



## WHAT IS TAI CHI CHUAN?

Tai Chi is an internal martial art practiced as a series of movements, connected in a flowing pattern, and governed by principals of correct body usage. To gain precision and deep body awareness, Tai Chi is performed slowly and is suitable for people of all ages and levels of physical ability. Tai Chi has been developed to provide the benefits of stress reduction, flexibility, stamina, and coordination, as well as self-defense.

## YANG STYLE TAI CHI CHUAN

Yang Style evolved from Chen Style about 200 years ago. After the Chinese government created the Nationalized Tai Chi forms in the 1950's (largely based upon the Yang Style) the Yang Style then became the most popular of the 5 main styles.

"Yang Style Tai Chi's main characteristics are moving slowly at an even pace and every move is not rushed. Energy is more internal and the motion is big and open and extended. The frame looks beautiful. Because of these main characteristics, a lot of people can learn it. This has resulted in more and more people practicing, regardless of sex or age or whether they are in excellent health or whether they are weak or ill. Everyone can be involved in the practice of Tai Chi."

GRAND MASTER  
YANG ZHENDUO  
Tai Chi Magazine



## BENEFITES

### Health

Tai Chi is a holistic approach to wellness (including mind, body, and spirit) and concentrates on relieving the physical effects of stress on the body and mind. The focus and calmness cultivated by the meditative aspect of Tai Chi is proven exceptional in maintaining optimum health (especially in the sense of relieving stress and maintaining homeostasis). Researchers have found that Tai Chi practice shows favorable effects on the promotion of balance control, flexibility, and cardiovascular fitness.

### Stress Reduction

A recent article from the New York Times calls Tai Chi a Stress Reducer and continues by saying: "There is no question that tai chi can reduce stress. According to Mayo Clinic: "Like other complementary and alternative practices that bring mind and body together, tai chi can help reduce stress. During tai chi, you focus on movement and breathing. This combination creates a state of relaxation and calm. Stress, anxiety and tension should melt away as you focus on the present, and the effects may last well after you stop your tai chi session."

### Martial Art

Tai Chi Chuan is a Chinese martial art. It is one of the "internal" martial arts, along with Xingyiquan and Baguazhang. Tai Chi Chuan practice method is: to relax (song) into softness, unified softness becomes hardness, hardness and softness support each other. Tai Chi Chuan emphasizes how to confront an enemy: "He does not move, I do not move; he starts to move, I have already moved; I start late and control first". Tai Chi Chuan is sticking and adhering, connecting and following; not separating and not resisting; bend to become straight again; relaxed and extended; internally and externally consistent; use stillness to control their movement; use softness to control hardness. Ward-off, rollback, press, push, pull, split, elbow, and shoulder-stroke are the eight basic "energies". Forward, back, look left, look right, and keep centered are the five "steps", the basic footwork. Combined, they are also known as the Thirteen Postures. Tai Chi Chuan practice includes Hand Form, Push Hands, Sword and Saber Forms.

## CLASS INFORMATION

### Hand Form

The Hand Form The Traditional Yang Style 103 Movement Hand Form (aka "Long Form", "85 Form") is taught. This form is for all ages, beginners to advanced. Students can improve their strength, coordination, posture, concentration, and general level of energy. The Hand Form provides the basics necessary to practice push hands and weapons.

The complete Hand Form takes about one year to learn and a lifetime to perfect. For teaching purposes, the Hand Form is divided into three sections (I II III). After completing all three sections, students continue learning in our Hand Form Refinement Class.

Hand Form Refinement is where the student works on perfecting the movements.

Tai Chi Basics class will focus on warm-up and basic tai chi movements, in preparation for joining a Hand Form class.



### Push Hands

Push Hands is practiced with a partner, focusing on the principles of sticking, yielding, and rooting. Starting with making circles while staying connected to your partner, you learn how to use the 8 energies against an opponent and how to neutralize them when used against you. Learning to use the 8 energies will improve your Hand Form.

### Weapons

**Sword Form** The Sword is double-edged short weapon. The sword form is based on the Hand Form but practiced faster. One should perform the sword form with the energy of a dragon. To learn the 67 movements takes about six months.

**Saber Form** The saber is a single-edged short weapon. The saber form is based on the Hand Form but practiced faster than the sword form and with more energy. One should perform the saber form with the energy of a tiger. To learn the movements takes about four months.



## YANG FAMILY

Yang Style Tai Chi Chuan is one of the gems in the realm of Chinese martial arts. Ever since the time of the founder of Yang Style Tai Chi Chuan, Yang Lu Chan, his descendents have all worked together to research, change, develop, and spread Tai Chi Chuan. Yang Style Tai Chi Chuan has become extended and graceful, carefully structured, relaxed, gentle and flowing, while still maintaining the martial arts aspects. It is also a method for improving health and curing illness. Tai Chi Chuan is loved by millions of practitioners who spread it here and abroad. It has become the most popular of all Chinese martial arts, providing a remarkable contribution to the health of mankind.

### Master Yang Jun

Master Yang Jun is the 6th Generation direct descendant of the founder of Yang Style Tai Chi, Yang Lu Chan. He has been trained by his grandfather, Grand Master Yang Zhen Duo, since age 5 to carry on the Yang Family traditions. He is certified as the highest level judge in China and served as head judge for the 1998 National Tai Chi Competition in China. In 1995 he was given the title of "Shanxi Province Famous WuShu Master" by the



Chinese WuShu Academy. Yang Jun has been teaching seminars overseas for the last twenty five years. He moved to Seattle from China in August 1999 with his wife Fang Hong, to teach and serve as President of the Association. In July 2009, he was named Zhang Men Ren, head of Yang Family Tai Chi Chuan.



GRAND MASTER  
YANG ZHENDUO

## ASSOCIATION

In October 1998, Grand Masters Yang Zhenduo and Yang Jun established the International Yang Family Tai Chi Chuan Association, uniting the Yang Chengfu Tai Chi Chuan Centers. The first Yang Chengfu Tai Chi Chuan Centers were created in the U.S. in 1995. Currently, there are 36 Centers in 17 countries. The Yang Chengfu Tai Chi Chuan Centers are committed to teaching Traditional Yang Family Tai Chi as taught by the Yang Family in China.



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