Editor's Corner

I reserved a little more space in this issue (see page 4) to publicize World Tai Chi and Qigong Day which took place in Framingham, Mass., April 12, 2003. Many people participated in this very important annual event designed to bring practitioners together from around the world. Bill Campbell, Tai Chi practitioner and local organizer, now has a website (www.worldtaichiday.org) that shows different Tai Chi organizations, including YMAA, who offer a wide range of Chinese martial arts and Qigong healing benefits. And while on the subject of healing, read Part 1 of Cathy Kerr’s Cancer article on page 2 of this newsletter featuring Rami “Rami” Rones, YMAA Tai Chi instructor.

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Attention Authors
YMAA Publication Center continues to seek manuscripts on Martial Arts and Qigong. If you’ve got a book, let us know. Write or e-mail Dan Hood/YMAA News
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YMAA News is a quarterly publication. Back issues are available for free download at www.ymaa.com

YMAA has just finished its fourth YMAA Summer Camp in Poland. Since the first camp, (held four years ago in Hungary) it seems all YMAA members have united as never before. I was amazed at how all of the participants bonded together in just one day. All trained, sweat-ed, joked and shared stories about their lives. All of these things enlivened and enriched the training atmosphere so that after only ten days of serious training, everyone took home a nice rewarding feeling. In fact, many participants told me they learned quite a bit during that time.

Since emigrating to the US, I have tried to figure out an effective and efficient way to train my students within this country’s modern day, social environment. After nearly 28 years of teaching in more than twenty different countries, I deeply realize that to maintain the same level of quality as I did thirty years ago is almost impossible. There are just too many attractions and attachments. The mind cannot concentrate and the length of training time is limited.

I remember when I trained forty years ago, the same environment(s) existed. However, there is a big difference between today’s training environment and how my classmates and I trained back then. We trained three months during our summer vacation, and one month during our winter vacation, six hours a day. It was always difficult at the beginning. But usually after a couple of weeks of heavy training, the body started to get use to it. Normally, after our training sessions, we felt that our progress both at the mental and physical levels was beyond description.

Today I am beginning to understand that in order to bring my serious students to a higher level, I must take them away from this laymen society and completely isolate them for at least three months a year. I only hope they will have the same spirit and morality to complete the mission for this serious training. Now, I am looking for serious students among the group.

I just purchased land in California and plan to prepare a serious training environment designed to preserve a cultural tradition from the Yang Style lineage. Practice of this living, vital form will bring you a healthy and relaxed body, a clear mind, and a strong sense of commitment. These students must be able to train hard for at least five years. They must be young and willing to take on a serious challenge of self-involvement and a sense of commitment. These students will not have to be continually supervised. They must not be attracted by modern life styles. If I cannot find a few students who measure up to these requirements in the next few years, I believe the arts will be down-graded again from my generation to the next.

I feel sad that the martial arts quality that I believed in for more than fifty years has been so quickly down-graded. Fewer and fewer people seem to have a strong will and a firm commitment to training. I am afraid the mission of keeping these ancient arts at a high level of quality is becoming more difficult. Yet I hold out hope that they will survive.
In early 1996, my friend John Bianco and I both began intensive qigong practices in Boston, where we were medical doctors, and had no experience with the traditional Chinese medicine of qigong. It was a time when there was no more medical treatment for cancer, bluntly telling him, "It may be that what I can help you with is dying." But he promised small improvements in John's daily functioning. They started with stretches of the fingers, wrists and forearms — small wave-like exercises Rami calls "oilings the joints," based on old martial arts flexibility exercises. John began to work on his leg strength and balance with slow martial walking exercises, and did three-part breathing and breath-holding exercises several times a day. He worked on his trunk flexibility with long, relaxed forward bends, spins, and other deep stretches for strengthening, for 45 minutes a day he did a Taijist exercise called Embrace the Tree, in which the practitioner stands with slightly bent knees, tucked tailbone and arms reaching out toward a large, green circle, as though he were involuntarily rocked down and up, as if hugging a tree. Though seemingly simple, Embrace the Tree made John sweat so much that he had to use his arm to hold his infant daughter. And the cyclical steroids that kept his cancer at bay had weakened him so much, that his muscles were in spasm. He couldn’t drive, because his muscles were in spasm. He couldn’t drive, because his muscles were in spasm. He couldn’t drive, because his muscles were in spasm.

Perhaps more interesting than the experience of qi were the abstract debates that were fought over the source of physical ailments and disease. Qi skeptics counter that the spirit, and have pointed to blockages in the body's hidden qi channels as the root of various health problems. This view is in stark contrast to the modern medical view that disease is caused by external factors such as bacteria and viruses. The debate is simple, instructive, and in its way brilliant. He is above all a pragmatist. A champion martial artist, he has used the traditional "martial qigong" practices to good effect. But these practices (which in John's opinion were part of an old martial training that was neither esoteric nor mystical. Using generations-old methods of stretching, strength training, and working with joints and breath, Rami had learned that humble exercises, which may not seem magical, can cultivate qi or vitality. Don't worry about qi, he would tell you. Don't sit around speculating or worrying about qi, do the exercises and let the qi take care of itself.

Four years after John was supposedly beaten by Blancke, he was diagnosed with a second child.
things could serve as a ruler to judge them then it should be their integrity and ethics followed by their physical skills, time spent training and knowledge of the martial arts. All of these factors make up the "whole man" as Draeger stated. And it is the whole man of woman in turn will be teaching those who come to learn from them.

I was once talking to the late Isihunyana pioneer, Don Bohan, who told me that there are no bad students only bad instructors. The wisdom behind his words could fill volumes.

Although the issues, which surround the ranking structure will continue to generate controversy as they have in the past, there are still organizations and systems today that still maintain a very high standard of quality in their teachings and requirements for promotion. This is often due to elder ranking black belts that have in some cases 40 years of training if not more to their credit. Despite the fact that there are people such as these in the martial arts today, we also need to keep in mind that quality is something, that should never be taken for granted especially in this day and age of mail order black belts.

It is a trait we must always strive for, because just as it is in skydiving, it only takes one mistake and then you're in for a terrible fall.

Michael J. Rosenbaum is the author of Okinawa's Complete Karate System Ishinryu and: The Fighting Arts Their Evolution From Secret Societies To Modern Times. (YMAA) Sources cited:

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Dr. Jeff Rosen, in his book, Martial Musings addressed this problem today when he said that: "Judo today is strictly a meritorious effort for the few who exercise the hunger." And in 2001 he went on to suggest that fudokan would have from its counter part Amateur Wrestling in aiding Judo in its growth. Wrestling has no belt ranking system and Smith contends that this has helped instead of hindered the sport of wrestling.

Bill Douglas, well known Taijiquan practitioner and author, has hooked up with health guru Dr. Paul Weil, to keep everyone informed about the latest health information available. Well recently endorsed the benefits of Tai Chi and Qigong, stating that they both can provide lasting health benefits to those who practice every day. For more information check out Dr. Weil’s website at www.DrWeil.com.

ARTHRITIS SUFFERERS BEWARE

There are some YMAA Gong Fu practitioners who may suffer from arthritis. And if you’re one of those people, it might be well to forget about Knout Training according to the University of California’s School of Public Health, this is the same old gelatin that has been on the shelves for years, except for some added vitamins, minerals and glucosamine. It’s supposed to alleviate pain and strengthen bones in as little as two months, according to the manufacturer. However, you all realize it is a glucosamine supplement without all the added stuff. That should be enough to ease the pain.

POLAND POW WOW

Dr. Yang and his very capable group of instructors, among them, Jeff Pratt, Jim O’Leary, and Jim Noble, have just returned from another successful YMAA Summer Camp in Poland. So if you’re thinking of testing for a stripe, now is the time to have your form checked by either one of those instructor.

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YMAA AROUND THE WORLD

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PHYSICAL AND MENTAL BOUNTY

John changed his diet. He stopped eating meat. He started eating a vegetarian diet. He started eating a lot of vegetables. He started eating a lot of fruit. He started eating a lot of grains. He started eating a lot of nuts. He started eating a lot of seeds. He started eating a lot of beans. He started eating a lot of greens. He started eating a lot of sprouts. He started eating a lot of legumes. He started eating a lot of legumes.

But if you look at the results of the study, you will see that the average weight loss for the group that ate a vegetarian diet was 15 pounds. The average weight loss for the group that ate a meat diet was 7 pounds. The average weight loss for the group that ate a fruit and vegetable diet was 20 pounds.

But what about the physical benefits of the diet? The group that ate a vegetarian diet had significantly lower blood pressure, lower cholesterol levels, and lower triglyceride levels than the other two groups. The group that ate a meat diet had significantly higher blood pressure, cholesterol levels, and triglyceride levels than the other two groups.

Moreover, the group that ate a fruit and vegetable diet had significantly lower blood pressure, lower cholesterol levels, and lower triglyceride levels than the group that ate a meat diet.

So what is the bottom line? The bottom line is that choosing a vegetarian diet is the best way to lose weight, lower blood pressure, lower cholesterol levels, and lower triglyceride levels. The second best way is to choose a fruit and vegetable diet. The third best way is to choose a meat diet.

But what about the mental benefits of the diet? The group that ate a vegetarian diet had significantly higher scores on tests of memory, attention, and concentration than the other two groups. The group that ate a meat diet had significantly lower scores on tests of memory, attention, and concentration than the other two groups.

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So what is the bottom line? The bottom line is that choosing a vegetarian diet is the best way to improve memory, attention, and concentration. The second best way is to choose a fruit and vegetable diet. The third best way is to choose a meat diet.
Tai Chi and Qigong have exploded across the media landscape recently. TIME Magazine in an article on Tai Chi being dubbed the "perfect exercise." While The Wall Street Journal recently did a front page lifestyle story entitled "[Qigong] The Next Yoga? A Sweat Free Workout - Tiger Woods’ Secret Weapon?"

So, why all the fuss? on Tai Chi and Qigong? Partly, because today’s high-stressed fast moving population is seeking, not only health & fitness, but serenity. Serenity may sound superficial in today’s world, but that aspect of Tai Chi, may be why it is increasingly utilized in healthcare, corporate wellness, education, and even in prison and drug rehabilitation programs.

The current hubbub about Tai Chi and Qigong may be that we are only now beginning to see a huge wave of growing evidence unearthed by western medical research that has been quietly building for the last decade. Qigong is a Traditional Chinese medical health practice that directly translated means “breathing exercise,” “the perfect exercise,” may be a very accurate description for this ancient mind/body health practice, currently known as Tai Chi. Tai Chi is a simplistic form of moving qigong, which involves a series of choreographed movements done in a relaxed and flowing way. Both have gained increasing attention by western medical researchers in the last decade that has been gaining steam, and resulted in more research dollars being spent on Tai Chi and Qigong. This may be partly due to a recent study from the University of Maryland School of Medicine finding that Tai Chi provided significant cardiovascular benefits, roughly the same benefits as moderate impact aerobics. Yet, another study cited in the Hawaii Medical Journal asserted that Tai Chi increased breathing capacity and relieved back and neck aches in practitioners.

The pain relief and low impact aspects of Tai Chi was good news for everyone, but offered even more hope for those suffering from rheumatoid arthritis (RA). Tai Chi being a weight bearing exercise without exacerbation of joint symptoms. The American Journal of Physical Medicine and Rehabilitation published a study that found Tai Chi sufferers suffering from a specially tailored form of Tai Chi suffered “no” significant exacerbation of joint symptoms. This was great news, not just for RA sufferers, but for all maturing baby boomers looking for a health regimen that is kind to the joints.

Surprisingly, given its gentle nature, Tai Chi burns a significant amount of calories as well, 280 per hour. To understand how significant this is, consider that it wouldn’t be the same burning 350 per hour. Yet, Tai Chi is gentle enough to be done in business clothes in the office without even breaking a sweat. Which is one reason Tai Chi and Qigong are increasingly being used in corporate wellness programs. However, there are perhaps even more important reasons Tai Chi is being used, not only in corporate wellness, but health care, education, and even prisons and drug rehabilitation institutions.

Tai Chi provides a grouping of benefits that helps: reduce productivity from the workplace, it can reduce stress, help manage unmanaged stress, Tai Chi increased breathing capacity and relieved back and neck aches in practitioners. Serenity may sound superficial in today’s world, but that aspect of Tai Chi, may be why it is increasingly utilized in healthcare, corporate wellness, education and even in prison and drug rehabilitation programs.

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So, why all the hype on Tai Chi and Qigong? Partly, because today’s high stressed fast moving population is seeking, not only health & fitness, but serenity. Serenity may sound superficial in today’s gritty world, but that aspect of Tai Chi may be why it is increasing ly utilized in healthcare, corporate wellness, education, and even in prison and drug rehabilitation programs.

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A couple of such studies’ findings, one a ten year study through Harvard and Emory Universities, stunned researchers when they discovered that the gentle, slow, relaxing, low impact Tai Chi improved the balance of practitioners profoundly, reducing their risk of falling by 47.5%. Another found that Tai Chi was significantly better for cardiovascular benefits, strongly the same benefits as moderate impact aerobics. However, there are perhaps even more important reasons Tai Chi is being used, not only in corporate wellness, but health care, education, and even prisons and drug rehabilitation institutions.

Tai Chi provides a grouping of benefits that help: reduce productivity burnout, stress, anger, fatigue, and confusion; as well as reduce health care costs pre-emptively; enable students to focus; and also empower those rehabilitating from drug abuse, etc., to evolve more healthy productive lifestyles. This is the result of mood homeostasis Tai Chi practice fosters. *The Journal of Psychosomatic Research* supports a Tai Chi study finding: "[Test Subjects] reported less tension, depression, anger, fatigue, confusion and anxiety; they felt more vigorous, and in general they had less total mood disturbance."

Given that 70 to 85% of illness sending patients to the doctor are rooted in unmanaged stress, and that U.S. business is estimated to be losing upwards of $300 billion annually due to unmanaged stress, Tai Chi’s potential mood-stabilizing benefits are gaining increasing attention. Also in education, the rise in ADD and ADHD symptoms in our nation’s youth, has peaked interest in Tai Chi by some education professionals. This may be partly due to a recent study from the University of Miami School of Medicine finding that Tai Chi provides a substantial symptom reduction in students suffering from Attention Deficit and Hyperactivity Disorder (ADHD).

In light of the multi-dimensions in employees, may reduce health care costs pre-emptively; enable students to focus; and also empower those re-habilitating from drug abuse, etc., to evolve more healthy productive lifestyles. This is the result of mood homeostasis Tai Chi practice fosters. *The Journal of Psychosomatic Research* supports a Tai Chi study finding: "[Test Subjects] reported less tension, depression, anger, fatigue, confusion and anxiety; they felt more vigorous, and in general they had less total mood disturbance."

In actuality, the real life image of a dedicated long-term practicing martial arts practitioner is far from the image that Hollywood presents to us. I remember attending an Okinawan Karate Do Union seminar and talking to some of that organization’s ranking black belts. All had some experience of just how a master or upper ranking black belt should conduct themselves is something else that complicates this issue. How many times have you seen younger practitioners entertain images that are a combination somewhere between Bruce Lee and Steven Segal when they think of an upper ranking practitioner? Forget the stunt doubles, and fake guns. Young practitioners want action heroes not some over-forty type person who teaches karate at night and is a librarian during the day. Never mind that they have 25 years of experience that’s not what today’s youngsters see in movies.

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Today rank is often equated with business success; the more you have the better your advertisement looks that results in more students enrolled. Far too often we see rank being sold in pre-packaged courses that add more even to the depreciation of just what the ranking structure is supposed to represent. In short, it is industrial coloratura. It is easier to charge significantly more if you can spend their time studying their style or system. Often our free enterprise mindset truly believes that you can anything you want just as long as you can pay for it. This may be true with appliances and cars but in the martial arts world it’s a different story. Unfortunately it does happen and not only does it devalue the newly bought rank, but it also devalues the rank of those doing the real work. So, how does it happen? It is a marketing scheme that is now being used, not only in corporate wellness, but health care, education, and even prisons and drug rehabilitation institutions. Even with all the commercial aspects put aside, the expectations that lower ranking belts have of just how a master or upper ranking black belt should conduct themselves is something else that complicates this issue. How many times have you seen younger practitioners entertain images that are a combination somewhere between Bruce Lee and Steven Segal when they think of an upper ranking practitioner? Forget the stunt doubles, and fake guns. Young practitioners want action heroes not some over-forty type person who teaches karate at night and is a librarian during the day. Never mind that they have 25 years of experience that’s not what today’s youngsters see in movies.

As author Bob Orlando said about today’s prepackaged commercialized rankings: "I am, however, faulting those who flay- ly and flagrantly ‘sell’ belts. No wonder so many martial artists–even experienced martial artists–now claim ridiculously high ranks and booted titles. After giving away or selling to every Tom, Dick, and Harry, about the only way instructors can distinguish themselves from these pretenders is to claim rank beyond their prowess.”

(Orlando Martial Arts America p. 154) And with the rise of video testing and home study courses things are not getting much better. In fact distinguishing between the real and the not so real black belt is becoming an art within itself.
MMA AROUND THE WORLD

NEWS YOU CAN USE

YMAA will hold its fifth Summer Camp in South Africa July 9-18, 2004. Those interested in attending, a YMAA student, or not, are welcome to participate. Anyone who is interested can contact

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There are some YMAA Gong Fu practitioners who may suffer from arthritis. And if you’re one of those people, it might be well worth a visit to your doctor. According to the University of California’s School of Public Health, this is the same old gelatin that has been on the shelves for years, except for some added vitamins, minerals and glucosamine. It’s supposed to alleviate pain and strengthen bones in as little as two months, according to the manufacturer. However, all you really need is a glucosamine supplement without all the added stuff. That should be enough to ease the pain.

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PHYSIOLOGICAL changes John experienced that spring and summer. At his low point in January when he first started working with John, his body was going through tremendous changes. A bone marrow biopsy found that his cells were 98 percent cancerous. He needed regular transfusions of red blood cells and platelets just to stay alive. In June, after five months of qigong, John was able to stop the transfusions. Since then, his blood counts had improved so much that his oncologist allowed him to join a recreational soccer team. John’s bone marrow had come back to life. Had the cancer receded? This is impossible to know because John’s doctor wants him to take a second bone marrow biopsy. They went away from John might be demoralized and his efforts might collapse if they found that the marrow was still trimming with cancer. But John was not ready to give up yet. He always prided himself on quality, and he was not about to let his doctors and caregivers that something had changed. Although he was still anemic and was still at increased risk of infection, he had tremendous energy and sense of well-being — and he didn’t seem to be dying.

By the following spring John was strong enough to undertake renovations at his house. He began to assist in Rami’s qigong classes for the elderly in nursing homes. And he started to do more serious martial fu training, just for fun. That second summer we often met at Dr. Yang’s martial arts school to do qigong dancing sessions. Rami, a believer in the healing energy of both nature and other people, organized groups from the school to do qigong walking exercises as part of his untold work in the Arnold Arboretum in Jamaica Plain. Rami also taught John “crying qigong,” in which John focused on a crying sensation to release his frozen feelings of sadness and fear. When John first started practicing qigong, almost two years after he was sent home to die, John developed pneumonia that he had trouble shaking off. Then he started bleeding from his orifices. His doctors managed to stop the infections and the hemorrhages, but it became clear that John was falling. His platelet and red blood cell counts had become dangerously low, and he needed more frequent transfusions.

But those two years had seen progress in lymphoma treatment. John’s oncologist referred him to Mass General, where Thomas Spitzer, M.D., was testing a new treatment called chimeric transplantation. John was the eleventh patient to try it. After treatment with his sister’s bone marrow, he was found to be free of cancer.

That was more than four years ago. He has since returned to work as a patent attorney. He and his wife had a second child in June 2002. My Story

During the same time, I was undergoing an intense transfor- mation, pursuing the exercises in tandem and not focusing on any single exercise or effect. I started doing the exercise twice a day for about 40 minutes each time. That month, my IGG protein, the main indicator of my disease, dropped by about 15 percent, the first time it had done so — and the first time it had improved on its own, without medical treatment. My doctors called it a random fluctuation. Nevertheless, I continued. I had one goal: to keep the disease from progressing to the point of needing treatment. The Dana-Farber had promised me that I would need it within four years. I was very pleased, a year after diagnosis, to be no closer to that point.

That exercise seemed to have a psychic side effect: I was sad and wearied all the time. At first, transfused by the strong qi feelings, I saw the stirred emotions merely as a nuisance. Then I began to worry. Why had I not been transformed as I expected? Spooning me from progressing collapsed, knees slightly straightened. The Dana-Farber had promised me that I would need it within four years. I was very pleased, a year after diagnosis, to be no closer to that point.

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John was at the end of the line when he showed up at Rami’s door. He couldn’t drive, because his muscles were in spasm. He could barely walk the three flights to his apartment. He was too weak to hold his infant daughter. And the cytostatics that he kept going caused agony on the days of the month when he had to taper off.

Rami never promised John that the exercises would affect the cancer, bluntly telling him, “It may be that I can help you with this dying.” But he promised small improvements in John’s daily functioning. They started with stretches of the fingers, wrists, and forearms — small wave-like exercises Rami calls “oiling the joints,” based on old martial arts flexibility exercises. John began to work on his leg strength and balance with slow martial walking exercises, and did three-part breathing and breath-holding exercises several times a day. He worked on his trunk flexibility with long, relaxed forward bends, splits, and other slow stretches for 45 minutes a day. He did a Taiyo exercise called Embrace the Tree, in which the practitioner stands with slightly bent knees, tucked tailbone, arms have unclenched enough that he could make John sweat so much that he had to sit down. His hands were on his head, and his eyes shut and becoming angry, sure that Rami was cheating, and his leg strength and balance with slow martial walking exercises, and did three-part breathing and breath-holding exercises several times a day. He worked on his trunk flexibility with long, relaxed forward bends, splits, and other slow stretches for 45 minutes a day. He did a Taiyo exercise called Embrace the Tree, in which the practitioner stands with slightly bent knees, tucked tailbone, arms have unclenched enough that he could make John sweat so much that he had to sit down. His hands were on his head, and his eyes shut and becoming angry, sure that Rami was cheating, and

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Editor’s Corner

I reserved a little more space in this issue (see page 4) to publicize World Tai Chi and Qigong Day which took place in Framingham, Mass., April 12, 2003. Many people participated in this very important annual event designed to bring practitioners together from around the world. Bill Campbell, Tai Chi practitioner and local organizer, now has a website (www.worldtaichiday.org) that shows different Tai Chi organizations, including YMAA, who offer a wide range of Chinese martial arts and Qigong healing benefits. And while on the subject of healing, read Part 1 of Cathy Kerr’s ‘Cancer’ article on page 2 of this newsletter featuring Ramel “Rami” Rones, YMAA Tai Chi instructor.

Dan Hood

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

Dear Friends and Readers

YMAA has just finished its fourth YMAA Summer Camp in Poland. Since the first camp, (held four years ago in Hungary) it seems all YMAA members have united as never before. I was amazed at how all of the participants bonded together in just one day. All trained, sweat-ed, joked and shared stories about their lives. All of these things enlivened and enriched the training atmosphere so that after only ten days of serious training, everyone took home a nice rewarding feeling. In fact, many participants told me they learned quite a bit during that time.

Since emigrating to the US, I have tried to figure out an effective and efficient way to train my students within this country’s modern day, social environment. After nearly 28 years of teaching in more than twenty different countries, I deeply realize that to maintain the same level of quality as I did forty years ago is almost impossible. There are just too many attractions and attachments. The mind cannot concentrate and the length of training time is limited.

I remember that when I trained forty years ago, the same environment(s) existed. However, there is a big difference between today’s training environment and how my classmates and I trained back then. We trained three months during our summer vacation, and one month during our winter vacation, six hours a day. It was always difficult at the beginning. But usually after a couple of weeks of heavy training, the body started to get use to it. Normally, after our training sessions, we felt that our progress both at the mental and physical levels was beyond description.

Today I am beginning to understand that in order to bring my serious students to a higher level, I must take them away from this laymen society and completely isolate them for at least three months a year. I only hope they will have the same spirit and morality to complete the mission of hard training. Sometimes it is very hard to find serious and committed students among the group.

I just purchased land in California and plan to prepare it for at least three months a year. I only hope they will have the same spirit and morality to complete the mission of hard training. Sometimes it is very hard to find serious and committed students among the group.

In the last seven centuries, many songs and poems have been composed about Taijiquan. These have played a major role in preserving the knowledge and wisdom of the masters, although in many cases, the identity of the authors and the dates of origin have been lost.

Taijiquan Theory of Dr. Yang, Jwing-Ming is an attempt to join together the various theories on Taijiquan in one complete text. “Based upon my personal background and understanding, I have tried my best to complete the Taijiquan Theory and practice concepts in this book. I have attempted to make this effort as complete as possible.”

This book is structured with songs and poems followed by the original Chinese text and any interpretation of the passage All of the songs and poems have been written by Dr. Yang, Jwing-Ming.

New DVD

Tai Chi and Qigong Gaining Ground

Not only is this an excellent instructional DVD, but a living document designed to preserve a cultural tradition from the Yang Style lineage. Practice of this living, vital form will bring you a healthy and relaxed body, a clear mind, and a strong sense of martial intent. This Taijiquan program will offer you enough content to build a solid foundation for a lifetime of practice.

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6. YMAA Around The World
7. YMAA Schools and Qualified Instructors

Updated information on people and places