



GUANG PING
YANG T'AI CHI ASSOCIATION

The Universal Post



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FROM THE PRESIDENT



I hope everyone is enjoying their summer. Remember, in summer, yang is the element of fire and your practice of internal martial arts should be primarily in early morning or early evening as both are transitional times of the day. In general, practicing at mid-afternoon cultivates circulation of qi in the heart meridian, although many who suffer from hypertension or cardiac

issues that are not being medically treated may experience some problems. This changes, of course, as the seasons shift, due to the changing position of the earth in relation to the sun which affects our body's use of energy.

I would like to take this opportunity to welcome Julie Li as our newest Board Member and Acting Secretary. As you all know, Julie is also our Membership Coordinator. In addition to joining the Board, Julie has recently created a YouTube channel for the Association (www.youtube.com/GPYTCA). So far we have posted some video clips of workshops from last year's conference; reviewing these is a great way to relive your past experiences--you may even see yourself up there! If you are interested in submitting a video clip you may email it to Julie (membership@guangpingyang.org) and, upon approval, we would be more than happy to post it on the channel. Of course, it must be related to Guang Ping T'ai Chi or other internal styles. Julie, we thank you for your all your efforts in this regard to help publicize the Association.

You can also check out Guang Ping T'ai Chi in high definition on the Discovery Channel's Sunrise Earth program, which periodically broadcasts a group of our members (including Master Henry Look and Joan Tay) demonstrating the form at sunrise with San Francisco's Golden Gate Bridge as a backdrop. Check your local listings for this stunning program.

I would also like to take this opportunity to thank our existing Board members for all their efforts and continued support of the Association. In this regard, the entire

Board would also like to thank Dominick Ruggieri and Scott Schneider for their myriad contributions through the years as they step down from their Board positions. Thanks again, Dominick and Scott, for your tireless contributions and support.


In closing, time for our 11th annual GPTCA conference draws near! Our theme is "Back to Basics," which will cover the basics of Guang Ping Yang T'ai Chi as demonstrated through the different teachings of Y.C. Chiang, Kuo Lien Ying, and Peter Kwok. We are looking forward to an exciting venue with both encore presentations and new, informative material--all of which are sure to complement and enhance your study. Please remember to book your rooms now as the Resort at San Marcos sold out last year! Looking forward to seeing you all there.

Sincerely, Randy Elia
President, GPYTCA

11TH ANNUAL

GUANGPINGYANG

taijiquan conference




HURRY!!!

TIME IS RUNNING OUT

October 19, 20 & 21, 2007

Lake San Marcos, California



See pages 4 to 8 for details.

Page 3 is a poster, feel free to make copies.
You may also download a copy from
the GPYTCA website @ www.guangpingyang.org.

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REELING SILK

Reeling Silk in Guang Ping Yang Tai Chi

By Master Randy Elia

Reeling silk is an ancient and common term for exercise used in many internal forms of martial arts, particularly the Chinese systems. The term describes the feeling experienced when practicing, as one moves the body and arms together; when the joints align through this ongoing movement it feels like drawing or pulling wet silk.

As we continue to move our arms and legs in a choreographed routine—which is based on t'ai chi movements—our muscles relax, creating neuromuscular balance. As the mind (yi) moves the body, following every step, moving the arms and hands, a routine is developed, thus attaining the first level of practice. There are hundreds of combinations of movements which one practices in order to cultivate this understanding. When you have mastered the movements the practitioner looks graceful and experiences a meditative state without compromising a sense of their surroundings.

Through continued practice, and, in time, we align all the joints in the body so there is the perfect position for rooting, thus resulting in a stable structure from the standpoint of energy. Then, once the spirit (shen) is awakened (created by intention), qi fills the joints, resulting in delivery of power or jing (yang) and rooting (yin) as one becomes able to move and direct the body's force in order to deliver an application such as a punch, push, or shoulder strike. The term describing this power delivered is fa li or fa jing (the transfer of energy). However, all of this is useless without the desired form movement and the ability to keep the body relaxed during the movements. These principles exist

(Continued on page 10)

GPYTCA is now on YouTube!

The Guang Ping Yang T'ai Chi Association has created a channel on YouTube. Log in to www.youtube.com/GPYTCA and see your fellow GPYTCA members--including footage from tournaments and conference workshops. If you would like to submit a video clip of yourself doing the form, the technical specs for YouTube video clips are a maximum of 10 minutes/100MB. Email Julie Li at membership@guangpingyang.org for more details.

Step Up, Push Forward



Julie positions herself so the joints are aligned, creating a root.



Julie yields back, keeping the hands out, giving no indication of movement to her opponent. Then her intention is to come forward before the body goes all the way back, thus awakening the spirit (shen).



She then begins forward motion as the body and hands move forward together as a unit delivering pushing power. At this point her opponent has exhausted all of their force due to her yielding back and they begin to retreat.



As a result, Julie's power combines with her opponent's retreat energy, as she again roots and throws her opponent off balance.

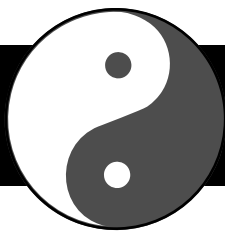
Editor's Corner

Editor: Sifu Thomas Carney
207 Kinderkamack Road, Emerson NJ 07630
Email: Editor@GuangPingYang.org

*We need articles from members and especially teachers.
Please email me above and include pictures I may use.*

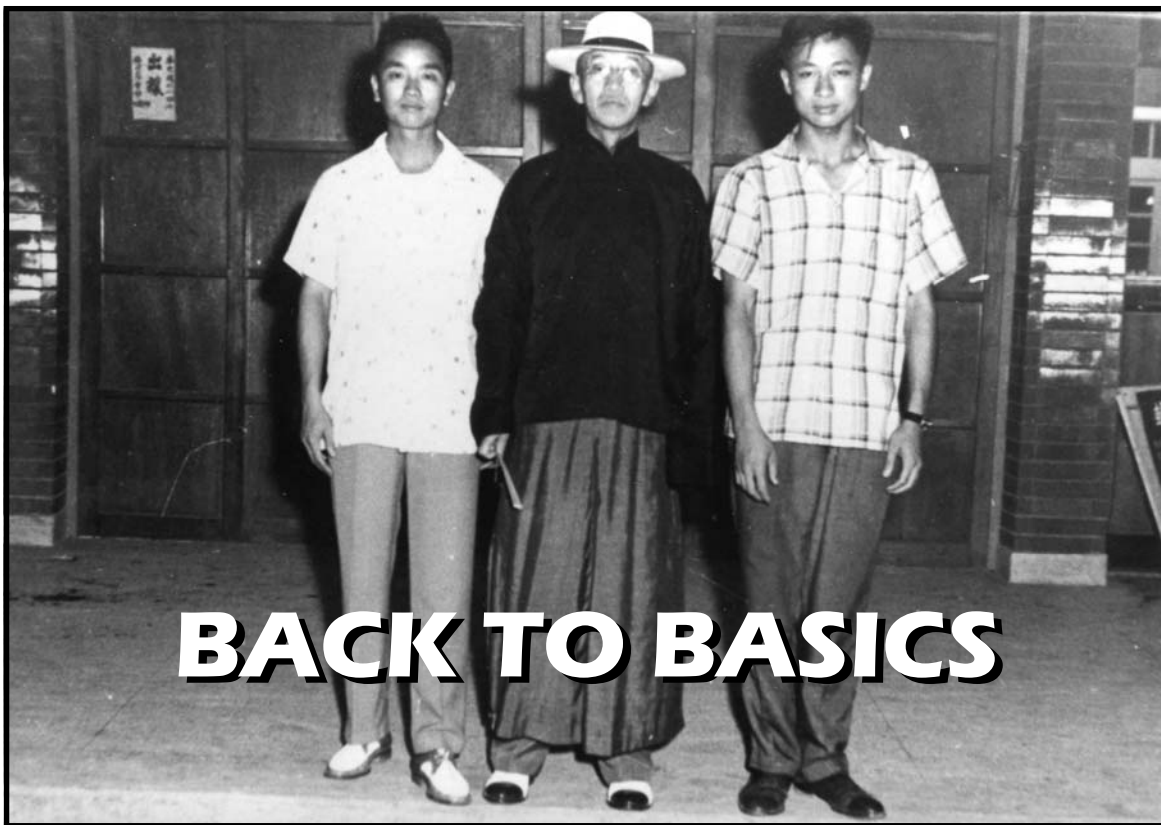
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11TH ANNUAL GUANGPINGYANG

taijiquan conference



BACK TO BASICS

Masters Y.C. Chiang, Kuo Lien Ying, and Peter Kwok in Taipei, Taiwan, 1959.

Workshops with:

Grandmaster Henry Look

- ⇒ T'ai Chi Broadsword
- ⇒ Guang Ping Yang Applications

Master Zhong Xue Chao

- ⇒ Wudang Five Animal Qigong

Master Yang Fukui

- ⇒ Yi Chuan Push Hands
- ⇒ Moving Your Chi For Health

Master Randy Elia

- ⇒ Reeling Silk With Guang Ping Yang

Master Fu Tung Cheng

- ⇒ Guang Ping Yang Sword
- ⇒ Guang Ping Yang Effortless Flow

Laoshir JoAnna Schoon

- ⇒ Lineage of Guang Ping Yang
- ⇒ Dayan Qigong

Sifu Thomas Carney

- ⇒ Dissolves—Breaking Free

And More...

Note: Workshops subject to change



GUANG PING
YANG T'AI CHI ASSOCIATION

October 19-21, 2007

**Lake San Marcos Resort
Lake San Marcos, CA**

WORKSHOPS & PRESENTERS



Grandmaster Henry Look

T'ai Chi Broadsword

One of the short weapons used in T'ai Chi Chuan is the Darn Dao (Broadsword). Using the classic yet graceful movements of T'ai Chi this weapon becomes an extension of one's hand. Grandmaster Henry Look will demonstrate and teach this form--an encore from previous conferences--in a step-by-step, easy to learn manner.

Guang Ping Yang T'ai Chi Application

Grandmaster Look will work with participants to share and explore the use of Guang Ping Yang T'ai Chi form movements for self defense. For students of all levels.



Master Randy Elia

Reeling Silk in Guang Ping Yang T'ai Chi

Master Elia will help you open your mind (yi) to cultivate your spirit (shen) and move power (chi) in the Guang Ping Yang T'ai Chi form. You will discover how this version focuses on how to pivot on your feet to determine the direction of your path in the form, thereby giving a strong foundation in the martial aspects of Guang Ping, as well as an understanding of the influence of Xing Yi and Chen style T'ai Chi within the form.

Master Fu-Tung Cheng

Guang Ping Yang T'ai Chi Sword

Master Chiang taught a two-edged sword set that he learned from Wang Zhi Chen (student of Wang Zhao Yu, who also taught his fellow brother Kuo Lien-Ying). This set directly follows our 64 movements, but at the same time incorporates, in surprising and delightful ways, the classic sword movements. This class will begin with a review of sword basics and then continue with the form.

Effortless Flow

Our Guang Ping Yang T'ai Chi style, because of its broad stances and efficient, compact, martial movements can sometimes foster staccato, stop-and-start gestures and subtle tensions that creep into the structure of the body. By coaching students movement to movement with the right metaphors, starting with standing meditation and evolving with movement, students can quickly acquire the balanced mix of mind and body to organically "grow" the appropriate form.





SPECIAL GUEST APPEARANCE TAOIST PRIEST & WUDANG MASTER

Master Zhong Xue Chao (Bing)

Wudang Five Animal Qigong

One of the most important exercises practiced by Wudang Taoists, this group of internal practices combines physical fitness, internal work, attack, and defense into one. Historically, Wudang Taoists were required to practice these five forms daily. This practice is comprised of five major forms including Tortoise, Snake, Dragon, Tiger, and Crane.

Master Zhong Xue Chao (Bing), is a Taoist style Shihao and a 15th generation of Wudang Sanfeng Kungfu. He has been in the Wudang Mount after graduation from junior school and apprenticed Master Zhong Yunlong to learn wudang kungfu since September 1992. In September 1995, he was selected as one of the first members in Wushu Exhibition Troupe of Wudang Taoism Association. In July 2002, at the invitation of "Sino-American Culture Promotion Committee" in New York, he was sent to America to do circuit performances as well as impart wudang Taoist regime along with the delegation. He has given many performances and in April 2006 moved to Colorado for a couple of years.



Master Yang Fukui

Yi Chuan Push Hands

This exercise is one of the first stages in training your whole body to move as a unit. It enables you to use the full field of your energy without blocking the flow at any of your joints. The skill developed in this way can be applied in many martial arts. This practice strengthens your hands and trains you to use them with minimal effort.

Master Yang Fukui was trained by his family in the healing arts of Tui Na therapeutic massage. He had formal training in Acupuncture and Tui Na at the Tianjin College of Traditional Chinese Medicine. From 1994 to 1996, Master Yang Fukui held the title of Director at the Tianjin Medical Qigong Institute. Currently, Master Yang Fukui is a professor at the Pacific College of Oriental Medicine, the largest school of Chinese Medicine in North America. Master Yang Fukui was raised in a traditional martial arts environment, in Tianjin, China. His family is well known for their internal martial art systems, including Hebei Xingyiquan, Baguazhang and Yang Style Taijiquan.

Moving With Chi For Health

How to find chi, use it for martial arts and healing and applying it. Master Yang Fukui will take you through a series of movements to open the mind (shen) to cultivate your spirit (shen) and move the power (chi).

WORKSHOPS & PRESENTER (CONT.)

Sifu Thomas Carney



"Dissolves"—How to Break Free of Anyone's Grip

Let go of me! This workshop will teach the first and most basic steps in gaining control of someone who wants to control you. These techniques are often called "dissolves," and are usually taught prior to learning Chin Na or other self-defense techniques. There are dissolves found in every internal and external form, and some of the dissolves in the Guang Ping Yang T'ai Chi Form will be illustrated. Several concepts like "attack the thumb," "out the thumb and index," and "if you can't move them, move yourself," will be taught. These concepts are fun to learn, and are taught in most self-defense classes for women. After taking this workshop a student will be able to stop anyone—even someone much larger—from grabbing hold of them.

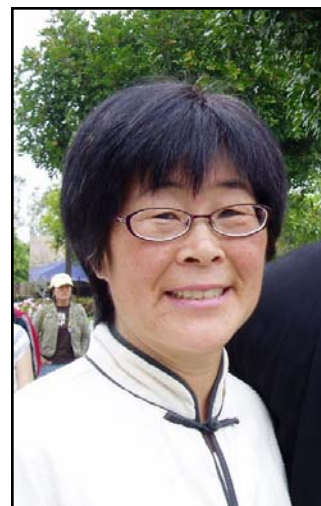
Laoshir JoAnna Schoon

Wild Goose (Dayan) Qigong

Laoshir JoAnna Schoon will lead us in her practice of Dayan (Wild Goose) Qigong. This session will include: a demonstration of the first set and possibly the second set of the Dayan Qigong, an overview of the major points used in the set and massage, instruction on movements 1-24 of the first set, both standing and sitting meditation.

Linage of The Guang Ping Yang

This workshop will demonstrate and discuss in detail the general stylistic tenets that Y.C. Chiang's form adheres to. Participants will be able to "try on" a few movements to see how it feels and what it looks like. This is also an excellent opportunity for people of Peter Kwok's lineage on the East coast to discover how and why he varied from Kuo in certain instances.



Congratulations, Competitors!



2007 U.S. Kuosho Martial Arts Tournament.
Left to Right: Hank Schmidt, Fran Friedman,
Sylvia Gattnig, Julie Li, and Joyce Ledonne

U.S. Kuosho Martial Arts Tournament **July 28-29, 2007 in Hunt Valley, Maryland**

Five students from Peter Kwok's Kung Fu Academy in Emerson, NJ participated with the following results:

- Fran Friedman:** Gold, Mixed Interm. Guang Ping Yang Tai Chi
Sylvia Gattnig: Silver, Adv. Women's Guang Ping Yang Tai Chi
 Silver, Adv. Women's Xing Yi
Joyce Ledonne: Silver, Mixed Interm. Guang Ping Yang Tai Chi
 Silver, Mixed Intermediate Xing Yi
Julie Li: Gold, Advanced Women's Guang Ping Yang Tai Chi
 Bronze, Advanced Women's Xing Yi
Hank Schmidt: Gold, Advanced Men's Guang Ping Yang Tai Chi

Two students of GPYTCA member Dug Corpolongo's also participated with the following results:

- David Eckstein:** Gold, Heavy Weight C, Lei Tai Fighting
 Bronze, Advanced Men's Xing Yi
Brian Wilson: Gold, Advanced Men's Xing Yi
 Silver, Moving-step Push Hands

FRIDAY CONFERENCE SCHEDULE	
6:30 - 7:50 am (1:20)	Warm-up/Stretching/Form—Lynn & Nick : <i>Main Conference Room</i>
8:00 - 8:50 am	Breakfast
8:50 - 9:10 am	Break
9:10 - 10:25 am (1:15)	Quang Ping Yang Form as Taught by Kuo Lien Ying—Master Henry Look
10:25-10:35 am	Break
10:35 am - 11:50 pm (1:15)	Reeling Silk—Master Randy Elia : <i>Main Conference Room</i>
	Wild Goose Qigong—Laoshir JoAnna Schoon : <i>Gallery Room</i>
12:00 - 1:00 pm	Lunch
1:10 - 2:50 pm (1:40)	Broadsword #1—Master Henry Look : <i>Main Conference Room</i>
	Lineage of QPYF—Laoshir JoAnna Schoon : <i>Gallery Room</i>
2:50 - 3:00 pm	Break
3:00 - 4:40 pm (1:40)	Dissolves/Breaking Free—Sifu Thomas Carney : <i>Main Conference Room</i>
	Reeling Silk with QPY—Master Randy Elia : <i>Gallery Room</i>
4:40 - 4:50 pm	Break
4:50 - 6:30 pm (1:40)	Moving Your Chi For Health—Master Yang Fukui
7:00 - 8:15 pm	Dinner (w/ President Randy Elia's Official Welcome)
8:30 - 10:00 pm	11th Anniversary Friday Night Social

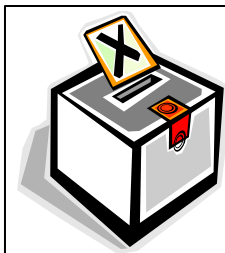
SATURDAY CONFERENCE SCHEDULE	
6:30 - 7:50 am (1:20)	Warm-up/Stretching/Form—Larry Riddle : <i>Main Conference Room</i>
8:00 - 9:00 am	Breakfast
9:00 - 9:10 am	Break
9:10 - 10:25 am (1:15)	5 Animal Qigong #1—Master Bing
10:25-10:35 am	Break
10:35 am - 11:50 pm (1:15)	Effortless Flow—Master FuTung Cheng : <i>Main Conference Room</i>
	Dissolves/Breaking Free—Sifu Thomas Carney : <i>Gallery Room</i>
12:00 - 1:00 pm	Lunch
1:15 - 3:45 pm (2:30)	Yi Chuan Push Hands—Master Yang Fukui : <i>Main Conference Room</i>
	Sword #1—Master FuTung Chang : <i>Gallery Room</i>
3:45 - 4:00 pm	Break
4:00 - 6:30 pm (2:30)	Broadsword #2—Master Henry Look : <i>Main Conference Room</i>
	5 Animal Qigong #2—Master Bing : <i>Gallery Room</i>
7:00 - 9:00 pm	Dinner & Annual Membership Meeting
9:00-10:00 pm	Open Room : <i>Main Conference Room</i>
	Certified Teachers' Meeting : <i>Gallery Room</i>

SUNDAY CONFERENCE SCHEDULE	
6:30 - 7:50 am (1:20)	Warm-up/Stretching/Form—Pending
8:00 - 8:50 am	Breakfast
8:50 - 9:00 am	Break
9:00 - 9:30 am	<i>HOTEL CHECK-OUT</i>
9:30 - 10:50 am (1:20)	Sword #2—Master FuTung Cheng : <i>Main Conference Room</i>
	Form & Application—Master Henry Look : <i>Gallery Room</i>
11:00 - 12:10 pm	Reeling Silk With QPY—Master Randy Elia
12:10 - 12:20 pm	Break
12:20 - 12:30 pm	<i>CLOSING CEREMONIES</i>
12:30...	<i>Depart</i>

HURRY!!!
Sign Up for this years Conference and Join the Fun!
TIME IS RUNNING OUT!!!
 Additional savings if you register
4 people—the 5th person will attend for FREE!!!
 See details on the Registration Insert or go to:
www.guangpingyang.org



Lake San Marcos Resort
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 Lake San Marcos, CA 92069
 760 744-0120 phone
 800 447-6556 toll free
www.lakesanmarcosresort.com
 The cost of hotel rooms are separate
 from the conference fee.
 Reserve rooms directly with the resort.



IT'S ELECTION TIME!!!

At this time the Association has a few openings on the Board of Directors and is looking for motivated individuals to fill those spots. If you are interested, or you know of someone who can assist the Association in taking a position on the Board, please contact any of the current Board members so we can start the official nomination process. We will then conduct a membership vote to formally consider all qualified candidates.

Calendar of Events

**12th Annual Wong Fei Hung North Eastern
 All Kung Fu Championships**
 September 29, 2007
 Saint Peters College—Yanitelli Rec. Life Center
 Jersey City, New Jersey
pcyee@yeeshungga.com
www.yeeshungga.com



**11th Annual International Chinese
 Martial Arts Tournament**

October 13, 2007
 Akron University's Memorial Hall
 Akron, Ohio
wutangcenter@yahoo.com
www.wutangcenter.com

Disclaimer: The events listed are provided as a resource. They are not sponsored or endorsed by the GPYTCA.

OUT OF NICK'S LIBRARY



Out of the Library By Nick D'Antoni

The Sword Polisher's Record: The Way of Kung-Fu

©1997, by: Adam Hsu
 Publisher: Tuttle Martial Arts
 www.tuttlepublishing.com
 ISBN: 0-8048-3138-6

Hi gang! I'm taking a break this time around so we're reprinting a review that I wrote in October of 2004. So, for those of you who may have missed it the first time around...

One day earlier this year I called a Randy Elia with a question. While we were talking he mentioned that he was in the middle of reading a "really great book" and he recommended it to me. Well, I went right out and found a copy but it took me a while to get around to reading it. Now that I have, I want to pass along Randy's recommendation and add my own.

Adam Hsu, San Francisco Bay area Sifu, gives us a thoughtful, possibly even controversial, book that encourages us think more deeply about our practice in several ways. He has assembled a well organized and thought provoking discussion of elements of Kung-Fu study, practice, history, and teaching. Using a selection of articles chosen from over fifteen years' worth of his *The Sword Polisher's Record* monthly columns, he presents ideas on a broad range of subjects. He touches on everything from the essence of Kung-Fu and the difference between internal and external styles, to locating a good teacher, the importance of forms in training, the place of Kung-Fu in the modern world and Kung-Fu's future, how to train the mind and body to work together, foundational aspects of Kung-Fu, the responsibilities of students to teachers, the responsibilities of teachers to students, and more. He also devotes a full section to discussing Kung-Fu myths and realities, makes an eloquent plea to teachers to master, preserve, and share the true essence of their Kung-Fu arts regardless of style (taiji, bagua, xinyi, shaolin, etc.), and speculates on the future of Kung-Fu in

the modern world. In spite of the breadth of coverage and density of ideas per article, he presents his material in a well written style that is clear and readily accessible.

Hsu expresses an over arching concern for the quality and preservation of Kung-Fu. His argument is not only for the preservation of particular styles, but of all that is traditional in the study and practice of King-Fu as a fundamentally and culturally Chinese internal martial art form. He encourages those who practice the art to explore other elements of Chinese culture as a way of coming to know a part of the essence of their art more intimately.

Of fundamental concern for Sifu Hsu is the distinction between traditional Kung-Fu and Modern Wushu, which he defines as those forms more organized around performance and demonstration, looks over function. He sees wushu, as a sort of choreographed pseudo-martial dance or gymnastics exercise, as a potentially harmful influence in modern practice and seeks a clear separation between the performance of wushu and the practice of genuine martial arts. While acknowledging the beauty and athleticism of wushu, he makes clear his overriding concern is to preserve the essence and forms of those truly internal martial art forms that make up the family of Kung-Fu styles. He fears the dilution of styles and goes to some lengths to present his ideas about ways to protect and preserve the traditional arts and training methods. In support of his concerns he includes an excellent concise discussion of the essential differences between internal and external styles. While much of what he has to say is in support and defense of the traditional in traditional internal Chinese martial arts, Hsu doesn't hesitate to put forward a few new, even controversial, ideas. For example, he strongly states his belief that it is far better to devote one's study to really mastering a single style/form. In contrast with those who believe and teach that the study of multiple styles and forms improves one's abilities, he makes the argument that this sort of pursuit is actually a hindrance to achievement of a high level of skill. He's not ashamed to make this pronouncement in spite of his own personal history of study in a number of internal disciplines. In fact he even points out this apparent inconsistency and says that it was both unfortunate and special. The reader gets the impression that he feels this as both a burden and a gift.

Another potentially controversial notion he puts forward, and one that is likely to stimulate a larger discus-

(Continued on page 12)

Honorary Chairmen

Y. C. Chiang, CA

Henry Look, CA

Past Presidents

Dominick Ruggieri, NJ

October 2003-October 2005

Nick D'Antoni, WA

October 2001-October 2003

Nina Sugawara, CA

March 2000-October 2001

Donald Rubbo, CA

October 1998-March 2000

Henry Look, CA

February 1996-October 1998

Board Members

President:

Randy Elia, NJ

President@GuangPingYang.org

Vice-President Elect:

To Be Announced

President-Elect@GuangPingYang.org

Vice-President:

Lawrence Riddle, WI

Vice-President@GuangPingYang.org

Treasurer:

Paki Sukwattana, OH

Treasurer@GuangPingYang.org

Acting Secretary:

Julie Li, NJ

Secretary@GuangPingYang.org

Patricia Boucher, TX

Tricia@GuangPingYang.org

Nick D'Antoni, WA

Nick@GuangPingYang.org

Lucy Bartimole, OH

Lucy@GuangPingYang.org

National Advisors

Valarie Prince-Gabel, Newport Beach, CA

JoAnna Gee Schoon, Laguna Beach, CA

Daniel Lee, Duarte, CA

Jonathon Shear, Richmond, VA

Paul Taylor, San Francisco, CA

Membership Coordinator

Julie Li

c/o Peter Kwok's Kung-Fu Academy

207 Kinderkamack Road

Emerson, NJ 07630

Membership@GuangPingYang.org

Web

www.guangpingyang.org

Webmaster:

Lucy Bartimole

Webmaster@GuangPingYang.org

Editor:

Thomas Carney

Editor@GuangPingYang.org

(Continued from page 2 - Reeling Silk)

in all internal styles. When I was initially introduced to this practice form by my first teacher, Grandmaster Peter Kwok, he told me, "Today, there is a name for everything; it's only qi." And when Peter Kwok's teacher, Master Kuo Lien Ying, was asked how could one achieve such a skill and if it could be taught, Kuo answered, "It's like magic; if you practice enough it will find you."

Wave Hands Like Clouds



Julie's intention is to turn her body to the right from the hips as the left leg steps out, not changing the center line of the body. As an application, this movement redirects an oncoming force to her right.



Her intention is to move her body to the left while changing her arms, locking her opponent's arm.



As the body moves to the left she creates a force to pull her opponent off balance.



Julie's intention is now to move her body to the right while changing her arms. This creates the same application, reversed, as shown in picture six (6).



Mission Statement Guang Ping Yang T'ai Chi Association

To promote, perpetuate, develop interest in, and preserve the quality of Guang Ping Yang style T'ai Chi Chuan throughout the world, and to provide support for research and education in Guang Ping Yang T'ai Chi in honor of the memory of Sifu Kuo Lien Ying, who brought Guang Ping to the United States, and in commemoration of his unselfish sharing of his many skills.

We strive to develop and honor the life-enhancing qualities of respect, humility, integrity, honesty, loyalty, and kindness. We manifest our commitment to this process by honoring our teachers, students, each other, and the practice of Internal Arts.

Certified

Guang Ping Yang T'ai Chi Association Teachers

California

Norma Austin
Normachi@aol.com

David Bernhardt
sifubo@taijiway.com

Fu-Tung Cheng
futung@chengdesign.com

Yun-Chung Chiang

Kathleen Giustino

Bing Gong
bgongtiger@aol.com

Michael Hogan
mghogan@usa.net

Daniel Lee
danleeyinyang@aol.com

Henry Look
sifulook@yahoo.com

Jo Presbury Smith
jopresburysmith@aol.com

Valarie Prince Gabel
ChiPowr@aol.com

JoAnna Gee Schoon
jschoon@ivc.edu

Paul Taylor
PBT6868@aol.com

Allen Trigueiro
daiku1@hotmail.com

Denmark

Inger Jensen
ij-tornby@stofanet.dk

Florida

Gary Torres
drtorres@tampabay.rr.com

Illinois

Steven Kemps
chipmunk64@mac.com

Japan

Daniel Harrington
ddh@gol.com

New Hampshire

Peggy Simone
peggy.simone@comcast.net

Mary Sturtevant, M. Ed.
qi@pathofharmony.com

New Jersey

Thomas Carney
streetsurvival@optonline.net

Randy Elia
peterkwok@aol.com

Ira Esformes
DOCIRA@aol.com

Sylvia Gattnig

Dennis Glanfield
taichibum@juno.com

Steve Karpen

Richard Kosch

Rosalind Ressler
taichiroz@yahoo.com

Gary Rosenblum

Dominick Ruggieri
sifu@chinahand.com

Michael Vassallo
michael@millenniumpackaging.com

North Carolina

David Chin
realhopgar@earthlink.net

Scott Schnieder
sschneider1@carolina.rr.com

Ohio

Lucy Bartimole
lucy11@core.com

Jeff Burton
jeffersan@yahoo.com

Paki Sukwattana
pakichi64@hotmail.com

Rhode Island

Diane Rabinowitz
wenwutaichi@earthlink.net

Texas

Patricia Boucher
tricia@guangpingyang.org

Virginia

Jonathan Shear

Washington

Nicholas D'Antoni
nick@quangpingyang.org

Lynn Sharp
lynn@villasditalia.com

Wisconsin

Kristina Riddle
kristinasmiles@hotmail.com

Wilkes Covey III

Joy Foye
jfoye@verizon.net

Dan Murphy
dmurphy38@yahoo.com

Lawrence Riddle
wiswenwuschool@verizon.net



Congratulations

to Master Yang Fukui on the opening of his second Heart Mind Martial Arts School in Edison, New Jersey.

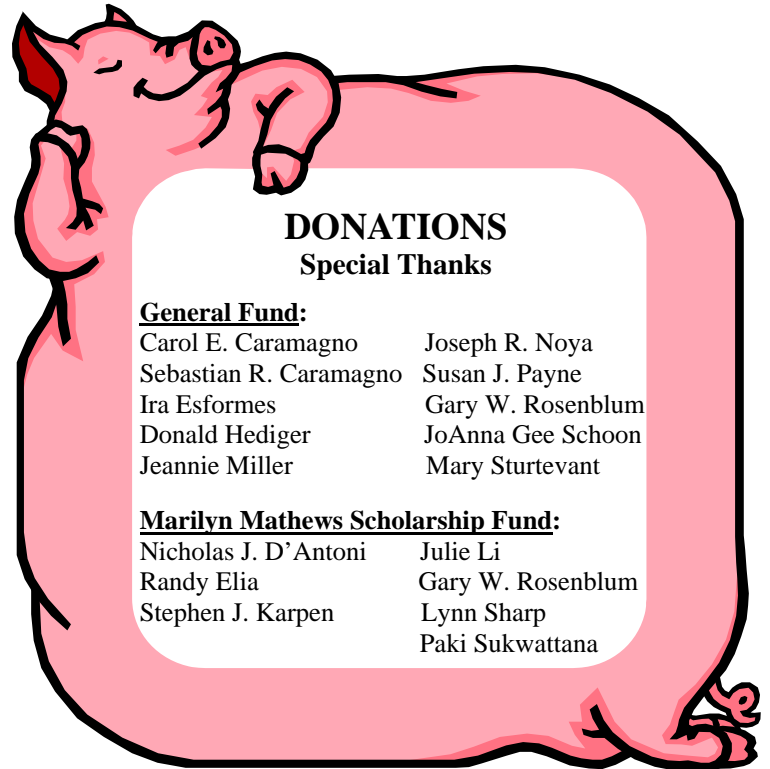
(Continued from page 9 - Nick's Library)

sion wherever and whenever it comes up, is his advocacy for an over arching organized system of ranks - similar to the Karate belt system - for both Kung-Fu in general and perhaps specific ranking systems within individual styles as well. He calls for Kung-Fu teachers regardless of style to get together to work toward this end as a way to help ensure the quality of future Kung-Fu.



While there is plenty in this book for the advanced students and teachers to mull over, the articles collected here do not assume the reader has a deep knowledge of the subjects. The book is just as likely to be enjoyed by, and of use to, those just beginning their exploration and study of Kung-Fu as it is to be valued by those with long years of practice. Throughout the book Hsu's obviously generous nature and deep love and knowledge of his subject shine brightly. All in all this is a very good read. I highly recommend it.

Rating: ★★★★★ (out of 5)



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Photo and description taken from:
"Tai Chi Chuan in Theory and Practice"
By: Kuo Lien Ying

Movement 2

Grasp Bird's Tail (Left Style)

Lan Ch'iao Wei (Tso Shih)