



YMAA News is a quarterly publication. Back issues are available for free download at www.ymaa.com



FOREWORD

By Dr. Yang, Jwing-Ming

Dear Friends and Readers

World famous scientist, Michael Faraday (1791-1867) once said: "The philosopher should be a man willing to listen to every suggestion, but determined to judge for himself. He should not be biased by appearances, have no favorite hypothesis, be of no school, and in doctrine have no master. He should not be a respecter of persons, but of things. Truth should be his primary object. If to these qualities be added industry, he may indeed hope to walk within the veil of the temple of Nature."

This is a great saying, one that conveys a meaningful message. We must have an open mind that allows us to collect abundant information before we make a judgment by ourselves. We should not blindly believe what other people or books say. It does not matter how we define Faraday's statement since it was only his personal opinion. Only when it is proved scientifically and logically, can we then believe it. If we were able to put a question mark at the end of every sentence we read or heard, then doubtful minds would surely allow us to challenge almost everything. Through pondering and careful consideration, should we then make a decision. If we do not, we will be truly brainwashed. In this case, we can be abused or taken advantage of both spiritually and physically.

Additionally, through thinking, we should also be able to develop the knowledge and experience that we have learned. The power of the mind is unlimited. If we restrict it to a small domain and allow it to be abused, then it will never develop and our spirit will never grow. Spiritual growth originates from the stimulation of the mind. Therefore, we should dare to challenge the tradition and re-evaluate its values. Keep the good ones and get rid of the old fashion thoughts or ideas that do not fit us anymore.

However, during this spiritual growing process, we must not betray our sub-conscious mind which constantly directs us to the moral truth. While our conscious mind has been trapped in the human emotional matrix, our sub-conscious mind has continuously directed us to the correct path of spiritual development. Through thousand of years of past experience from different cultures, it is understood the way of waking up the sub-conscious mind is through meditation. When a person has reached a profound level of calmness both mentally and physically, the conscious mind will cease its activity and this will allow the sub-conscious mind to wake up and bring you the awareness of life.

Friends, have you ever had an experience of meditation? Would you like to try? The first step is very simple. Just coordinate your mind with your breathing while keeping your physical body as relaxed as possible. Through this calm state, your mind will become clearer. I have just completed a book: *Qigong Meditation, Embryonic Breathing* (YMAA May 2003). It is a good place to start your journey of becoming a more relaxed person.

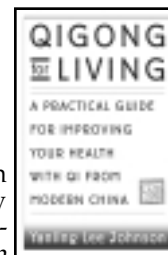


Book Review

Qigong for Living

By Yanling Lee Johnson

\$16.95 177 pages ISBN 1-886969-11-6



Yanling Lee Johnson should be given high marks for her latest literary offering; *Qigong For Living - A Practical Guide for Improving Your Health with Qi from Modern China*.

Born and raised in Beijing, China, Yanling has once again proved in her own words that "Having a lighthearted attitude towards living is helpful in finding the truth of life."

Involved with qigong since the age of three, Yanling started writing and translating three books at the same time on qigong and herbal foods in 1993. So, as you can see that her knowledge of the subject is quite extensive.

Qigong For Living begins by taking the reader back to a time when ancient Chinese practitioners or sages as they were commonly known back then, used qigong over a very long time for healing and prolonging life. Yanling explains why qigong ran into a roadblock shortly after Mao Zedong took power in mainland China in 1949 by suppressing qigong masters and religions, forcing thousands to hide their identities for many years. According to Yanling, after enduring one attack after another, many types of qigong literally disappeared from the public or emigrated from China. However, Yanling says that due to the humble, compromising Daoist nature of qigong, many high-level qigong masters never allowed themselves to reveal their powers during most of their lifetime.

But qigong survived and Yanling writes that in 1970 a pioneering qigong master, who was also a professor at the Beijing Artistic Institute, organized a group to practice qigong openly in the parks. Grand Master Guo Lin voluntarily taught groups ranging from one to ten students. In time, more people began joining her classes that taught her qigong style, Guo Lin New Qigong Treatments. Now she has tens of thousands of students, including those from all over the world.

That's a resounding testament as to how resilient qigong has been over the centuries. You could almost compare it to the survival of Christianity against overwhelming odds many centuries ago.

In *Qigong For Living*, Yanling, the vice president of the Qigong Association of America, explores qigong and how it can be used to improve our health, refine our spirit, and even increase our sexual pleasures.

IN THIS ISSUE

1. **Foreword** by Dr. Yang, Jwing-Ming, YMAA President
2. **Student's Corner:** *What Style Do You Prefer?*
3. **Commentary:** *Exercise As An Art Form; tai chi*
4. **Tai Chi Chuan:** *Moving The Body's Energy*
5. **Martial Arts:** *A Different Style, a Different Place*
6. **YMAA Around The World.**
7. **YMAA Schools and Qualified Instructors**

Updated information on people and places

Hard, Soft and Middle Styles

Which one do you prefer?

In Part One of this two-part article, Michael Rosenbaum talked about the various methods for categorizing fighting arts today. In Part Two, he tackles an age-old question; can a soft martial arts style win out over a hard style such as Karate?

The process of reaching the level of middle and soft styles of fighting can only be attained through constant training and the ongoing pursuit and perfection of middle and soft concepts. It is an endeavor that can take many years of training. It is perhaps the very reason why you see many younger practitioners whose technique(s) resemble the "old bull in the china shop" approach. In comparison older, more experienced practitioners tend to exhibit skills of a subtle nature yet they still possess devastating power and speed.



Martial artist Janet Gee demonstrates a tiger claw to an opponent's face during a karate demonstration. Photo - Bob Edwards

In examining hard, hard-soft and soft styles often the question arises; do some styles of fighting facilitate the progress from hard to soft better? While this argument can be made, especially if it is done when comparing two systems such as Shotokan karate and Yang Style Tai Chi Chuan. What it frequently ignores is that progression from hard to soft-hard on to soft style has more to do with a practitioner than their system. For instance, in Bando there is the Boar form. This method relies heavily upon rushing, elbowing, crushing, and kneeing techniques, all of which would commonly be associated with a hard style of fighting. However, there are Boar form practitioners who can execute their techniques in a very middle to soft style manner.

With the on going debate about which style of fighting reigns supreme, it is not uncommon for practitioners who train in a system that is strongly associated with, either a soft or hard concept to develop misconceptions. Throughout the years I've had more than one karate-ka inform me that soft styles like Tai Chi lack power and therefore are ineffective as fighting arts. However, many who proclaim such things have never experi-

enced the freight train effect of a properly executed "ward off" to their rib cage. Likewise on the flip side of the coin, I've witnessed more than one Tai Chi practitioner whose arm skill was based solely on form practice, meet with disaster at the unforgiving hands and feet of a "hard style" Bando practitioner.

During our study of the fighting arts, it is important to understand that how we are trained today will change over the course of time. It is this change, brought forth by both time and practice that is at the core of developing hard, middle and soft styles of fighting. It is not an overnight process much less one that can be accomplished in a few years.

For the beginning student visualizing what their fighting style will be like 25 years from now is an almost impossible task. Yet it's important that they're made aware of the changes, that will take place during their training. Conversely it's very important for the advanced practitioner to remember where it is that they began and not to forget the transformation process that they experienced. The practice of a fighting art is not a stagnant process. It ebbs and flows like the ocean's tides.

Now that I am in my early 40's, the transformation process from hard to middle and then on to soft style fighting is becoming more apparent.

When I was a teenager my training was more physically oriented. The more muscle that I put behind a block or punch, the better it was. And in keeping with youth, my techniques were also hard, and had as much finesse to them as the proverbial "Bull in the China Shop." During my late 20's and throughout my 30's, the relaxation and

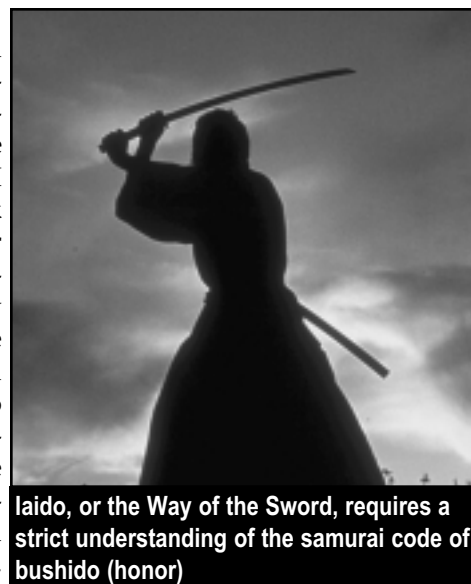
evasiveness of middle styles began to develop in my way of fighting. It was an enlightening period thanks to my middle style Bando friends whose talents proved to be very encouraging during that stage of my training.

Today my soft form is in its earliest stage. And even though my Tai Chi needs more work, it is proving to be a very valuable tool in this area of development. At times during my practice, it feels as if I'm attempting to move mountains. But maybe, just maybe, when I turn 70, rather than trying to move mountains, I'll instead flow around them like a silent stream.

Michael Rosenbaum is the author of [Okinawa's Complete Karate system: Isshinryu](#) (YMAA) and [Fighting Arts Their Evolution from Secret Societies to Modern Times](#) (YMAA).

Sources: Dr. Yang, Jwing-Ming - [The Essence of Shaolin White Crane Martial Power and Qigong](#). (YMAA) 1996

Donn F. Draeger, [Modern Budo & Bujutsu](#) Weatherhill New York and Tokyo 1974



laido, or the Way of the Sword, requires a strict understanding of the samurai code of bushido (honor)

Exercise As An Art Form: tai chi

Across America and Canada thousands of people are beginning to realize the benefits of the slow, balanced, low-impact movements that we at YMAA know as tai chi, often in large groups outdoors.

Tai chi is a good way to improve flexibility, balance, and strength. It also can be a form of meditation, and a good way to relax. Whether it's the Yang long or short form, Wu or Song style, it's suitable for both men and women and for people of all ages, even those in their eighties and nineties.

Originally designed as a self-defense technique, tai chi chuan (or simply tai chi, pronounced tie-jee) is no longer just



Moving meditation: Tai chi helps tone muscles in the lower body, especially the thighs, buttocks, and calves

one of the martial arts. It has been practiced in China for centuries as an art form, religious ritual, and relaxation technique.

Tai chi is simple—no equipment or special clothing is required, not even aerobic shoes. But you do need an experienced instructor to guide you through the form and positions. Though group practice is enjoyable, you can go it alone, if you wish, after you understand the postures.

Tai chi involves dozens of dance like postures, performed in sequences known as “forms” or “sets,” derived from animal postures (such as the snake, dragon, or tiger). At first glance it resembles karate in slow motion or swimming in air. In fact, it is based on the concept of passive resistance—yielding to a blow and using an attacker’s momentum against him. It calls for concentration, controlled breathing, balanced shifting of body weight, and muscle relaxation thus it is often called “moving meditation.” Though tai chi movements are slow, they can provide a fairly intense workout.

Potential health benefits

- **Flexibility.** The choreographed exercises gently take your joints through their full range of motion. Studies show that the controlled movements can be helpful for people with arthritis (but they should check with their doctors before starting any exercise program).

- **Physical therapy.** Some research has found that tai chi

can be a form of physical therapy and aid in recovery from injuries.

- **Balance.** The smooth, slow movements help instill physical confidence and may enhance balance and coordination. Older people who train in tai chi experience fewer falls, according to some research.

- **Self-confidence.** One study from the *Annals of Behavioral Medicine* found that older people who took part in tai chi were less likely to feel limited in their physical abilities.

- **Pain relief.** Evidence is accumulating that tai chi can reduce arthritis pain. Tai chi is gentle and less jarring than most other exercise; yet the movements, which require the knees and hips to be slightly flexed while you constantly shift your weight, builds strength and is helpful for joint pain.

- **Strengthening.** Tai chi helps tone muscles in the lower body, especially the thighs, buttocks, and calves.

- **Posture.** Your head, neck, and spine are usually aligned, thus relieving strain on the neck and lower back.

- **Relaxation.** Tai chi can have some of the same psychological benefits as yoga. The concentration on the body’s fluid motion and on breathing helps many people relax, and can relieve tension and anxiety.

- **Blood pressure control.** Though studies have had conflicting results, there’s some evidence that tai chi can help lower high blood pressure in older people—along with other measures such as diet and medication.

Getting started

Train under the guidance of qualified instructors, such as those at YMAA who pay special attention to a student’s progression. Books and videos written and produced by Dr. Yang, Jwing-Ming may also be helpful. However, he encourages everyone to try it for a week to determine if this is something that they really want to do. It takes years to become adept at tai chi, but within a few weeks you can learn several movements or positions. Stick with it and reap the benefits.

Statistics Prove Exercise Has Many Health Benefits

Older Americans are healthier than they were 20 years ago, according to a recent review article in the *Journal of the American Medical Association*. Their rate of disability has been declining 1 to 2% a year during the past two decades, with the improvements accelerating since 1994. The proportion of those over 65 who are in chronic-care facilities fell by nearly 40% between 1982 and 1999. This translates into 1 million fewer older

people with chronic disabilities and/or in institutions than would be expected based on rates in 1982. Many factors have contributed to these improvements, notably the large decline in cigarette smoking.



Healthy is good

Qi And Skeletal Interfacing

Is it possible to move the body's energy?

By Roger Whidden

Simply attuning the mind to the physical body may at first challenge initiates to taiji and other internal arts. Just being aware of the body edges, where and how one stands, where one is holding tension, etc. are often daunting tasks. For beginners raised in our societal mind/body dualism this may take years of practice.

Many internal arts teachers use anatomical cues, biomechanical analogies, and postural correction(s) through touching. Body-oriented cues can be good initial steps in establishing a mind/body rapport. However, body-oriented cueing used exclusively is a far cry from the deep rapport when one reaches the stage of the "yi" (wisdom mind) leading the qi and the qi leading the li (physical body).

Many modern teachers may be uncomfortable with the energetic model. Likewise, traditionalists may not be comfortable with the body-oriented model. Very few seem to be adept at weaving these seemingly opposing teaching/learning orientations.

In teaching taiji and yoga, I often start with a simple bodily cue and then move to an energetic cue or visa-versa. Generally, my students can experience physical body freedom quickly which leads to an energetic experience or again visa-versa.

For instance, from a standing posture, start with students simply touching (solo or as partners) the Jianjing or (shoulder well) midway between the neck and shoulder bone at the upper trapezius muscle. We may also tense that area by raising the shoulders to the ears or stretch it by pressing the shoulders to the ground. Either way, students usually sense the receiving of head and neck tension or energy into the "well" area and a pumping of the "well" contents when the body movements pump the arm motion. We're moving energy now.

I may then shift it back to physical by asking students to feel the area of the 7th cervical and experience the triangular relationship of that bone to the 2 Jianjing. Often that connection to the vertical center allows for a more clear and profound bilateral relationship and a greater sense of ease. We're back in the flow of energy now.

Skeletal alignment: In addition, I may ask students to

explore the inverse relationship of that "shoulder-triangle" to the "pelvic/hip triangle" or "sea bottom". Specifically, the articulation of the hip bones to their sockets and those articulations to the tailbone. Usually this is much easier than it sounds. Touching the outside of the hips and the sacrum or tailbone (if comfortable with that.) makes it real easy. The inverse relationship of the shoulder/chest area movement and the pelvic/hip movement produces at least at convex/concave or often a wave of spinal motion. We're contacting the "ocean of qi" from the sea bottom now and feeling the wave of energy.

I like to ensure the relaxing and centering is grounded too. So, I may suggest participants tune to the pedaling at the foot/ground level. Usually they are already there, so just reminding them to keep the motion of the bones within the skin (i.e., maintain the same skin contact with the surface, while feeling the pressure change) is usually enough. Most students recognize that they can do this most effectively by projecting support from, and growth into the ground (rooting). We're beyond the skin now – energetic awareness.

The importance of breathing: I can also start with an easy energetic awareness based on embryo and 4 gates breathing with palms facing in front of the belly. Attending to the feeling in, around and between the hands one can feel warmth, coolness, tingling, numbness, i.e. a change or subtle movement—the qi. Once this is established, turning the hands to the belly and placing them on the belly can help students feel the qi build up in the lower dan tien. We're belly breathing now. The body motion aligns with the breath motion. Once the qi is built up there, the Yi is attuned to the perineum. Gentle drawing up in coordination with the breath stimulates the qi further. Extending this feeling in and out the 4 gates at the hands and feet is a natural outgrowth of the embryo breath. Now the whole body feels natural and whole-physical freedom.

Allowing students verbal partnering and/or group sharing is important for grounding the experiences in the field of belief.

Synthesizing Eastern energetic templates with Western physical patterns may seem antagonistic initially. However, I have found it to be a fascinating and fun endeavor in bridge building. That is, finding ways to transform the walls of separation into connections. Internally it's the mind/body, externally it's culture to culture, and an ultimate-

ly it's the San Cai (3 powers) the synthesis of heaven, earth and human.

Whidden teaches taiji at YMAA in Jamaica Plain and also at his own school in Marshfield, Mass.



Proper form: Being aware of your flow of energy and "listening" to what your partner is doing during practice, can have a profound effect on the outcome

A Different Place, a Different Style

Tropical tai chi offers surprises

About 200 miles East of Venezuela sits the tiny, lush Caribbean island of Grenada. It is known mainly for its tourism and its large export of nutmeg. Grenada, like most other small islands in the Caribbean chain, is an ideal spot to vacation if you would like to escape one of New England's coldest and harshest winters on record.

Before visiting Grenada, it might be wise to do what most people do before they decide to go on vacation—check the airline's departure and return times, hotel accommodations, close proximity to the airport, etc.



Warmups: Marjory Kaplan and Williams stretch their limbs before practicing Tibetan tai chi

Since 9/11 many people have decided to vacation closer to home, making places like Florida and even the ski country more popular than ever. But after six days of intermittent snowfall across New England during mid January, who can blame them for not wanting to escape to warmer climes where they can bask in the glow of the warm Caribbean sunshine? So Grenada seemed to be an ideal vacation spot for my wife and I.

Following an unscheduled four hour layover in Puerto Rico, we arrived in Grenada shortly after midnight. Needless to say, we were both exhausted. It almost seemed surreal, leaving the frigid 20 degree temperatures in Boston and then, nearly 12 hours later,

Soon we found ourselves walking around the scenic, hilltop center incorporating more stretching into our workout using various tai chi calisthenics

walking into Grenada's small airport where the temperature hovered around a balmy and beautiful 76 degrees.

Morning rolled around quickly and with it dawned a picture-perfect day, sunny and warm with temperatures hovering in the mid to upper 70s.

The hotel featured a busy itinerary, tennis, fencing, archery, golf, water sports, aerobics and believe it or not, tai chi. We chose the latter thinking that it would be the Yang long form. Were we in for a big surprise? You bet we were.

Upon arrival at the Relaxation Center, a lovely, scenic open air, hilltop structure, I expected to meet another Yang style practitioner. Instead the tai chi teacher turned out to be a soft-spoken six-foot tall woman who introduced herself as Lisa Williams. She specialized in Tibetan tai chi, something we knew absolutely nothing about. Then I began to ask myself, how different could it be from

the Yang long form? It didn't take long for all of us to find out. Although her warmups were somewhat similar to those at YMAA, I was eager to know more about her style.

I assumed that because of the ever changing clientele and the time it would take to teach them her form, it would be impossible to get beyond the warmups. That was fine by me. It was comforting to meet other people practicing almost the same postures that I learned at YMAA. But since tai chi is a never ending journey, there's always something new to learn and learn we did. Lisa encouraged all of us to stretch literally, figuratively and spiritually in an effort to get our chi circulating. I must admit that before long both my fingertips and toes were tingling as chi circulated throughout my body.

Williams emphasized how important breathing would be during the warmups, which progressed into something similar to qigong. Soon we found ourselves walking around the scenic, hilltop center incorporating more stretching into our workout, using various tai chi type calisthenics.

Practicing high atop this panoramic, hillside structure in air so exhilarating and crystal clear, with just a slight bit of humidity, made me think about what it was like centuries ago when Shaolin monks practiced in China's Wudan mountains. It was a feeling that I wished I could have shared with all of my YMAA associates.

As our vacation came to a rather nostalgic close, our learning experience had progressed; we had made a few new friends and discovered some beneficial insights into Taijiquan's never ending ebb and flow.

Overall, our Tibetan Tai Chi experience in Grenada was extremely positive.

In the June YMAA newsletter, Williams talks about her form and how it closely resembles Yoga.



Breathe deeply: Williams continually stressed the importance of breathing during stretching and practicing her form

HEALTH TIPS

Tea drinking may help strengthen bones, according to a recent study from Taiwan. The study found that long-term tea drinkers – especially those drinking tea for more than 10 years – had greater bone density than nondrinkers. Duration of tea consumption, not the amount consumed daily seemed to be the most important factor. Tea contains fluoride, flavonoids, and other compounds that may be good for bones. Some people still worry that tea could weaken bones because of its caffeine, but several studies now show that is not the case. Green tea is especially good for you.



Brisk walking reduces the risk of heart attack and stroke as much as more strenuous exercise, according to a study of 74,000 healthy women aged 50 to 79. Brisk walking for at least 2.5 hours a week provided the same 30% reduction in risk as a similar amount of vigorous exercise, such as running or swimming. The more the women walked, the greater the benefit.



If you occasionally feel faint, especially when you rise from a lying or seated position, try the following before standing, cross your legs, flex your feet, and/or contract your abdominal muscles to circulate blood that pools in your legs. You can also try raising your arms over your head. Many people occasionally feel faint upon standing because of orthostatic hypotension, which is a temporary drop in blood pressure. It's a good idea to see your doctor if you suddenly or often feel faint.

If you have osteoarthritis, consider glucosamine. A new European study has confirmed that it can slow the deterioration of cartilage and relieve pain. It found that people with mild-to-moderate knee arthritis who took 1,500 milligrams of glucosamine sulfate once a day for three years had, on average, 20% less pain and disability than those taking a placebo. X-ray exams showed that in those taking glucosamine, arthritis progressed slowly or not at all, while the placebo group continued to lose cartilage. There were no adverse side effects.

THE LATEST SCOOP ON YOGA

An alarming number of people, including teachers, who practice yoga suffer from numerous injuries. That according to an article published recently in the Boston Globe. **Alice Dembner**, staff reporter, says that injury is becoming a significant part of the yin and yang of yoga, particularly with the growing popularity of “power” yoga, a more athletic style in which participants move rapidly from one pose to another. Dembner also says that no one is yet tracking the number of injuries, but yoga teachers and doctors alike say much of the blame rests with participants driving themselves too competitively, in what some say is the antithe-



sis of the true spirit of yoga. If you would like to know more about this story contact Alice Dembner at Dembner@globe.com.

SEARCH FOR ENLIGHTENMENT

There are very few YMAA people who don't know **Afaa M. Weaver** (right) and the many journalistic contributions he has made to this newsletter. Weaver, the Alumnae Professor of English at Simmons College in Boston, Mass., has decided to commute off and on to Tien Pai Sh'ai in Baltimore where he'll resume his tai chi training under **Sifu Huang**. However, Weaver says he'll still be in close contact with YMAA and will occasionally “poke his head in the door to see how things are going.”



CHAMPIONS ALL



The results are in from the Second Polish Traditional Chinese Martial Arts Mantis Kung Fu Championships and Third Open Polish Championships.

Ola Trzesicka placed second in the Barehand Form, girls (10 years).

Pawl Trzesicka took fourth place for boys (10 years) and second place Semi Contact.

Piotr Holdowicz took first place in the Barehand Form for boys 13 years old and a first place in Semi Contact for boys 12 years old.

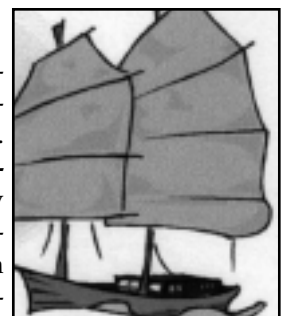
Monica Kopczyk took fourth place in the barehand form for girls (13 years) and **Pawl Hareza** took second place in Semi Contact for boys (11 years)

Tomasz Ketlinski notched a second place in Semi Contact Fighting for boys (12 years)

And a first and third place respectfully went to **Krzysztof Cabaj** in the Barehand Form (junior) and Semi Contact (junior). All of the students are from YMAA Wroclaw, Poland under the guidance of **Mariusz Targos**.

WHO KNEW?

In fourteen hundred and ninety-two **Christopher Columbus** is supposed to have discovered America. Not true according to **Gavin Menzies**, a retired British Royal Navy Commander. In his recently published book, 1421: The year China Discovered America, Menzies contends that a Chinese mariner steered a fleet of junks into San Francisco Bay decades before Columbus ever dreamed of tackling the ocean blue. Menzies claims that a 1424 Venetian nautical chart that he came across more than a decade ago also leads him to believe that Chinese fleets also circled the globe a century before **Magellan**



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 Graz (Krakow, Poland)
Christopher Fradzio (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)
Karl Lubbecki (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 Laneres (Paris, France)

John Redmond (Derry, NH)
Joseph Best Jr. (Boston, MA)
Kazimierz Szyrowski (Gdansk, Poland)

Kovesdi Andras (Hungary)
Ludovico Romeo (Napoli, Italy)
Marek Sadowski

Marius Sroczynski (Warsaw, Poland)
Mark Falco (Andover, MA)
Mark Rits (Boston, MA)

Nicole Laneres (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)
Sarkozi Ildiko (Budapest, Hungary)
Victor Casqueiro (Portugal)

Victor Marques (Charenton, France)

Chin Na

Aaron Damas
Charles Yotte
Corlius Birkill
David W. Grantham

David Camara

Douglas Johnstone

Glenn Burleson

Jim Noble

Joseph Caulfield

Mark Rits

Michael Vasicek

Mike Johnstone

Nick Woolley

Pascal Plee, Paul Green

Stephen Frankel and Victor

Marques

COACH INSTRUCTORS:

Pascal Plee (Paris, France)

Pascal Mongellaz (Martinique)

Milan Vigil (Memphis, TN)

Parviz Sassanian (Holland)

Erik Elsemans (Belgium)

Carol Stephenson (Dublin, Ireland)

Lewis Paleias (Hollywood, FL)

Richard Levesque (Quebec, Canada)

YMAA Headquarters Locations**YMAA International Headquarters**

38 Hyde Park Avenue

Jamaica Plain, MA 02130 USA

Director: Dr. Yang, Jwing-Ming

Tel: (617) 524-8892

Fax: (617) 524-8049

email: ymaaboston@aol.com

YMAA East European Headquarters

ul. J. Kustronia 50

30-433 Krakow Poland

Director: Robert Was

Tel/Fax: +48 12 2604020 or 4021

email: ymaa@cis.com.pl

YMAA French Headquarters

Academie d'Arts Martiaux

34, rue de la Montagne

Ste Genevieve, 75005 Paris France

Director: Pascal Plee

Tel: 1 44 41 63 20

Fax: 1 44 41 63 22

YMAA Portugal Amadora

Rua Moreira Cardoso, No2, 1-

Apt. 4

Quinta Do Borel, 2720-388

Amadora

Director: Pedro Rodrigues

Tel/Fax: 351 214956123

Email: ymaap@netc.pt

www.ymaaportugal.com

YMAA African Headquarters

PO Box 12143

Hatfield, Pretoria, 0028

Director: Corlius Birkill

Tel/Fax: 27(0)12 362 5568

Email: school@ymaasa.co.za

www.ymaasa.co.za

YMAA Branch Schools (America)**YMAA No. Andover**

65 Flagship Dr., S-B

N. Andover, MA 01845

Director: Alex Kiesel

Tel: (978) 725-3600

Fax: (978) 725-8929

email: yangsandov@aol.com

www.yangsandover.com

YMAA Marshfield

822 Webster Street

Marshfield, MA 02050

Director: Roger Whidden

Tel: (781) 834-9161

YMAA Houston

9521 Westheimer #379

Houston, TX 77063

Director: Jeffery A. Bolt

Tel: (713) 781-4483

Fax: (713) 781-4487

YMAA Tulsa

11204 E. 13th St.

Tulsa, Ok. 74128-4840

Director: Thomas Bowman

Tel: (918) 437-3949

Fax: (918) 855-4222

Email: ymaatulsa@intcon.net

East Europe**YMAA Hungary, Budapest 1**

Leanyfalu Pf. 32

2016 Budapest, Hungary

Director: Vadas Mihaly

Tel/Fax: +36 26 314 403

email: vadasm@elender.hu

YMAA Hungary

Csan Buddhista Kozosseg

1111 Budapest, Krusper u. 9.

Director: Lofli Farhad

FAX: + 36 26 380 221

YMAA Hungary, Dunaujvaros

Bockasai Istvan u. 1./D 3./3.

2400 Hungary

Directors: Kovesdi Andras/Horvath

Peter

Tel: +36 70 211 8550

Email: andras_kovesdi@

egon.gyloglo

YMAA Poland Gdansk Ujescisko

ul. Plocka 5/7

81-180 Gdansk Ujescisko Poland

Director: Piotr Czerepuk

Tel: 48 58 309 98 55

YMAA Poland, Wroclaw

ul. Parafialna 65/11

52-233 Wroclaw, Poland

Director: Mariusz Targos

Tel: 0480601-061-228

email: ymaa@ymaa.wroc.pl

YMAA Poland, Gdansk-1

ul. Dabrowszczakow 30M/14

80-364 Gdansk, Poland

Director: Kazimierz Szyrowski

Mobile Tel: + 48 602 701 886

Tel: + 48 58 553 74 19

YMAA Poland, Gdansk-2

ul. Myczkowskiego 5/7

80-215 Gdansk, Poland

Director: Pawel Antonowicz

Tel: 48 58 347 69 99

YMAA Poland, Gdansk Wrzeszcz

ul. Myczkowskiego 4/28

Director: Adam Dzieciatko

Tel: +48 0-1033-58 345-73-97

Mobile Tel: +48 0-502-895-172

email: adam@ymaa.prv.pl

website: www.ymaa.prv.pl

YMAA Poland, Gdansk-4

ul. Skiby 5d/5

80-617 Gdansk, Poland

Director: Krzysztof Marcinek

Tel: +48 58 305 96 32

YMAA Poland, Warszawa

Osrodek ODEESISÓ Ul. Panska 75

00-834 Warszawa, Poland

Director: Mariusz Sroczynski

Tel: 48 604 855 400

email: ymaawarszawa@kki.net.pl

www.ymaa.warszawa.prv.pl

YMAA Poland, Sopot-Gdynia

ul. Burzyskiego 3C/9

80-462 Gdansk, Poland

Director: Rafal Szulkowski

Tel: + 48 58 346 84 11

Fax: + 48 5018 66313

email: szulkowski@poczta.onet.pl

www.kreatif.com.pl/ymaa

YMAA Poland Gdynia

ul. Przebendowskich 31A

81-543 Gdynia, Poland

Tel: +48 58 664 98 08

Mobile: +48 501 668 653

email: mmeyen@wp.pl

YMAA Poland, Katowice

ul. Piastowska 3/14

40-005 Katowice, Poland

Director: Adam Wypart

Tel: + 48 32 203 30 13

Tel: + 48 603 670 254

email: www.ymaa.pl

West Europe**YMAA Portugal, CGDAF**

C.C. Babilonia

R Elias Garcia, 362-D, Bloco A-40

2700-377 Amadora

Director: Pedro Rodrigues

Tel/Fax: 351 214989810

www.ymaaPortugal.com

YMAA Portugal, Lisboa

Ginasio Mega Craque, Clube Faia

R. Prof. Benyo Jesus Caraca

Telheiras-1600 Lisboa

Director: Pedro Rodrigues

Tel: 351 217567440

Fax: 351 217567453

email: ginasioscraque@ip.pt

www.ymaaPortugal.com

YMAA France, Charenton-AMT

22 rue Jean Moulin

94 300 Vincennes, France

Director: Victor Marques

Tel: 06 82 04 33 11

email: ymaacharenton.com

YMAA Italy, Napoli

Via C. Carelli 18

80128 Napoli, Italy

Director: Ludovico Romeo

Tel: 081 5763521

Fax: 081 5789336

email: ymaanapoli@libero.it

YMAA Provisional Schools**North America**

YMAA Florida

3171 Emerald Lane

North Port, FL 34286

Director: Brian Ahern

Tel: (941) 423-4446

YMAA-Florida Gold Coast

1801 s. Ocean Drive #608

Hollywood, FL 33019

Director: Lewis Paleias

Tel/Fax: (954) 925-8743

email:cloud_chi@aol.com

YMAA Memphis

P. O. Box 11532

Memphis, TN 38111

Director: Milan Vigil

Tel: (901) 332-3311

email: ymaamemphis@yahoo.com

YMAA - Raleigh

104 Hoboken Ct. Apex, NC 27502

Director: Henry Lai

Tel: (919) 387-4193

YMAA NEWS STAFF



DIRECTOR

Dr. Yang, Jwing-Ming

EDITOR

Dan Hood

LAYOUT

Dan Hood

YMAA News is published quarterly.

For a subscription please write or call.

Free downloads available from our web site

YMAA PUBLICATION CENTER

4354 Washington Street

Roslindale, MA 02131

Telephone (617) 323-7215

Fax (617) 323-7417

Web site: www.ymaa.com

e-mail (School) ymaaboston@aol.com

e-mail (Publishing Office) ymaa@aol.com

Editor's Corner

Spring is once again right around the corner, time to reevaluate how all of your Kung Fu/Tai Chi training progressed last year. If you find yourself at somewhat of a stand still with questions about what went wrong perhaps you should keep a training journal. Making notes to yourself that you can review off and on might make a difference in your training. No one likes to reach the end of the year with doubts about whether they should stick with certain training regimens or move on to something new. Also I'd like to remind everyone that World Tai Chi and Qigong Day takes place on April 12, 2003. If you would like more information about this very important event designed to bring practitioners together, suggest you log on to www.worldtaichiday.org. The organizers of this event are looking for people to participate in this yearly gathering of martial artists.

Dan Hood

YMAA News

4354 Washington St.

Roslindale, MA 02131 USA

fax: (617) 323-7417

Attention Authors

YMAA Publication Center continues to seek manuscripts on Martial Arts and Qigong. If you've got a book to publicize, let us know.

Write or e-mail

David Ripianzi / YMAA Acquisitions Dept.

4354 Washington St.

Roslindale, MA. 02131 USA

e-mail: davidr@ymaa.com

YMAA NEWS

YMAA PUBLICATION CENTER

4354 WASHINGTON STREET

ROSLINDALE, MA 02131 USA



楊氏
武藝
協會

楊氏
東方
文化
出版
中心