhang Zhang, [studied 81-Step TJQ and Tuishou, also a Qigong teacher and disciple in the Dragon Door School of Daoism] kept up the correspondence and the search. In 1992, Li Yunlong's students gave their teacher an 81st birthday party. Since Master Wang had previous engagements to teach workshops in Europe, he was unable to attend. He did, however, send a birthday gift with his representative, Zhao Xianmin, who knew Li Yunlong and his students well.

LI YUNLONG'S DEATH

Unfortunately, we arrived one year too late to meet the man with whom Laoshi had been corresponding for several years and without whom this trip to China may not have happened. Li Yunlong died in the summer of 1992, not long after his birthday party.

Continued on page 14

During the trip, Master Wang gave lectures and demonstrations hosted by the students of Li Yunlong at the "Taijiquan Comparing Notes and Demonstration Sessions" held in two different locations.

END OF THE SEARCH

The saga ended when Master Wang with the help of Li Guolu, senior student of Li Yunlong's, reunited him with Zhang Zhirou, Zhang Qinlin's daughter. She and Master Wang recognized each other immediately.

Tears formed in everyone's eyes as the entire village plus all of Li Guolu's Shijiazhuang xingyi students gathered around.

Born in the year of the tiger, Zhang Zhirou, 58, is an only child; however, Zhang Qinlin had adopted a son, but no one knows his whereabouts. She remembers the first and second duans but has forgotten the third duan. Zhang Zhirou's husband died young and after her mother died in 1963, she and her father had to raise her 2 daughters and 3 sons alone. Her mother also taught Yangjia Michuan Taijiquan to help the family when times were tough. Her father died in 1976.

She lives in a rural farming community with her sons and their families, while her daughters live with their husbands. She was too poor to send her children to school. Upon leaving, the Taipei City Taijiquan Association members presented Zhang Zhirou with US\$500 to be divided equally amongst her five children and Master Wang presented Zhang Zhirou with US\$500 for herself. In return, Zhang Zhirou presented Master Wang with the only photograph she had of her father — a faded and torn 1" x 1" tiny black and white photograph—the only photo of him that had not been burned during the Cultural Revolution. ❀



Li Yunlong's 2nd son, Li Fugui, is standing in back, left of the gravestone with members of the Taipei City TJJ Association.

Zhang Zhirou's Farmhouse — Shijia Zhuang, the capital of Hebei Province — June 30, 1993



The Taipei City TJJ Association visits Zhang Qinlin's daughter, Zhang Zhirou (front row, fourth from the left)

Writer's Note: I hope that all of my fellow teachers and taijiquan friends forgive me for not writing in more detail. I have found just putting together this short photo essay a rewarding but arduous task and I'm afraid there are a few mistakes. I dare to write this article only in the hope that it may encourage others to research further what little is presented here.

Editor's Note: Ironically and unfortunately, the long-sought after photo of Zhang Qulin could not be located for this article. However, it will be included in the upcoming book by Master Wang.

TAIJI FAN IN HOLLYWOOD

A SPECIAL PERFORMANCE FOR DAVID LYNCH

Wilma Wong

Driving in Los Angeles was simply too stressful for him. When I had arrived, he was meditating in one of the rooms in the gallery.

During the last week of my three-year stay in Taipei, Taiwan, I rushed to complete the Taiji Fan form. I had learned about half from Julia Fairchild and Master Wang's class, but due to a heavy workload, was unable to continue. With the nagging feeling that I might never return to Taiwan, I arranged for Caroline Althaus, another of Wang Laoshi's students, to teach me. The day before I flew home to Los Angeles, I had finally completed all the fan movements.

I had demonstrated the Taiji fan to a friend, Sandra Starr, the director of the James Corcoran Gallery in Santa Monica, California. She invited me to perform for one of her artists, David Lynch.

Since I was an aspiring young filmmaker, I was overwhelmed by the prospect of meeting and demonstrating for Lynch. His credits included the acclaimed films *Eraserhead*, *Elephant Man*, *Blue Velvet*, *Dune*, *Wild at Heart*, and the television series *Twin Peaks*. I admired many of his compelling films for being fantastic, both visually and viscerally. During the many times I had read articles about Lynch, I never

doubted that I would meet him; however, I wasn't expecting the moment to arrive through Taiji.

Lynch had been scheduled to hold a question and answer session at the Corcoran Gallery. He had arrived early in the afternoon though the talk was at night. Driving in Los Angeles was simply too stressful for him. When I had arrived, he was meditating in one of the rooms in the gallery. All the articles I had read never mentioned he practiced meditation. However, I was not surprised because his films show an inner calm within a land of chaos.

After he completed his meditation practice, he silently entered the room. I barely recognized him. The hair near his forehead stood about 2-inches tall. His presence was overpowering. I introduced myself and shyly backed away. We talked a little, but he too seemed a bit shy. He acted congenial with a quirky sense of humor, not at all pretentious like so many Hollywood types.

By this time, I had already practiced several times. I felt prepared. My audience of four positioned their seats to get the best view. I slipped off my shoes and felt the strength of the cold concrete under my feet as I walked towards the center of the room. Dressed in black with the red fan in hand, I was in stark contrast to the sterile white gallery walls surrounding me. I poised myself for the performance. I couldn't help but feel energized as though Lynch's art photographs encircled and shielded me.

I moved with ease until the first snap of the fan. The reverberation from the high ceiling room shocked me. Each

blast of sound from the snap caused me to blink in surprise but I maintained my composure. My head rang with the poetic names of the moves—*rhinoceros gazes at the moon*, *green dragon explores with its talons*, and so on.

Finally I reached the section learned during my last day in Taiwan. I hadn't practiced the fan enough to have a solid foundation. My mind panicked; my body continued moving. I had no idea where I was. In an enlightening moment, I realized all of this didn't matter. I wasn't performing for judges who knew every move. They didn't know what I was supposed to be doing, so I improvised my way back to the move *draw and empty* and finished from there. When I completed the form, I was facing the wrong direction and totally disoriented, but was relieved to be done.

Actually, performing wasn't the difficult part. The frightening moment came when I tried to explain YMT to Lynch. My mind raced at a hundred-miles a minute jumping from one idea to another. I was not blessed with the gift of storytelling and, in the end, I gave him a discombobulated explanation of everything and anything that mind and mouth could muster.

Do I feel bad about this experience? Not at all. I performed to the best of my ability for a man I highly respect. The setting was idyllic and performing for Lynch was truly an honor. I view this experience as one of the *perfect moments* in my life, a point in time for pure joy and a glimpse of enlightenment. Life doesn't offer too many *perfect moments*. ❀

DIRECTORY OF AWYMTA CERTIFIED INSTRUCTORS

The following AWYMTA members are certified 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.

NORTHERN CALIFORNIA

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

James Douglas
(See *Taoist Tai Chi Chuan Assoc.*, p. 17)

Juliet Heizman
Santa Cruz, CA

Akai Jong
(See *A. Jong Institute*, p. 17)

Michiko Kato
285 Camino Al Barranco
La Selva Beach, CA 95076
(408) 684-2864

Janet Phillips
(See *Taoist Tai Chi Chuan Assoc.*, p. 17.)

Theresa Thomas
(See *Taoist Tai Chi Chuan Assoc.*, p. 17)

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

NOTE:

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

If you are looking for an instructor outside of the United States, please consult the Worldwide Directory of YMT organizations on the following pages.

SOUTHERN CALIFORNIA

Gavin Cheng
917 N. Olive Ave.
Alhambra, CA 91810
(818) 284-9503

Wilma Wong
3544 Griffith Park Blvd.
Los Angeles, CA 90027
(213) 661-7860

Harry Wu
(See *South Pasadena Chinese American Club*, p. 17)

EAST COAST

Joseph Morris
7524 S. Union Ave.
Chicago, IL 60620
(312) 487-8007

Scott Rodell
1730 Connecticut Ave.
Washington, D.C. 20009
(703) 536-0362

CALL FOR SUBMISSIONS

The AWYMTA Journal needs your help. The journal is written by and for its members. Become involved and see your work published. Listed below are possible submissions:

- ARTICLES
- PHOTOS
- LETTERS TO THE EDITOR
- QUESTIONS TO MASTER WANG
- ARTWORK
- ANYTHING RELATING TO TAIJIQUAN
- POEMS
- PERSONAL EXPERIENCES

Send your submissions to AWYMTA, 535 Liberty Street, #203, El Cerrito, CA 94530 ●

WORLDWIDE DIRECTORY OF YANGJIA MICHUAN TAIJIQUAN ORGANIZATIONS

UNITED STATES OF AMERICA

AMERICAN WEST YANGJIA MICHUAN TAIJIQUAN ASSOCIATION

535 Liberty Street, #203
El Cerrito, CA 94530
U.S.A.

Phone.: (510) 527-2058
Contact: Sam Tomarchio, President

The AMERICAN WEST YANGJIA MICHUAN TAIJIQUAN ASSOCIATION (AWYMTA), established in May of 1992, is dedicated to perpetuating, promoting, and furthering the growth of the Yangjia Michuan style of Taijiquan in the United States, with primary emphasis on the West Coast.

By offering classes, sponsoring workshops, promoting friendly contact among students and teachers of the Yangjia Michuan Style of Taijiquan and publishing an annual journal, the AWYMTA hopes to create a positive and supportive environment for both new and old students. *For more information, write to the above address.*

THE TAOIST TAI CHI CHUAN ASSOCIATION

5494 College Ave., #4
Oakland, CA 94618
U.S.A.

Phone: (510) 654-1916
Contact: Jim Douglas, President

Formed in 1992, the Taoist Tai Chi Chuan Association is a non-profit group whose purpose is to practice and teach the classic Yang Family Tai Chi system transmitted by Sifu Tsuei Wei. Teaching as a collective, we present the Yang Tai Chi forms as interpreted by Sifu Tsuei, as well as Yangjia Michuan Taijiquan Thirteen Postures and Yen-nien fan form. As an association, our purpose is to perpetuate the principles we have learned from Tsuei Wei and Wang Yen-nien, and to stay open to sharing with other groups and teachers.

THE SOUTH PASADENA CHINESE AMERICAN CLUB

1223 Huntington Dr., #A
South Pasadena, CA 91030
U.S.A.

Phone: (213) 258-7224
Contact: Harry Wu, President

THE A. JONG INSTITUTE (FOR THE ADVANCEMENT OF YANGJIA MICHUAN TAIJIQUAN)

P.O. Box 22890
Carmel, CA 93922-0890
U.S.A.

Phone: (408) 622-0806
Contact: Akai Jong, President

The institute was found by Akai Jong to promote health, longevity and tranquility as a way of life. Master Jong started his formal training in 1951 and has been a professional instructor since 1967. The institute offers classes in YMT and also provides services in Tui Na.

DANCING MOUNTAIN YANGJIA MICHUAN TAIJIQUAN SCHOOL

P.O. Box 383
Garrett Park, MD 20896
U.S.A.

Phone: (301) 942-5766
Contact: Mike Basdavanos, President

The Dancing Mountain Yang Family Hidden Tradition of Taijiquan School, dedicated to the practice and development of Yangjia Michuan Taijiquan, focuses on aiding both the student and teacher in a progressive learning process. The classes are an open, supportive environment allowing for slow, steady learning of new ideas about the way the body works. Dancing Mountain sponsors workshops and continues to maintain close ties with its sister organizations both within the United States and abroad.

TAIWAN

AMICALE DU YANGJIA MICHUAN TAIJIQUAN WORLD YANGJIA MICHUAN TAIJIQUAN FRIENDSHIP ORGANIZATION (TAIWAN)

87-1 Chungching North Road, Sec. 1
10 Fl., Taipei, Taiwan
Rep. of China
Phone: (02) 555-7890
(02) 556-5797
FAX: (02) 881-2981

THE YANGJIA MICHUAN TAIJIQUAN TEACHERS' ASSOCIATION

87-1 Chungching North Road, Sec. 1
11F, Taipei, Taiwan
Rep. of China
Phone: (02) 555-7890
(02) 556-5797
FAX: (02) 881-2981

Both the YANGJIA MICHUAN TAIJIQUAN ASSOCIATION INT'L (TAIWAN) and the YANGJIA MICHUAN TAIJIQUAN TEACHERS' ASSOCIATION INT'L (TAIWAN) were established by Wang Yen-nien "...to preserve the integrity of the Yangjia Michuan style of Taijiquan; to prevent the loss of this traditional art; to care for our ancestor Yang Luchan the Undefeated's great fame; and to insure that the Yangjia Michuan Taijiquan method of cultivating one's physical and mental capabilities is perpetuated and extended throughout the world forever."

WORLDWIDE DIRECTORY OF ORGANIZATIONS CONTINUED

The work of these two associations, continues under the direction of Wang Yen-nien. Wang Yen-nien, fourth generation student of Yangjia Michuan Taijiquan, is the most senior representative of this style in the world. He studied Yangjia Michuan Taijiquan under Zhang Qinlin, who learned this style from Yang Jianhou, son of Yang Luchan, founder of the Yangjia Michuan style of Taijiquan.

These associations hold regular meetings and publish a monthly magazine (in Chinese only). *For more information, write to the address listed above.*

JAPAN

AMICALE DU YANGJIA MICHUAN TAIJIQUAN (JAPAN)
THE WORLD YANGJIA MICHUAN TAIJIQUAN FRIENDSHIP
ORGANIZATION (JAPAN)

Address: Koengi Kita 2-33-5

Suginamiku, Tokyo

Japan

Phone: 03 (3339) 6875

Contact: Sai Kunitada, president

SWITZERLAND

AMICALE DU YANGJIA MICHUAN TAIJIQUAN
WORLD YANGJIA MICHUAN TAIJIQUAN FRIENDSHIP
ORGANIZATION (EUROPE)

85, Bd. Carl-Vogt

1205 Geneva

Switzerland

Tel./Fax: 022-329-9291

Contact: Luc Defago, president

This organization is a confederation of associations in Europe that teach the Yangjia Michuan Style of Taijiquan. Concentrating on public affairs, the AMICALE is responsible for the development of Yangjia Michuan Taijiquan in Europe. It promotes friendship among all associations offering Yangjia Michuan Taijiquan by sponsoring inter-Association events, such as public demonstrations and workshops.

As of September 1991, the AMICALE was comprised of 15 member associations and 20 individual members for a total of 466 participating persons.

The AMICALE also publishes a quarterly Bulletin. To become a member of the AMICALE or to obtain a copy of the Bulletin (in French only), write to the above address.

FRANCE

COLLEGE EUROPEEN DES ENSEIGNANTS DU YANGJIA
MICHUAN TAIJIQUAN

82 rue du Moulin Vert

75014 Paris, France

Phone: (33)-1-45-39-04-29

FAX: (33)-1-45-42-34-80

Contact: Michel Douiller, secretary

The COLLEGE, founded in 1989, concentrates on the quality of the teacher and is directly responsible for raising the level of teaching standard in Europe. Its duties include: maintaining communication among teachers interested in teaching Yangjia Michuan Taijiquan; providing teachers with opportunities to improve their skills through teacher training workshops and supporting teaching materials. The COLLEGE currently supports 75 certified teachers. The COLLEGE publishes annually a directory of certified Yangjia Michuan Taijiquan teachers. *For more information on how to become a member of the college and receive a copy of the COLLEGE Directory, write to the above address.*

ASSOCIATION DES ENSEIGNANTS DU YANGJIA MICHUAN
TAIJIQUAN

Av. de la NIVEOLE, 25

1020 Bruxelles, Belgium

Phone: 02/ 262-1051

Contact: Jacqueline Frenay, President

Cara Van Wersch, Senior Advisor

Formed in 1993, this fledgling group consists at its core of students of Kuo Che, who studied Yangjia Michuan Taijiquan with Wang Yen-nien in the 1950's. Following in the ancient Chinese tradition, these students have since adopted Wang Yen-nien as their surrogate guide and teacher and have pledged themselves to the support of all teachers and students interested in learning more about the Yangjia Michuan style of Taijiquan in Belgium and surrounding areas. *For more information about the group's activities, please write to the above address.*

SOUTH AFRICA

YANGJIA MICHUAN TAIJIQUAN CLUB OF SOUTH AFRICA

48, Kidbrooke Place

P.O. Box 801

7200 Hermanus

Rep. of South Africa

Phone: (0283) 61842

Contact: Maureen Poole, president

A small but strongly motivated group, this organization provides instruction in the Yangjia Michuan Style of Taijiquan on a weekly basis. Club fees are nominal. Occasional outings and workshops are arranged as are trips to Taiwan for the curious and/or serious student. *For more information, write to Maureen Poole at the above address.*

AWYMTA CATALOG

AWYMTA is pleased to announce that the following YMT items are available for purchase:

Books

Vol. I: Yang Family Hidden Tradition Taijiquan. Illustrated and Explained by Grandmaster Wang Yen-nien. The revised 2nd edition explains the basic exercises plus all three sections of the YMT form through photos and text. A must for any practicing YMT enthusiast, beginner or advanced. This book is available in either English/French or Chinese/Japanese. *(Be sure to specify which version when ordering.)* Cost: U.S. \$65.00

Wang Laoshi is also preparing additional texts on Applications, Push Hands, Weapons, and Neigong. We will notify you as soon as they become available. At this time the Applications text is due in either late 1994 or early 1995.

Fans

Bamboo Fans

These fans are crafted with a beautiful bamboo handle and highlighted by the Chinese characters *Yan Nian*, (literally, extended years) printed on the satiny red cloth. Terrific for the beginning fan student. These are the same wooden fans used at the Big Sur Seminar. Cost: U.S. \$15.00

Stainless Steel Fans

The stainless steel fans are designed with a satiny red cloth similar to the bamboo fan. The steel fan made with heavier construction and is recommended for the more advanced fan student. Cost: U.S. \$31.50

T-Shirts

AWYMTA T-Shirts are currently being designed. We hope to have them available in both long and short sleeves. We will notify you as soon as they are ready.

For Books, Fans, & T-Shirt Orders:

AWYMTA is responsible for the distribution of all of Wang Yen-nien's books, as well as the other items above. *All prices includes shipping by seamail from Taiwan and takes 6-8 weeks for delivery. In general, all orders will be mailed to AWYMTA. To receive direct delivery, there is a minimum order of 10 books or fans.* Please make your checks payable to AWYMTA and mail to:

AWYMTA
535 Liberty St. #203
El Cerrito, CA 94530

If you have any questions about ordering, delivery, or need additional information, please contact Sam Tomarchio at (510) 527-2058, or write to the above address.

Videos

A 2-volume set of the Thirteen Postures has been produced by Mike Basdavanos when Laoshi taught in Maryland prior to the seminars at Big Sur in 1993. This cost includes shipping and should take about 2 weeks for delivery. Each tape runs about 2 hours. Cost: U.S. \$39.50

To order, please make check s payable to Michael Basdavanos and mail to:

Dancing Mountain
Yangjia Michuan Taijiquan School
P.O. Box 383
Garrett Park, MD 20896

For more information about the videos, call Mike at (301) 942-5766 (after 8 p.m. Pacific Time).

美西楊家秘傳太極拳協會

AMERICAN WEST YANGJIA MICHUAN TAIJQUAN ASSOCIATION

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MEMBERSHIP APPLICATION

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

If your instructor is not Mr. Wang Yen-nien, please describe their relationship:

If you have not studied Yang Family Hidden Tradition Taijiquan, please specify what style of Taijiquan you have studied:

YOUR INSTRUCTOR'S NAME		SCHOOL	
ADDRESS			PHONE ()
CITY	STATE	ZIP CODE	COUNTRY

- Membership Fee: Annually (January—December) U.S. \$35.00
 Life Time Membership U.S. \$500.00
 Donation (other than membership fee): \$ _____

Total Amount Enclosed:

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535 Liberty St. #203
El Cerrito, CA 94530
USA

DO NOT SEND CASH

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FOR AWYMTA USE ONLY

Date Received: ____/____/____
 Effective Date of Membership: ____/____/____
 Check/No. _____ Member No. _____ Life Member _____
 Cash _____ Certified YMT Instructor _____

WHAT IS AWYMTA?

WHAT IS YMT

YMT, Yangjia Michuan Taijiquan, translated as Yang Family Hidden Tradition Taijiquan, is the original Taijiquan created by Yang Luchan in the early 19th century.

THE PURPOSE OF YMT

- To promote health, prolong the life span, calm the mind, and harmonize the spirit.
- To develop the art of self-defense.
- To provide the entry-level of the Great Dao.

THE PURPOSE OF AWYMTA

To perpetuate, promote, and further the growth of YMT in the United States. All members may enjoy the benefits of practicing YMT in a friendly, positive and supportive environment created by AWYMTA, the first and only YMT Association in the United States.

THE OBJECTIVES OF AWYMTA

- To provide certified YMT instructors for the public.
- To sponsor YMT seminars, gatherings & demonstrations.
- To publish the annual *AWYMTA Journal*.

MEMBER ELIGIBILITY

- Members are welcome from all over the world.
- Members need not be YMT practitioners.
- Members must support the purpose of AWYMTA.
- Members must pay the annual membership fee.

MEMBERSHIP FEES

Regular Membership: \$35.00 per year
Life Membership: \$500.00

Beginning & Advanced Tuishou 3-Month Spring Semester March 3 - June 3, 1994

Taught by Wang Yen-nien

Beginning Tuishou	Tuesdays & Fridays	7-9 pm
Advanced Tuishou	Mon. & Thurs.	7-9 pm

Site: 87-1 Chungching N. Rd., Sec. 1
11th Fl. (Roof Top)
Taipei, Taiwan R.O.C.

Cost: NT\$2,000 Beginners (U.S. \$77)
 NT\$3,000 Advanced (U.S.\$115)

Sponsored by:
Yang Jia Michuan Taijiquan Association of Taipei

西 美

楊家秘傳

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