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## FOREWORD

By Dr. Yang, Jwing-Ming



### Dear Friends and Readers

It's amazing how fast time goes by. In just the blink of an eye, YMAA celebrated its 20<sup>th</sup> anniversary this past November. It seems like only yesterday, October 1, 1982 to be exact, when I founded this organization.

I was an engineer at the time earning a pretty good salary however, I was not happy. I began to realize that this was not the life for me. I had a different vision and intended to follow it through. The one thing holding me back was my financial situation that kept me mired in my job. I actually wanted to focus all my attention on teaching and writing about Chinese martial arts and Qigong. In order to reach this goal, I rented a place from the New England Conservatory of Music on Huntington Avenue in Boston. So, during the day I was an engineer and after work, I drove for more than an hour to Boston from Wilmington, Mass., to become a teacher. Needless to say that after finishing both these jobs and then driving home to Tewksbury, around 11:00 pm, I was exhausted.

This life style continued into the fall of 1983, during which time I began to suffer from ulcers an affliction that I had not had since I started practicing Taijiquan at the age of 16. And if that wasn't bad enough, I started to experience pain from kidney stones. I was depressed and unhappy until January 1, 1984 when I made up my mind to quit my engineering job. It was a

write a book entitled: *Chi Kung, Health and Martial Arts*. Shortly after beginning that book, I caught a bad cold that developed into pneumonia. Because I had no health insurance, I didn't go to hospital. My body temperature kept fluctuating. I had no idea how serious it was until one of my students who was studying for his medical degree checked my lungs and recommended that I obtain some medication. I called my brother who is a dentist in Taiwan and told him about my situation. He immediately mailed me some antibiotics and a couple of weeks later, my health returned.

**October 1984.** I completed my first book and published it myself. I was the writer, typesetter, designer, and marketing and sales person. At the same time, I was a martial arts teacher, bookkeeper, and janitor. I didn't have any help, so I had to take care of everything. Surprisingly, the marketing of the book was going well. Chi Kung (Qigong) was new to western society and many people were interested in knowing more about it. This generated some income. And because I was able to devote my complete attention to teaching, the number of students also increased. Less than a year later, I discovered what it was like to smile again.

Looking back now, I think it was perhaps the most difficult time of my life. However, when I see how much YMAA has developed both in schools and publications, I know that it was worth the suffering. Today, YMAA is recognized as a publisher of high quality martial arts books. The quality of YMAA martial arts and Qigong training has also been acknowledged. Currently, YMAA consists of 56 schools in 16 different countries.

Quality, not quantity, has always been the main focus of my teaching. YMAA books have been translated into 11 different languages. I receive letters and e-mails every day thanking me for what I have contributed to western society. I deeply believe that I am very fortunate to be one of the few people in my field who has been able to stand up and become financially independent. I sincerely believe that if I can do it, others can do it too. All they need is confidence and a persistent heart.

*"I completed my first book and published it myself. I was the writer, typesetter, designer, and marketing and sales person. At the same time, I was a martial arts teacher, bookkeeper, and janitor."*

**Dr. Yang, Jwing-Ming**

very hard decision to make because of my financial situation, but I knew that if I continued as an engineer, I would succumb to unhappiness in just a few years.

My new challenge had its share of pitfalls. I had three children and a wife, 20 students, no health insurance, no other income, a high mortgage and rent for the studio. Fortunately, my limited savings kept me going each month, but even that was in danger of drying up. Though I was nervous and under great pressure, I never lost confidence. I sincerely believed that I could stand up by myself. Eventually, I began to



## IN THIS ISSUE

1. **Foreword** by Dr. Yang, Jwing-Ming, YMAA President
2. **Student's Corner:** YMAA Celebrates 20th Anniversary
3. **Commentary:** What Style Do You Prefer?
4. **Martial Arts:** Jamaica Plain's Shaolin Kids
6. **YMAA Around the Globe**
7. **YMAA Schools and Qualified Instructors**  
*Updated information on people and places*

## YMAA's 20TH ANNIVERSARY AN AFFAIR TO REMEMBER

Not everyone chose to leave the city of Boston over the long Thanksgiving weekend considered to be the busiest holiday travel time of the year. There were those fortunate souls who chose to remain in Jamaica Plain and a few other surrounding communities to see Yang's Martial Arts Association's 20<sup>th</sup> Anniversary Kung Fu Demonstration, Nov. 30, 2002.

Boston English High School was once again the site of this year's demonstration and an ideal location since its community auditorium is capable of seating approximately 300 people. Close to that number of people attended and were treated to perhaps the best YMAA demonstration ever.

Dr. Thomas (Doc) Gutheil and James (Jim) Hickey, did a masterful job as they have done on numerous occasions in the past, of sharing master of ceremonies (MC) duties. Before introducing each participant, they provided the audience with a historical martial arts journey into the past.

Dr. Gutheil (Shaolin MC) and Jim Hickey (Taiji MC), both longtime YMAA practitioners, kept the demonstration moving with an eloquent insight into what each form encompassed and the training that's required to attain certain levels of achievement in the Kung Fu ranking system.

The demonstration opened with a colorful and lively Lion Dance performed by Simon Pang and George Dominguez followed by a group introduction of all YMAA martial arts participants.

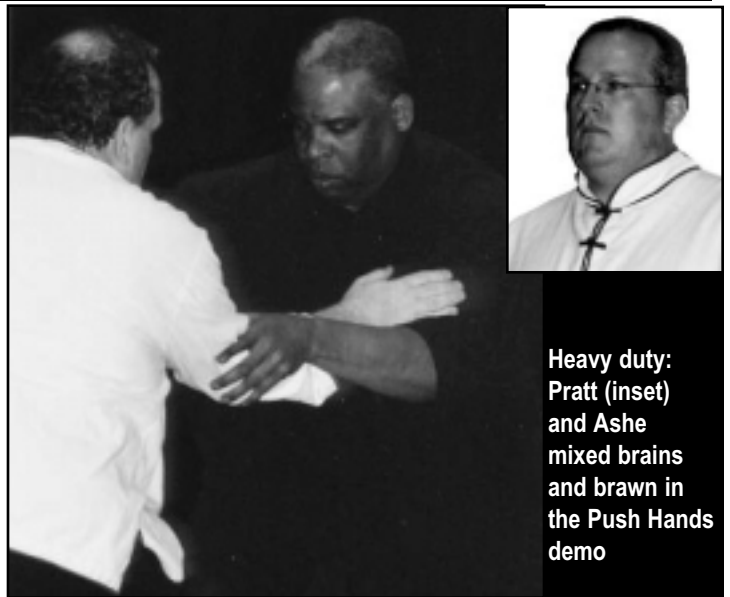
One of the most notable things that spiced up this year's demonstration was the rhythmic, pulsating beat of the music that seemed to fit both the Taiji and Shaolin portions of the demonstration. For the first time, the audience was also treated to the YMAA theme song *Four Seas and One World* written by Afaa M. Weaver (See page 5).

There were many martial art forms in the demonstration that were no doubt unfamiliar to the audience such as Xingyiquan (Shape and Mind Boxing). Tai Ngo, YMAA Shaolin assistant instructor, performed this form in such a distinctive and expressive way that you could see how closely it relates to Taiji, only with more circular movements.

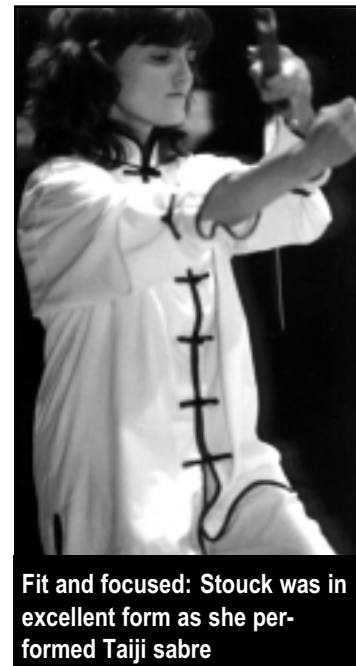
It was also nice to see youngsters and adults performing together as they did in Changquan Tui Fa (Long Fist Kicking) and in



Masterful MC jobs were shared by Dr. Gutheil and Jim Hickey



Heavy duty: Pratt (inset) and Ashe mixed brains and brawn in the Push Hands demo



Fit and focused: Stouck was in excellent form as she performed Taiji sabre

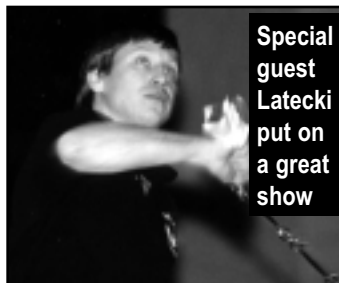
Gong Li Quan (Power Sequence).

Each segment of the demonstration was broken up very nicely offering a wide range of martial arts forms rarely seen in performances of this type. For example, Rami Rones, Leslie Takao and Tracy Stouck performed Taiji Dao (Taiji Saber) with the precision of a person carving a turkey on Thanksgiving day. The fixings were served up in the form of Kathy Yang and George Dominguez performing Short Defense Techniques. (George took the brunt of the punishment) and dessert was provided by guest performers, Narcyz Latecki performing Bajji, Yi Bian (Eight Extremes, Whip Chain), and Mark Sidel

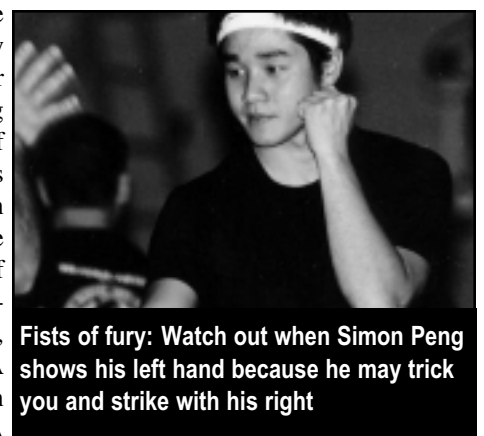
performing Si Lu Cha Quan (Fourth Way of Cha's Fist).

Many people were looking forward to seeing Jeff Bolt perform, but unfortunately he was nursing an injury and could only deliver a speech recognizing Dr. Yang's 20 years of teaching martial arts in the Jamaica Plain area and around the world. Bolt, one of Dr. Yang, Jwing-Ming's first students, is director of YMAA Houston and an accomplished YMAA Shaolin instructor.

Walking wounded: Bolt was nursing an injury and unable to perform



Special guest Latecki put on a great show



Fists of fury: Watch out when Simon Peng shows his left hand because he may trick you and strike with his right

Lending his unique talents to the demonstration was Roger Whidden, director, YMAA Marshfield, a Taijiquan instructor who per-

formed a graceful San Cai Jian (Three Powers Sword).

Some people do not know that Taiji has a defensive side called "Pushing Hands." But when you see two people weighing in at a combined weight of more than 560 lbs you can only imagine the power that Jeff Pratt and Gerard Ashe are capable of delivering during real competition(s). Jeff Pratt is YMAA senior Taiji instructor and a Pushing Hands Champion and Ashe an assistant Taiji instructor and Pushing Hands competitor.

The highlight of the afternoon came when Dr. Yang performed his breathtaking Taijiquan sequence. His performance was worth the price of admission alone. You could have heard a needle drop as he



**Cutting edge: Kathy Yang demonstrates her prize winning form**

moved like a gentle breeze, gathering strength and then extending his hand(s) to deliver Jin (internal power/energy) to an imaginary target. A thunderous applause greeted him following his performance.

An awards presentation closed out the demonstration during which time Dr. Yang was presented with a beautifully decorated double-edged sword by his students to commemorate his twentieth year of teaching martial arts in the Jamaica Plain area.

Dr. Yang was even more surprised when Allison Rogers, the Jamaica Plain Liaison for Community Affairs, presented him with a signed Certificate of Recognition from the office of Mayor Thomas Menino recognizing Dr. Yang's "dedication and contributions to the communities of the world and to the city."

Mei Ling, Dr. Yang's wife, received a gift from YMAA staff and students for 20 years of dedicated office management service.

There were many more outstanding performances, but due to a lack of space we cannot mention them all. However, Dr Yang expressed his appreciation and special thanks to everyone who made this year's demonstration such a huge success.

Following the demonstration, all of the participants and their families gathered at YMAA headquarters for a gastronomic potpourri of pizza, Chinese food, and an exchange of pleasantries for a job well done.

*Pictures and story by Dan Hood*

**Allison Rogers of the Mayor's Office presents certificate of appreciation to Dr. Yang**



## Hard, Middle and Soft Styles

### Which one do you prefer?

A very common method for categorizing fighting arts today is by system and style. Whenever someone speaks of a system they more than likely are using a broad based term to describe a fighting art and the particular country or geographical region from which it originated. For instance, when one uses the term "Karate" this describes a form of fighting that began in Okinawa. Likewise, if one were to use the term Judo this would apply to a system of grappling developed in Japan.

When the term "style" is used this often is done to describe a particular method of teaching that falls under the broad heading of a system. For instance if I were to use the term "Isshinryu Karate Do," Karate is a system of fighting while Isshinryu is a karate style or subsystem.

The word "style" can also be used to categorize a fighter or fighting art as either a "hard" or "soft" methodology. Hard styles and stylists are often noted for their physical prowess and body hardening methods which involve toughening the knuckles, shins and forearms. These areas are commonly used for striking and blocking in hard style training. Soft styles and stylists on the other hand are associated with yielding and molding actions that turn an opponent's own force against them.

Soft fighting styles like Tai Chi and Aikido are also known for their reliance upon internal energy to generate power whereas hard styles are known to rely upon external energy or muscular strength for power. Although categorizing hard and soft methods can be useful tools, they often prove to be incomplete analysis since they overlook the fact that both hard and soft elements can be found in many other fighting arts.

In his scholarly book: *The Essence of Shaolin White Crane Martial Power and Qigong*, Dr. Yang, Jwing-Ming points out that Chinese fighting arts are categorized by the manner in which they develop *Jin* or martial power. (p.17) However instead of two categories, Dr. Yang uses three in relation to the Chinese fighting arts. They are hard, soft-hard and soft styles. Hard styles use muscular power in their execution of techniques and utilize bold rigid movements often seen in many karate-ka's execution of kata. Soft-hard styles tend to be more pliable than hard styles and although they do use muscular power they remain fairly relaxed until the moment of impact with their target. Dr. Yang likens the soft-hard style strike to that of rattan, which inflicts both internal, and external injuries. (pp.17)

The third style of fighting is soft style. Soft style places much emphasis upon relaxation and only uses muscle tension for a brief instance to retract the striking limb. By doing so a "whipping action," as Dr. Yang describes it, is generated that can cause extreme damage to an opponent's internal organs (pp.17). Of the three styles of fighting, the soft form is considered by many practitioners to be the most advanced.

The categories of hard, hard-soft and soft, Dr. Yang described can be applied to not only Chinese fighting arts but others as well.

*(Continued on page 4)*

# JAMAICA PLAIN'S SHAOLIN KIDS

In examining the Okinawan fighting arts and the roles played by hard and soft concepts, the late Donn F. Draeger said; “No system of *ch’uan-fa*, *te*, *karate-jutsu*, or *karate-do* is an absolutely “soft” or “hard” system, but may be categorized as being one of the other depending on the priority given to one or the other aspect in the execution of techniques.” (Donn F. Draeger *Modern Bujutsu & Budo* pp.128) Draeger’s statement makes it quite clear that not only are there both hard and soft elements in the Okinawan fighting arts but that hard-soft or middle concepts are also present.



Dr. Yang in a ward off position

Apart from Chinese and Okinawan systems, other fighting arts also contain hard, hard-soft and soft concepts within their teachings. Bando, the Burmese martial art is one such system.

Bando practitioners are often classified as hard-middle or soft style fighters. Hard refers to very physically oriented methods such as Thai and Burmese Boxing.

Middle style Bando fighters or hard-soft used in describing Chinese systems, remain very relaxed and employ subtle sidestepping techniques in conjunction with open-handed strikes and parries. Their techniques have much of the same Rattan like effect Dr. Yang spoke of. In comparison to the hard and middle forms, soft style Bando fighters use molding and yielding concepts, and are often of a defensive nature.

Much like the Chinese soft styles Dr. Yang described, the Bando soft style fighter also uses muscular tension in a very sparingly manner. As it is with Chinese fighting arts, the soft style is also considered to be the most advanced form of fighting by the Bando practitioner.

Although the three styles of fighting: hard, hard-soft and soft are frequently viewed as separate entities, they are in fact interlinked components that make up a complete process of evolution. More often than not, beginning practitioners will find that during their initial phases of training, say the first three to five years, reliance upon physical dexterity during execution of technique is far easier than trying to use those concepts found within the middle and soft forms of fighting. As Dr. Yang said: “It is easier to be hard, and harder to be soft for a beginner.” (p.99 *Shaolin White Crane Martial Power and Theory*) His statement brings to light that developing middle and soft fighting concepts can prove to be a very demanding task.

BY MICHAEL ROSENBAUM

*In part two of this two part series, Rosenbaum writes about the process of reaching middle and soft fighting styles.*

*Rosenbaum is the author of “Okinawa’s Complete Karate system: Isshinryu” and “The Fighting Arts Their Evolution from Secret Societies to Modern Times.” (YMAA 2001)*

**Sources: Dr. Yang, Jwing-Ming *The Essence of Shaolin White Crane Martial Power and Qigong*. YMAA Publication Center Roslindale, Mass. 1996; Donn F. Draeger, *Modern Budo & Bujutsu* Weatherhill New York and Tokyo 1974**

On the outskirts of Jamaica Plain there sits a building with a multi-colored facade that commands the public’s attention. At first glance the larger than life figures in the colorful murals that adorn the facade seem to reach out and touch those who pass by. The building is the headquarters of Yang’s Martial Arts Association (YMAA). And the murals, designed by the Boston Youth Fund Mural Crew (Mayor’s Office of Cultural Affairs), show YMAA’s founder, Dr. Yang, Jwing-Ming in a striking martial arts pose.

The painting of Dr. Yang is imposing—the other figures impressive and lifelike. However, they only depict a small part of what the people who work inside the building contribute to the surrounding community.

Almost everyone who joins YMAA wants to meet Dr. Yang. And when they do, they’re impressed by his friendly face, his humble manner and the relaxed way he carries himself. Those physical characteristics may have something to do with the many years he has taught Kung Fu, Tai Chi and Qigong (the study of



Left to right: Gilberto Richardson, Monica Ovalles, Steven Vo, Juan Ovalles (Monica’s brother), and Gabriella Javierbieda

Picture and story by Dan Hood

universal energy). However, don’t be fooled by his quiet demeanor for he is a master of many traditional Chinese martial arts taught to him by Masters Kao Tao, Han, Ching Tan and Wilson Chen and Grandmasters Li, Mao-Ching and Chen, Gin-Gsao. It is this curriculum that he has passed down for more than 20 years to his teachers and students.

Many of his Shaolin students are children and adults living in and around Jamaica Plain. If you ask them where they’d rather be after school or work, they’d probably answer at YMAA practicing their Kung Fu or Tai Chi.

For instance take Leonard Eyong, a junior Shaolin student. He studies his Kung Fu every day both at home and at the YMAA. Fellow student Steven Vo, has earned some bragging rights of his own. He recently won first place in the Classical (traditional Barehand Form) for children in the 2002 Summer Bash Chinese Martial Arts Championship in New York City. Vo, energetic and perhaps one the youngest students at YMAA, is extremely dedicated to the art and what he has learned at YMAA. And Gabriella Javierbieda is the only ten-year-old girl in the class who can hold her own against any boy who might be looking for a challenge. The trio were recently awarded their

Shaolin white stripe.

Dr. Yang, a former professor of physics at Purdue University, says that in Chinese martial society, the success of a student is not determined by his or her external appearance, or by how strong or weak he or she is, but rather by the student's morality and how they think.

"In today's society, many of the so called baby boomers have reached the age of fifty and soon will be sixty. Slowly, they have awakened their spiritual mind and now want to know more about their spiritual cultivation," he said in a recent YMAA newsletter.

He uses his quarterly newsletters and weekly seminars to communicate and teach at the 56 internationally acclaimed schools that he has opened since 1982. One might think of Dr. Yang as a very ubiquitous person since he travels to many of his schools located from Boston to Belgium and beyond. And when he does travel, which is frequently, he leaves the Jamaica Plain facility in the capable hands of his wife, Mei Ling.

In 1974 he and Mei Ling emigrated from Taiwan to the U.S. where he earned his Phd. in Mechanical Engineering from Purdue University. The couple have three children, Kathy, Nicholas and James, all talented martial artists. (See Foreword on Page 1).

What is the single most important thing Dr. Yang looks for when people come to YMAA schools for training? Those outside of the martial arts community may be confused by his answer until he offers a more detailed explanation.

"The most important thing I look for is Wude, martial morality. Wude includes two aspects: the morality of deed and the morality of mind. Morality of deed includes humility, respect, righteousness, trust and loyalty, Morality of mind consists of will, endurance, perseverance, patience and courage."

At first glance, Shaolin training appears to be very difficult and to some extent it is. But very few students complain because history tells them that it used to be much harder. In his book *The Wisdom of Kung Fu*, Michael Minnick writes that many centuries ago a prospective student had to visit the master of a Kung Fu school at sunrise and was told to wait outside with future classmates. All are kept waiting for a long time, during which tempers grew short and patience wore thin. That's just the first of many tests. Water or dirt may be "accidentally" thrown on them, regular students treat them rudely and then after many hours they are told that there will be a delay because of an important ceremony the master must perform. Finally they are told to go home because the master will not be able to see them that day. Those who display any kind of anger or petulance are immediately dismissed and told never to return.

The next day, for the benefit of those who still seek instruction, the entire procedure is repeated. In addition to the usual humiliations, they are under constant secret surveillance to determine whether they are nervous, talkative, or argumentative among themselves. After many hours they are asked to kneel and the master appears briefly and merely looks them over. If they rush up to him, they are asked to leave because they haven't shown respect to their elders.

You won't see any of this at YMAA because over the years times have changed. However, you need only to look at the murals on the building to find that honor, dignity and respect are the tenets ingrained in both the teachers and their students.

## Music is the Chi of Life

What do you get when you combine the talents of an Alumnae Professor of English at Simmons College and a Harvard educated musician? A great song of course. The professor is Afaa M. Weaver and the musician, Dr. Russell Steinberg. Their partnership began several months ago when Dr. Yang thought it would be a good idea to have a YMAA theme song representative of the school. (See page 2, YMAA Demonstration article). So here's what Weaver and Steinberg came up with:

**Four Seas and One World  
The Yellow River drives the sun,  
The dragon rules the air,  
In all these miracles there is one  
To which all things compare.**

**Four seas and one world.  
Four seas and one world,  
With love the martial air.**

**In China's magic, came a son  
And his lovely wife.  
To give the West the gift of one  
World's answer to all strife.**

**Four seas and one world.  
Four seas and one world,  
In peace without a care.**

**In all our life this we see,  
Our brave eyes to conspire  
Within with one sure plea  
To quell the soul's deep fire.**

**Four seas and one world.  
Four seas and one world,  
The peace within the world we'll feed  
With courageous humility.**

**YMAA. YMAA.  
To truth and light we train  
Our swords to be  
The still air of peace.**



*Dr. Steinberg's music has been performed in the US and abroad. He earned his Doctorates in Music from Harvard University in Cambridge. His awards include an ASCAP Young Composers Grant, Composers Inc., NACUSA prizes, MacDowell and Aspen Fellowships, and First Prize in the New World String Quartet competition. He currently resides in Los Angeles and is actively involved in music education.*



**HEALTH TIPS**

Taiji appears to be growing more popular every day. That according to a recent article published in *Spirit of Change*, New England's popular Holistic Magazine. If you can get ahold of a back copy, check out **Tai Chi: Mining a Rich Tradition** by **Ruth Hobeika** in the September/October 2002 issue. Hobeika covers a wide variety of subjects on why Tai Chi has many wonderful health benefits. According to Hobeika, "Tai Chi's popularity is reflected even in the workplace, such as Lotus Development in Cambridge, Ma., where it has at times been as common a practice as the traditional coffee break."

Measure your waist to find out if you are at risk for weight-related health problems. This simple measurement may be as effective as more complex measures of obesity such as the body-mass index, according to a Dutch study. For women, a waist measurement over 34.5 inches signals a serious risk. For men, the cutoff point is 40 inches. People with apple-shaped bodies (fattest in the abdominal area) have lower HDL, ("good") cholesterol and higher triglycerides than their thinner counterparts. They are at increased risk for heart disease, as well as hypertension, stroke, and diabetes.

**PICTURE THIS**

The YMAA newsletter was the first pictorial publication to show the dramatic changes that took place earlier this year on the front of the headquarters building. Now another publication has followed suit, however, it appears to be merely a coincidence. **John Stark** has written an article that appears in the Nov./Dec. issue of *My Generation*, titled *Footnotes of a Walker*. Stark is shown strolling by YMAA headquarters in the process of racking up an impressive number of daily footsteps. *My Generation* is an American Association of Retired Persons publication.



**JUST IN CASE YOU DIDN'T KNOW**

The left side of YMAA Headquarters (facing the building) used to be a Pizza Parlor. **Tai Ngo**, Shaolin assistant instructor says that 15 years ago he and some of his colleagues and students knocked down baking ovens and walls to convert that part of the building into the Shaolin training studio that it is today.

**UPDATE**

Several years ago **Albert Lara** of Manteca, Calif., expressed his interest in reading more about yoga and martial arts together. And **Rebecca Sharkey** of Sarasota, Fla., thought it would be nice to have a column that focuses on advice for people between 30 and 40-years-old who are not experienced in the world of fitness. Well, it may have taken awhile to respond to their requests,

but they'll be glad to know that we didn't forget. Let's start with Yoga since it could apply to both suggestions.

Yoga is one of the fastest growing fitness activities in the U.S. Health clubs offer a variety of classes, often with names such as "power yoga" or "yogarobics." Many publications promote yoga as a means of body sculpting, stress reduction, and weight control. Yoga is even recommended as a way of treating high blood pressure and heart ailments. American versions come out of hatha yoga—the practice of postures, or asanas, held for several minutes if you're an expert or only a few seconds if you're just beginning. Don't treat yoga as a competitive sport: you don't have to stretch as far as a 25-year-old person. If you have a serious medical condition, injuries, or spinal problems, consult a doctor before starting yoga. And tell the teacher if you have any physical problems or limitations.

**HUNGARY FOR EXCITEMENT**

The 2002 YMAA Summer camp in Hungary turned out to be a highly successful venture.

**Dr. Yang** (first row, fourth from the right) and a number of his



instructors showed why these camps can be so beneficial. Not only do students receive "on hands training" they pick up a lot of valuable information that can be useful later on. There's already talk that the 2003 YMAA summer camp could be held in South Africa. If you plan to attend, bring some sunscreen and a bathing suit, please.



**Dan Rothstein (left) does some centering with a summer camp attendee**

**WE WISH EVERYONE A SAFE AND HAPPY HOLIDAY**

- Mei-Ling Yang
- Kathy Yang
- Connie Forbes
- Leslie Takao
- Jeff Pratt
- Jeff Rosen
- Roger Whidden
- Joseph & Carol Best
- Rami Rones
- George Dominguez
- Jim Noble
- Tai Ngo
- Walter Wong
- Chris Hartgrove
- and Headquarters staff



*What does Mrs. Claus sing to Santa on his birthday?*  
**Freeze a jolly good fellow.**

**YMAA QUALIFIED ACTIVE****INSTRUCTORS: (12/15/02)**MASTER: Shaolin/Taijiquan  
Dr. Yang, Jwing-Ming**INSTRUCTORS:****Shaolin**Jeffery Bolt (Houston, TX)  
George Dominguez (Boston, MA)**Taijiquan**Jeffery Bolt (Houston, TX)  
Jeffrey Pratt (Boston, MA)  
Jeffrey Rosen (Boston, MA)  
Roger Whidden (Marshfield, MA)  
Vadas Mihaly (Hungary)**SHAOLIN ASST. INSTRUCTORS**Adam Dzieciatko (Gdansk, Poland)  
Adam Wypart (Katowice, Poland)  
Alex Kiesel (Andover, MA)  
Bartłomiej Grad (Krakow, Poland)  
Christopher Fazio (Andover, MA)  
Celso Barja (Portugal)  
Corlius Birkill (South Africa)  
James O'Leary (Boston, MA)  
James Yang (Boston, MA)  
Jaroslaw Koza (Gdynia, Poland)  
John Gilbert Jones (Seattle, WA)  
Karol Lubacki (Gdynia, Poland)  
Kazimierz Szyrowski (Poland)  
Krzysztof Marcinek (Gdansk, Poland)Maciej Ciesielski (Gdynia, Poland)  
Marek Sadowski (Gdynia, Poland)  
Mark Seidel (Scranton, PA)  
Mariusz Sroczynski  
Mike Orlandella (Boston, MA)  
Mike Vasicek  
Narcyz Latecki (Acton, MA)  
Pawel Antonowicz (Gdansk, Poland)  
Pedro Rodrigues (Portugal)  
Piotr Czerepuk (Gdansk, Poland)  
Rafal Kulbalka (Gdansk, Poland)  
Rafal Szulkowski (Sopot, Poland)  
Ramel Rones (Boston, MA)  
Ravi Dixit (Boston, MA)  
Robert Was (Krakow, Poland)  
Simon Pang (Boston, MA)  
Tai D. Ngo (Boston, MA)  
Targos Mariusz (Wroclaw, Poland)  
Tomir Kaczmarek (Poland)  
Victor Casqueiro (Portugal)  
Zbigniew Panasewicz (Krakow, Poland)**Taijiquan**Adam Wypart (Poland)  
Alex Kiesel (Andover, MA)  
Barbara Wypart (Poland)  
Carol Shearer-Best (Boston, MA)  
Charles Yotte (Paris, France)  
Chris Hartgrove (Boston, MA)  
Corlius Birkill (South Africa)  
Dennis Willmont (Boston, MA)  
Florence Leonard (Paris, France)  
Gerard Ashe (Boston, MA)  
Harold Dupuis (Paris, France)  
James Noble (Boston, MA)  
James O'Leary (Boston, MA)  
Jaroslaw Koza (Poland)  
Jean-Louis Laneress (Paris, France)  
John Redmond (Derry, NH)  
Joseph Best Jr. (Boston, MA)  
Kazimierz Szyrowski (Gdansk, Poland)  
Kovesdi Andras (Hungary)  
Ludovico Romeo (Napoli, Italy)  
Mariusz Sroczynski (Warsaw, Poland)  
Mark Falco (Andover, MA)  
Mark Rits (Boston, MA)  
Nicole Laneress (Paris, France)  
Pascal Plee (Paris, France)  
Paul Blake III (Andover, MA)  
Paul Mahoney (Boston, MA)  
Pedro Rodrigues (Portugal)  
Pedro Graca (Portugal)Phil Goldman (Boston, MA)  
Piotr Ziembra (Poland)  
Ramel Rones (Boston, MA)  
Robert Was (Krakow, Poland)  
Sarkozil Ildiko (Budapest, Hungary)  
Victor Casqueiro (Portugal)  
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### Editor's Corner

All of our readers know by now that a very special time in YMAA history has passed. The 20th YMAA Anniversary Celebration and Martial Arts Demonstration turned out to be a huge success. (See page 2.) If you missed this one, there is always next year. Right now there's some discussion going on about another very big show, this one to celebrate YMAA Andover's upcoming birthday. No date has been set yet, but if this event does take place, the date may be changed. In the past, we've held YMAA demonstrations a few days after Thanksgiving. This year things might be different. That's all I can tell you right now, but more information will be published in upcoming newsletters. To all of those who made this year's YMAA Demonstration such a memorable event, we extend a heart felt thank you.

**Dan Hood**

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### Attention Authors

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