



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

I have two dreams. One of them is to preserve the ancient Chinese martial arts in its current state of value and quality. Therefore, I am now attempting to establish a non-profit YMAA California Retreat Center. As I mentioned in YMAA Newsletter 71, I will need many contributors to make this dream a reality.

The other dream I have is to establish a Qigong research center called The Qigong Public Research Foundation. Naturally, this foundation will also function as a non-profit organization and will have four goals:

1. Translate and Compile Ancient Qigong Documents into English.
2. Conduct Experiments using Qigong for Healing (As a Complementary Medicine).
3. Train and Certify Qigong Instructors and Healers.
4. Establish a Laboratory for Qigong Study and Research.

The following paragraphs will explain each project more in detail:

1. Translate and Compile Ancient Qigong Documents into English.

After more than 4,000 years of study and cultivation, Chinese have in their possession a tremendous collection of ancient Qigong documents related to health, longevity, and spiritual cultivation. Most of these documents were concealed in Buddhist and Daoist monasteries. It was not until the late 1900's that these documents were revealed to the laymen society of China.

These recorded documents reveal almost all aspects of study and experience accumulated during the lives of thousands of Qigong practitioners. These documents can be effectively used as important human experiences in fighting sickness and aging. Additionally, these documents have pointed the way for future human spiritual cultivation.

Today, humans face the most dangerous and challenging time of this century, a time that almost puts us on the brink of self-destruction. I believe the reason for this is because there's a certain imbalance between the development of material science and spiritual science. We cannot deny that humans have reached a state of almost luxurious material enjoyment that they had never experienced before. However, this has also caused human materialistic desire to become more spiritually demanding.

In order to avoid future human self-destruction, we must encourage and work to improve our spiritual cultivation. The first step is borrowing experiences from the past. All of these past experiences are just like many road signs which can direct us to the correct path. Therefore, translation of these ancient documents has become the most urgent and crucial projects in this foundation.

First, the center will invite experienced Chinese Qigong researchers and practitioners to translate these ancient documents into modern Chinese language. In addition, they will

continued on page 2

BOOK REVIEW

Martial Arts Instruction

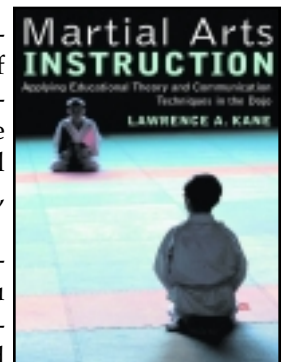
Applying Educational Theory and Communication Techniques in the Dojo
\$15.95 190 pages ISBN: 1-59439-024-X

There's a popular commercial on TV where a group of warriors come very close to attacking a couple who are ready to use their credit card. The commercial ends with one fellow asking, "What's in your wallet?"

If you're a martial arts instructor, how many times have you asked yourself what's in my teaching wallet today? If you've asked that question, I suggest you consider Lawrence A. Kane's new book, *Martial Arts Instruction*. Kane has written a book that every martial arts instructor should have on their desk. I'm not an instructor, but after browsing through a few chapters of his book, I felt that I could teach a class on my own with little or no supervision. Don't get me wrong, folks, I said "a class." The qualified instructors that I know might like to use this book to improve their abilities to motivate, educate, and retain students, while students in improving their skills will surely develop a better understanding of what instructional methods best suit their needs.

In short, instructors buy this book because Kane got it right.

DAN HOOD



IN THIS ISSUE

Foreword by Dr. Yang, Jwing-Ming
Health Troubled Legs & What to Do For Them
Tai Chi Building a Root to Success – Jeff Pratt
Qigong Cashing in on Qigong's Health Benefits
Martial Arts: Honoring the Masters
YMAA Schools and Qualified Instructors
Updated information on people and places

interpret these documents based on their Qigong experience.

Second, these translated and interpreted ancient documents will then be translated into English. Finally, these documents will be compiled and analyzed from a modern scientific point of view and then published and made available to the public for further discussion and research.

Compared to others, this project is probably the easiest and the cheapest. To begin, this project \$300,000 will be needed. However, if financial assistance is readily available, a library will be built, a complete computer and a compiling and editing system will be set up. And finally, a wider scale of translation and publication will be done.

2. Conduct Experiments using Qigong for Healing (As a Complementary Medicine).

It has been experienced in China in the past that Qigong can be used effectively to heal various sicknesses or illnesses such as: hypertension (high blood pressure), arthritis, asthma, heart problems, lungs illness, energy imbalance, different forms of cancer, etc. Therefore, it will be wise to conduct an experiment with volunteer patients and collect the data. To make this happens, a group of trained Qigong instructor or healers will be needed to conduct these experiments. Various pieces of modern equipment will be needed. Furthermore, cooperation from western hospitals and doctors will be necessary. At the beginning, this will only be done on a small scale. In this small scale experiment, it is estimated that \$500,000 to one million will help get this project off the ground. Once it is proven that Qigong can be effective in treating a few illnesses, a fund or grant can then be applied.

3. Train and Certify Qigong Instructors and Healers.

In order to introduce Qigong healing correctly into western society as a complementary medicine, an educational structure or organization must be established. In this organization, those interested participants are able to receive correct theory, methods, and skills for treatment.

This educational center will not only provide training both in theory and practice, but will also invite those experienced Qigong healers from China to teach and conduct forums about their treating experiences. To begin this project, an estimated one million dollars will be needed immediately. This money will be spent to establish a library, collect and translate documents and information, and allow for a teacher's stipend and traveling expenses. It's expected that this fund will last only a couple years. To expand into a wider scale of educational programs, a few million dollars will be needed.

4. Establish a Laboratory for Qigong Study and Research.

This project is the most costly program. In order to understand the human body's Qi circulatory system or network, many experiments or measurements will be needed. This will involve costly experimental equipment and personnel (expertise). In addition, if finances are available, various experiments using external energy sources such as magnetic or electric fields to affect the body's Qi status will be conducted.

Theoretically, it is possible to use external energy sources to repair, nourish, slow-down the aging process, and to stimulate spiritual growth in the human body. If this project is successful, then the results can be used by companies to apply patents and produce products for commercial purposes.

I hope these projects are not only my dream but a dream for the entire human race. If I can get these projects started and completed to some level before my life ends, it will be a tremendous contribution to the future of human society.

I sincerely appreciate your support both spiritually and financially.



TROUBLED LEGS AND WHAT TO DO ABOUT THEM

By now Most people have heard or read about RLS, Restless Leg Syndrome.

If you have RLS here are some of the symptoms you may have experienced: When you're lying in bed, or sometimes just sitting either at the office or in front of the TV for long periods, your legs begin to itch, pull, ach and burn. Eventually, you can't resist the urge to move them. Walking around may help (RLS is triggered by rest). The majority of times, RLS occurs in the evening or at night, and can put an end to a restful sleep. But that's only half the problem. It can also disturb the person who shares your bed or bedroom—secondhand RLS, as it were.

Involuntary leg jerking ("periodic limb movement disorder") may accompany RLS, however, RLS is unrelated to the calf cramps that most people experience at one time or another.

Is low iron the culprit? Much research has been done on RLS, but no one knows what causes it. It can occur at any age, even in children, but people over 45, especially women, are most likely to be affected. Pregnant women are particularly susceptible, and may experience RLS in the last three months before giving birth.

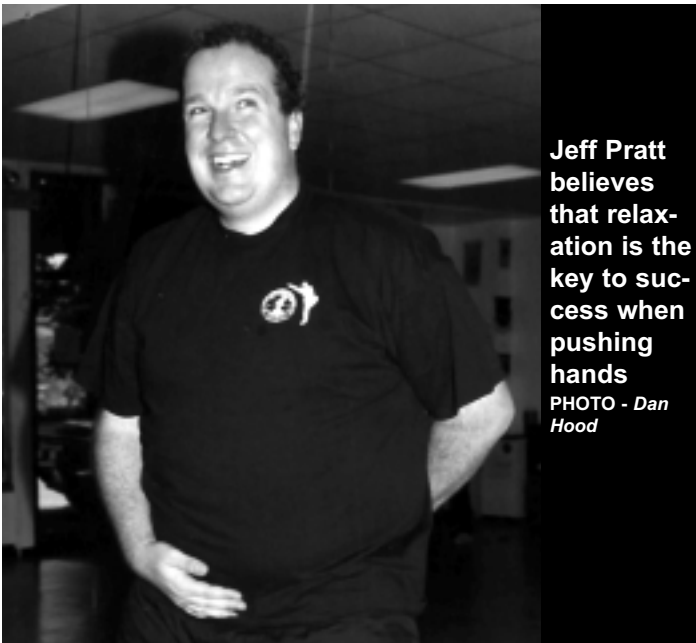
Researchers believe that iron deficiency is a factor—the clue is that pregnant women often have iron deficiencies, and RLS sometimes accompanies iron-deficiency anemia. Another theory is that the body somehow fails to process iron properly. Iron supplements are sometimes prescribed for RLS, but medical experts advise that you should get medical advice first. They also say that you should not take an iron supplement on your own, beyond what's in a daily multivitamin/mineral pill.

Sometimes martial artists experience RLS. If it is frequent or severe, see a doctor. However, you should first know that there may not be much a doctor can do, but checking for iron deficiency might be a good idea. There's no standard medication, though tranquilizers may provide temporary relief, and the drugs used for Parkinson's disease can be prescribed in severe cases. New drugs are currently under review by the FDA.

Here are some tips on what you can do on your own: Avoid caffeinated beverages and alcohol in the evening. Smoking, too, will worsen RLS—so here's another reason to quit if you smoke.

- Massage your legs before going to bed. Stretch your leg muscles and rotate your ankles.
- A hot water bottle or, conversely, cold compresses applied to your legs at bedtime may help. Try both and see which works. It may be simpler just to take a warm (or cool) bath before bed.
- Sleep on your side with a pillow between your legs.
- If RLS keeps you awake, get up and try distracting yourself. Do a few exercises. Walk around. Stand at a counter and read or watch TV.
- RLS tends to become less severe, or even vanish, after age 60. You may simply get better on your own.

The Restless Leg Syndrome Foundation promotes research and offers support. For more information, send a stamped, self-addressed envelope to 819 Second Street SW, Rochester, Minnesota 55902, or phone 507-287-6465.



Jeff Pratt believes that relaxation is the key to success when pushing hands

PHOTO - Dan Hood

BUILDING A ROOT TO SUCCESS A PUSHING HANDS REVIEW

One thing that any martial art should teach is attention to detail. The focus on the moment is vital to any person. The distractions to ourselves at any given moment can be overwhelming; a well-learned martial art gives us respite from these distractions. The calm, relaxed and focused mind can encompass the events going on around us and permit us to act in the most appropriate manner. Indeed the goal of a martial art can be expressed as knowing when to act and then acting without hesitation. This sounds simple on the surface but is very difficult to accomplish. The many years of training necessary to hone oneself into the focused individual of the martial arts stories is truly daunting. The many levels of refinement encompass the physical, mental, and spiritual - not every practitioner makes it to the end of his training. As with many things, the "devil is in the details." I will examine a problem in my own Push Hands to show this process.

Not long ago, I noticed that in the beginning of each Push Hands match I got bounced out several times. The skill of my partner is virtually unimportant to this result: the first few exchanges ended with me on the losing end. Afterwards I was told repeatedly to "invest in loss." I finally started to examine the events around these disturbing occurrences (disturbing to me - I have a large ego that gets in the way frequently). I carefully started to observe myself once I noticed the pattern of consistently losing the initial exchanges. The first thing I noticed was that my root was non-existent when I first touched hands with my partner. I then noticed that my Dan Tien was very high in my torso.

When I begin a match, I am excited. I greatly enjoy Push Hands and tended to look forward to my matches with great anticipation. This turbulence of emotion helped me to forget the most fundamental ideas in Taijiquan: namely, to relax and sink my root. I also realized that after the first few losses, I would settle down and have more balanced exchanges with my partner.

(I didn't care if I won. I just wanted to be in the game). My observation at this stage of the match showed me that my spirit

would come up and some negative emotions would surface; I needed to defeat the other person to prove my skill. It is necessary to raise your spirit, and negative emotions will do just that; however, I am uncomfortable using negative emotions against my partners whom I also consider my friends. I have no desire to win in that fashion, i.e. with anger and annoyance. So I decided to ritualize my Push Hands to reinforce my fundamentals and develop some consistency in my rooting.

The ritual consists of several elements that are physical, mental and emotional.

Physically I place my rear foot first and deliberately sink my weight through that rear foot into the ground and establish my root. The placement of the front foot is just as precise: I put the front foot in place with no weight in it. After the front foot is placed, I roll my weight forward under the ground so that the transition from rear to front foot further deepens my root. Once my root is established, I lift my arms and make contact with my partner. Energetically I stay as relaxed as possible and lead my Qi into the ground with each step and then expand it into my arms as they move into position. This is coupled with relaxed Embryo Breathing, with the active portion of the movements coordinated with the exhalations.

Emotionally I accept the fact that I'm excited and do not try to suppress it. I find that suppressed emotion returns with more force than it left with. Besides, I still want to enjoy the experience. This ritual takes a very short time: essentially three breaths so that it doesn't keep my partner waiting an undue amount of time. (The option does exist to really drag this out. to annoy your opponent. This can be quite useful in competition.) Consistency is important in any ritual. Over a course of a few weeks, I found that my root was improving and I could see a change in my performance. Creating the ritual helped me to implement the solutions that my observations suggested.

A ritual can be a good thing until it becomes a crutch. I'm somewhat of a lazy person so it helped me deal with a weakness in my skills. The important thing that I've learned was that I needed to go beyond the ritual at some point. My Taiji teachers all told me to do exactly those steps that I discussed: only

my lack of focus during the act prevented me from doing what I was supposed to do. Now I have other things to ritualize, other flaws to work on. If you like the ritual I followed, feel free to use it. just remember to eventually cast it aside or it has done you no good.

Jeff Pratt is YMAA senior Taiji instructor



CASHING IN ON QIGONG'S HEALTH BENEFITS

Qigong is one of the traditional Chinese "Breathing Exercises", self-healing exercises welcomed by people worldwide. It has a long history and a great variety of forms and routines. Practicing Qigong has an all-around effect on all the human body's organs and systems. It's also an important way to strengthen your body and prevent disease. It has a curative effect on high blood pressure (hypertension), neurasthenia, heart disease, ulcers, tuberculosis, asthma and other chronic diseases.

In China, Qigong exercises combined with medicine have become an important method of treating some diseases in hospitals and health clinics.

In fact, China claims to be the first country to encourage its population to apply physical exercises to keep fit and prevent diseases. In 400 B.C., it was stated in *Huang Di Nei Jing, Su Wen (The Yellow Emperor's Classics of Internal Medicine)*, the oldest medical classics of China, that most diseases are caused by coldness or heat, and the best way to cure them is through physical exercise. In addition, scientists in ancient China worked out a theory explaining why and how physical exercises strengthen fitness and cure diseases.

More than two thousand years ago, a famous Chinese physician, Hua Tuo, developed the "Wu Qin Xi," Five Animal Play, imitating the movements of birds, bears, tigers, monkeys, and deer, as physical exercises for strengthening the body. He said that if a person moved often, the ill gas (or sick Qi) in the body would be removed from the blood in the arteries and veins, and the blood would flow smoothly. In this way, a person would not get sick easily.

Recently, along with the development of science and technology, Chinese people are more and more interested in how to live longer, more productive lives. More are turning to Qigong and searching for the relationship between Qigong practice and the avoidance of premature aging.

The effects of Qigong on the cardiovascular system result from the controlled activities of the central nervous system. In terms of Qigong, when Qingqi, the clean gas in the body goes up, and Zhuoqi, the turbid gas comes down, abdominal pressure rises, and the veins in the abdominal cavity suffer pressure and carry the blood to the right atrium of the heart. Conversely, the blood is carried to the abdominal cavity when abdominal pressure comes down.

Thus, not only is blood circulation increased, but a massage effect on the liver is produced by the movement of the abdominal muscles and diaphragm, thereby removing blood clots in the liver, improving its function, quickening and strengthening the process of metabolism, and ensuring stable blood pressure.

Qigong can also strengthen the contraction of the heart muscles, and increase the output capacity of heartbeats. Over a period of time, the capacity of the heart is increased. Therefore, the blood pumped out by the heart is increased, the utilization ratio of blood-oxygen in the body is improved, the elasticity of blood vessel is increased, and peripheral resistance is decreased. Consequently, the contracting of the heart is easier. Blood can be pumped farther by the heart's contraction but without great effort.

All this strengthens the cardiovascular system, promoting physical fitness and stabilizing the blood pressure. Evidence clearly shows that a person who constantly exercises Qigong has a slow pulse rate when calm, and the blood pressure is

lower than the normal value of someone the same age.

In people who practice Qigong, the pulse rate and systolic blood pressure rises less and the recovery time is shorter than normal. This phenomenon is called "economic functioning." All of these are positive effects that Qigong has on the cardiovascular system.

The Research Group of the Chinese Gongfu Institute (comprised of two Wushu Masters, two medical doctors, and one research assistant from Northwestern University) has done research recording the number of heartbeats per minute for fifty people, resting ten minutes before practicing Qigong. The average number of heartbeats per minute is 75. The heartbeats are weak and fast. The number of heartbeats per minute decreases to 61 beats per minute after practicing 20 minutes of Qigong, the average decrease being 14. Ten people had heartbeats decrease to less than 53 beats per minute. The heartbeats are strengthened and slowed.

Many taiji players practice Qigong every day



The heart beats about 70 times per minute; here are two kinds of nerves associated with the heart. One belongs to the sympathetic nerve, which strengthens and speeds up the heartbeat; the other belongs to the vagal (vice-sympathetic) nerve, which slows the heartbeat. Therefore, the heartbeat is slowed when you practice Qigong, reflected in the increased intensity of the heart vagal, and the decreased intensity in the sympathetic nerves of the heart.

We also have done research on high blood pressure in fifteen people who did relaxation Qigong exercises for twenty-five minutes. The blood pressure dropped from 156/99 mmHg to 135/81 mmHg after one year of Qigong exercise. The systolic blood pressure dropped 21 mmHg and the diastolic pressure dropped 18 mmHg.

Cholesterol is an important blood fat. It can be obtained by eating animal fats (such as too many eggs or too much cheese, cream, liver, portk, beef, etc.) Increased cholesterol values correlate with a tendency towards atherosclerosis. Values of 200 mg or less are associated with a lower risk of heart attacks and strokes. The desirable range for people under 40 is less than 200 mg; for those over 40, the desirable range is 220-240 mg.

People with a family history of heart attacks or stroke should pay special attention to cholesterol so they can prevent these conditions. One way to prevent high cholesterol is not to eat too much meat or junk food. Another way, which we most recommend is to do Qigong or Taiji exercise at least twice a week.

More on the subject of Qigong can be found in Hong-Chao Zhang's book, *Wild Goose Qigong, Natural Movement for Healthy Living (YMAA 2000) www.YMAA.com*

Honoring Those Who Showed Us The Wei Saluting Those Who Shared These Photographs and Biographies in 2004

Photographer unknown



Wu Jien Chuan

Separate left foot looks easy for this master of the art

Photo by Klysler Yen, Swiss Alps



Bow Sim Mark

Her form is one with nature-solid as the mountains, light as the clouds, fluid as a river.

Photographer unknown



William C. C. Chen

Tai Chi is doing anything well.

Photo by Ken Van Sickle, New York



Cheng Man Ching

"How do I know about the world? By what is in me."

Photographer unknown



Tung Hu Ling

Prepares to make a Lotus sweep.

Photographer unknown



Wang Ju Rong

Performs fan through back.

Photo by Ken Keough, Donegal, Ireland



Chen Xiao Wang

Grandson of Chen Fa Ke, 19th generation standard bearer of the Chen family.

Photographer unknown



Liang Qiang Ya

Playing Jade Maiden at Shuttles.

Photo by Yau-Sun Tong, Beijing, China



Feng Zhi Qiang

All of the heavenly bodies spin and rotate. This round, circular, coordinated movement is called 'Hunyuan'.

Photographer unknown



Yang Chen Fu

Grandson of Yang Lu Chan (founder of Yang style) was the first taiji master to popularize the art, teaching openly in Beijing and Shanghai and later in Canton. Known for his pushing hands ability and his peng (expansive, rebounding energy). He taught a version of the Yang family form that was even in tempo, large in frame, without jumping or stomping, or fa jing.

Photo by Susan Moore, Massachusetts



Duan Zhi Liang

In this photo, Master Liang holds an ear of corn and begins to move in a swirling ancient chi kung passed down through generations, created anew in the moment. Look: the fingers of his empty hand and the splay of the corn husk are the same. In him (were) all the seasons, the centuries, the beauty of human life devoted to self-cultivation and healing.

Photographer unknown



Kuo Lien Ying

The weight concentrated on the rear foot, the crown of the head lifted, the arms like a steel hoop, the fingers stretched. How could a posture so full, so upright, so yang, be held by an elderly man for a whole hour every morning? Because his spirit is serene, and his form is filled with emptiness.

Photographer unknown



Chen Fa Ke

The stance is wide, strong, rooted yet it can change in a moment. The torso flows downward, into the legs, forming a single unit. The arms grow outward from the body, revealing the twining, torquing force hidden within the core.

Biographical notes

Yang Cheng Fu (Chen-Pu) (1883-1936) Grandson of Yang Lu Chan (Founder of Yang style) son of Yang Jien-Hou. The first Tai Chi master to teach taiji in public.

Feng Zhi Qiang Born in 1928 in Hebei Province, China. Studied chi kung and martial arts from age 8, and by 12 was known for his strength and fighting ability. Moved to Beijing at age 12 and studied Tongbei Chuan.

Wu Jien Chuan (1870-1942) Wu's father was Quan Yu, a Manchurian bodyguard to the Imperial Court, who was one of the top students of Yang Lu Chan and his son, Ban-Hou. Quan Yu specialized in the Small Frame of the Yang style, and in evasion/neutralization methods.

Cheng Man Ching (1900-1975) * Known as a "master of the Five Excellences", Cheng Man Ching was not only an exceptional Tai Chi master, but also an acclaimed brush painter, calligrapher, poet and doctor of oriental medicine.

Chen Xiao Wang Born in Chenjiagou, Henan Province, in 1945. He's the grandson of the famous Chen Fa Ke. In the tradition of his grandfather, he has attained a high level of gongfu through arduous training and study over many years.

Kuo Lien Ying (1885-1991) Born in Inner Mongolia, North China in the last decade of the Manchu dynasty. Starting with Northern Shaolin, he made extensive study of Tai Chi, and later Bagua and Xingyi, studying and comparing skills with the greatest masters.

Bow Sim Mark Born in Taisun, Guandong Province, in 1942. She studied with many of the greatest Wushu and Tai Chi masters, including Li Tian Ji and Fu Wing Fay. In 1976 she moved to Boston, where she established the *Chinese Wu Shu Research Institute*.

Tung Hu Ling (1917-1992) Born in Ren Xiang Cheng, Hopei Province, China. Son of Tung Ying Jie, one of Yang Cheng Fu's longest studying and most accomplished disciples. Tung Hu Ling learned from his father as well as directly from Grandmaster Yang himself.

Liang Qiang-Ya Born in Guangzhou, China in 1931. In 1945, he became a disciple of the legendary internal master Fu Zhen Song, becoming an instructor of Fu's system while still in his teens.

Duan Zhiliang Born in the Forbidden City in 1906, into a family of physicians and martial artists. Master Duan has trained in the internal arts for almost a century. He is the lineage holder of his family's Primordial Chaos (wuji) Chi Kung System, as well as the original Taoist WuDang Tai Chi.

William C. C. Chen Born in Chekian Province, China in 1935. Moved to Taiwan in the late 1940's. Became the youngest student of Cheng Man Ching. and lived in his house for 3 years, becoming one of his favorite disciples. Began teaching in 1953, at age 18. Became the lightweight champion in full-contact martial arts tournaments in the 1950's.

Chen Fa Ke (1887-1957) The most famous Chen style master of the 20th century. Chen Fa Ke was the first to extend Chen Tai Chi's reputation outside of Chen Village. He came to Beijing in 1928, and quickly established his phenomenal fighting abilities.

Wang Ju Rong Born 1928 in Hebei province, China, the daughter of the legendary martial arts hero, Wang Zi Ping, master of both external and internal arts. She began training with him at age five, learning Tam Tui, Cha Chuan, Ba Ji and Tai Chi.

All of the information contained herein can be found in Tai Chi Inspiration, 2004 Calendar by Don Ethan Miller.

YMAA QUALIFIED ACTIVE INSTRUCTORS: (12/15/04)
MASTER: Shaolin/Taijiquan
Dr. Yang, Jwing-Ming

INSTRUCTORS:

SHAOLIN
Jeffery Bolt (Houston, TX)
George Dominguez (Boston, MA)
TAIJUQUAN
Jeffery Bolt (Houston, TX)
Jeffery Pratt (Boston, MA)
Jeffery 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)
Bartlomiej Grad (Krakow, Poland)
Christopher Fazzio (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 Lubecki (Gdynia, Poland)
Kazimierz Szyrowski (Poland)
Krzysztof Marcinek (Gdansk, Poland)

Maciej Ciesielski (Gdynia, Poland)
Makula Zsolt (Hungary)
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 Czerepek (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)

TAIJUQUAN

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
Mariusz 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 Damus
Charles Yotte
Corlius Birkill

David W. Grantham
David Camara
Douglas Johnstone
Glenn Burleson
Jim Noble
Joseph Caulfield
Mark Rits
Mike 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 (USA)

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: Lotfi Farhad
FAX: + 36 26 380 221

YMAA Hungary, Dunaujvaros
Bocsai Istvan u. 1./D/3./3.
2400 Hungary
Directors: Kovesdi Andras/Horvath
Peter
Tel: +36 70 211 8550
Email: andras_kovesdi@egon.gyalaoglo

YMAA Poland Gdansk Ujescisko
ul. Plocka 5/7
81-180 Gdansk Ujescisko Poland
Director: Piotr Czerepek
Tel: 48 58 309 98 55

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 ODEESIS 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
81-526 Gdynia, Poland
Director: Maciej Ciesielski
Tel: 0048 58 668 57 33
Mobile: 0048 501 668 653
email: mmeyer@wp.pl
www.taichigdynia.repulika.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-4o
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 Milwaukee
619 East Pleasant, P.O. Box 511616
Milwaukee, WI 53203-0271
Director: Angela Laughingheart
Tel: (414) 347-9097
Toll free: 1 866-235-4039
email: milwaukee_taiji@msn

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
email:ymaa_raleigh@yahoo.com
www.geocities.com/ymaa_raleigh

YMAA CT-RI
24 Pierce Street, Westerly, RI 02891
Director: Brian Cooper
Tel: (860) 535-4900
Fax: (860) 535-9110

YMAA Canada, Quebec
616B St-Valler
Ouest Quebec, PQ, G1N 1C5
Director: Richard Levesque
Tel/Fax: (418) 529-9258
email: ymaa.canada@3web.net

YMAA Canada Val-Alain, Quebec
11745E Rang Val-Alain
Quebec GOS 3HO
Director: Richard Levesque
Tel/FAX: (418)529-9258
email: ymaa.canada@3web.net

YMAA Caraibe
24 rue de la Ferme
97200 Fort De France
Director: Pascal Mongellaz
Martinique (French West Indies)

EAST EUROPE

YMAA Poland, Gniezno
ul. Cierpiegi 23/4
62-200 Gniezno, Poland
Director: Piotr Ziembra
Tel 1: 48 61 424 29 17
Tel 2: 48 603 07 17 11
Fax: + 48 61 4251084

YMAA Poland, Belchatow
ul. Klonowa 20
97-400 Belchatow, Poland
Director: Mariusz Kwasniewski
Tel: 48 44 632 38 15

YMAA Cedry Wielke - Poland
ul. wirki i Wigury 14d/1
80-463 Gdansk Zasp
Director: Piotr Pohnke
Tel: \$48 58 683 62 86

YMAA Hungary, Budapest 2
XI. Krusper U.9
Budapest, Hungary
Director: Lotfi Farhad
Tel: +36 302 2426

YMAA Hungary, Balatonlelle
Balatonlelle, Hungary
Director: Borbelly Attila
Tel: 85 354 156

WEST EUROPE

YMAA Portugal, Almada
Academia Almadense
Apartado 747
2800-603 Almada, Portugal
Director: Tony Richard
email:almada@ymaaPortugal.com
www.ymaaPortugal.com

YMAA France, Marennes
11 bis Rue du Colt Lucas
17320 Marennes, France
Director: Giroir Didier
Tel: 05 46 47 42 82

YMAA Holland, Enschede
Roerstraat 14
7523 TM Enschede, Holland
Director: Parviz Sassanian
Tel & Fax: 31 53 430 24 26

YMAA Italy, Rome
Via Flavio Sillicone 213
00139 Rome, Italy
Director: Alessandro Lori
Tel: +39 340352325
email: ymaaitaly@tiscali.it
www.ymaaitaly.it

YMAA Ireland, Dublin
28 The Lawns Woodbrook Glen Bray
Co. Wicklow
Director: Paul Moran
Tel: 011 3531 2814901
email: longfist@scmaa.ie
www.longfist.com

YMAA Ireland, Galway
245 Castle Park
Ballybane, Galway
Director: David Joyce
Tel: 353 91 770246

YMAA London
44 Lincoln Inns Fields
London WC2 3PX
United Kingdom
Director: Olivier E. Pardo
Daytime Tel: 0207 269 3431
email: ymaalondon@hotmail.com

YMAA, UK, Liverpool
6, Meadway
Netherton, Merseyside
United Kingdom L30 1SE
Director: Thomas William Conlan
Tel: 0044 015 1476 6913
email: ymaaliverpool@hotmail.com
www.liverpooltaichi.mersinet.co.uk

YMAA, UK, Chester
The Old Chapel off Houle Lane
Chester, Cheshire England
Director: Mark Delamere
Tel/Fax: 01244 851 413
email: mark@corestar.fsnet.co.uk

YMAA Belgium, Leuven
Ullekot 26
B-3210, Lubbeek
Director: Erik Elsemans
Cell Phone: +32 (0)497 46 26 22
Fax: +32 (0)16 65 70 10
email: ymaabelgium@hotmail.com
web site: www.ymaa.be

AFRICA

YMAA Winchester Hills
404 Devereaux Ave
Winchester Hills, Exit 1
Johannesburg
Director: Mark van den Berg
Tel: +27(0)11 433 9079
Cell: 082 773 8521
email: mvdberg@aarl.co.za

SOUTH AMERICA

YMAA Chile
Jesus 755, La Reiha
Santiago, Chile
Director: Efrain Telias Gutierrez
Tel/Fax: 56 2 2275462
email: ymaachile@hotmail.com
www.geocities.com/ymaachile/index.html

YMAA Venezuela
Calle Bolivar
Centro Comercial San Antonio #93
San Antonio de los Altos
Director: Luis Efrém Nunez A.
Tel: 582 373-4578
Fax: 582 383-4232
email:ymaavenezuela@cantv.net

YMAA Argentina
TTE. Gral. J.D.Peron 1252 - 4th Fl. 52
(1038) Capital Federal
Buenos Aires, Argentina
Director: Mario Schwarz
Tel/Fax: (114) 372-4785
email: acupunturos@ciudad.com.ar

MIDDLE EAST

YMAA Iran
P.O. Box 16315-1867
Tehran, Iran
Director: Shermin Rezaei-Dorji
Tel/Fax: 0098 21 8767966

YMAA NEWS STAFF



DIRECTOR

Dr. Yang, Jwing-Ming

EDITOR

Dan Hood

LAYOUT

Dan Hood

*YMAA News can be viewed on our website
You can also download a free copy to share
with a friend or a colleague*

YMAA PUBLICATION CENTER

4354 Washington Street

Roslindale, MA 02131

Telephone (617) 323-7215

Fax (617) 323-7417

Website: www.ymaa.com

e-mail (School) [ymaoston@aol.com](mailto:ymaaoston@aol.com)

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

Editor's Corner

Dan Hood

YMAA News

4354 Washington St.

Roslindale, MA 02131 USA

fax: (617) 323-7417

IMPORTANT NOTICE: Yang's Martial Arts Association has set up its own web page so it is imperative that every school affiliated with YMAA send all of its news information directly to the school or e-mailed to me. Dr. Yang has requested that this be done on a number of occasions over the past six months, however, we still have not received anything from anyone. The YMAA newsletter is considered a valuable source of information for everyone to share. And whenever Dr. Yang returns from a seminar abroad or visits a school, he tells the headquarter's staff about the many positive things that have taken place. So please take time to keep us informed on a weekly or monthly basis. Believe me, your efforts are sincerely appreciated.

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 Publication Center

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

季刊第七十二期