



Yang Family Tai Chi Center Seattle

Our Center was founded in 1999 by Master Yang Jun, 5th generation lineage holder of Yang Family Tai Chi. Nancy and Mike Lucero became center directors in 2016. It has eight instructors and teaches tai chi in-person in Kirkland, Maltby, and Woodinville, WA, and online via Zoom.

It is a member of the International Yang Family Tai Chi Chuan Association. Each member center provides a formal structure for teachers and practitioners to promote the teachings and awareness of Yang Family Tai Chi, and to help more people benefit from the practice of tai chi.

Our Lineage

Yang Chengfu (1883–1936), a son of Yang Luchan, the founder of Yang Style tai chi. The form he developed has become universally recognized as the standard for Yang Style tai chi.



Yang Zhenduo (1926–2020), a son of Yang Chengfu and the 4th generation heir of the Yang Family style. He devoted his life to promoting the Yang Family Tai Chi taught by his father.



Yang Jun (1968–), a great-grandson of Yang Chengfu. He was trained by his grandfather Yang Zhenduo since age 5 to carry on the Yang Family traditions. He is president of the International Yang Family Tai Chi Chuan Association.



Center Founder

Master Yang Jun
5th generation lineage holder of
Yang Family Tai Chi



YANG FAMILY
TAI CHI



Essential Tai Chi
New four-month class
Starts Sunday October 5th, 2025

*For the latest class and center information,
visit our website yangtaiseattle.com
or email info@yangtaichiseattle.com*

**Classes offered in Kirkland, Maltby, and
Woodinville, WA, and online via Zoom**

**Yang Family Tai Chi Center
Seattle**



What is Tai Chi?

Tai chi began in China many centuries ago as a martial art. It became popular in the 20th century due to its numerous health benefits. It is practiced as a series of movements connected in a flowing pattern and governed by principles 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.

Yang Style Tai Chi

Yang style is the world's most popular form of tai chi. Its signature movements are slow, even, and gentle.

Forms Taught

Hand Form. The traditional Yang Family 103 movement long form is characterized by graceful, flowing, and expansive movements designed to cultivate internal energy, balance, and harmony. It takes about a year to learn and a lifetime to perfect.

Push Hands is a collaborative two-person practice built from circling arm movements. It trains how to maintain balance and stability while redirecting an opponent's force.

Sword Form. The sword is a double-edged short weapon. It takes about nine months to learn the 67 movement Yang Family sword form.

Saber Form. The saber form is based on the hand form but is practiced faster and with more energy than the sword form. It takes about four months to learn.

Essential Tai Chi 2025

This **new four-month course** will teach the fundamentals of tai chi posture and movement, and the first section of the Traditional 103 movement Yang Family hand form.

It is suitable for both beginners and experienced students.

It will be held on Sundays, 10:00–10:55 am at the Kirkland Dance Center starting on Sunday October 5th, 2025 and running to the end of January 2026.

The course will be taught by JP de Vries. He began tai chi in 1999 and studied with Master Yang Jun from 2001 to 2009. He is proficient in—and has taught—several hand forms, the sword and saber forms, and push hands. He holds the 4th Rank in the Yang Family Tai Chi Chuan Ranking System. He is a Yang Family Tai Chi judge.

To learn more and register, use this QRcode to visit yangtaichiseattle.com/classes/essential-tai-chi-2025:



Benefits of Tai Chi

Tai Chi is a holistic approach to wellness of mind, body, and spirit that concentrates on relieving the physical effects of stress on the body and mind.

Tai chi has been widely studied for its effects on both physical and mental health. Peer-reviewed academic research consistently shows that tai chi offers significant benefits for physical function, mental well-being, and quality of life, especially in older adults and people with chronic health conditions.

Physical Health

- Balance & Fall Prevention
- Strength & Flexibility
- Osteoarthritis & Pain Relief
- Cardiovascular Health
- Chronic Disease Management

Mental Health and Psychological Well-Being

- Diminished Anxiety and Depression
- Reduced Stress
- Enhanced Cognitive Function
- Improved mood & self-esteem
- Social and Emotional Support

Want to know more?

Visit our website yangtaichiseattle.com or email info@yangtaichiseattle.com.