

Tai Chi Chuan

48 / REMEMBERING
YANG ZHENDUO ZONGSHI
2021

JOURNAL OF THE INTERNATIONAL YANG FAMILY TAI CHI CHUAN ASSOCIATION
国际杨氏太极拳协会杂志

ZHENDUO SPIRIT

正 UPRIGHT
和 HARMONIOUS
谦 HUMBLE
达 ATTAINMENT

天下太極

楊振鐸



中国武术九段，武林百杰，国家体育总局武术研究院首批专家委员会专家，杨氏太极拳定型人杨澄甫三子杨振铎先生离开我们将近一年了。

杨振铎先生幼承庭训，积毕生精力和热忱投入到太极拳传播中去，取得了丰硕的成果，为世人的健康事业做出了杰出的贡献。

杨振铎先生于上世纪八十年代初创立的山西省杨氏太极拳研究会（后改名为山西省杨氏太极拳协会）首开国内省级群众性社会团体先河，数十年扎根三晋，为全省社会武术工作的开展起到了积极地推动作用，成为全省全民健身的一道靓丽风景线，为构建我省和谐社会做出了应有的贡献。

杨振铎先生从上世纪八十年代中期开始应邀走出国门，先后在世界各地开展讲学活动并倡导成立国际杨氏太极拳协会，致力于在海外传播中国传统文化，具有很高的国际声誉。

杨振铎先生敦厚谦恭，胸襟广博，德艺双馨。一生著书育人，成绩斐然，其“天下太极一家亲”的理念和“愿太极拳为人类健康做出更大贡献”的情怀，不仅是先生知行合一的写照，也是留给后人宝贵的精神财富。

山西省武术协会
2021年10月18日



SPECIAL ISSUE
REMEMBERING YANG ZHENDUO ZONGSHI
缅怀杨振铎宗师

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/ WINTER 2021 /

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All tai chi chuan enthusiasts are invited to submit articles, letters, and pictures for publication. Both critical and complimentary letters concerning the form and content of this journal are welcome. Please send correspondence in electronic format to:
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JOURNAL OF THE INTERNATIONAL YANG FAMILY TAI CHI CHUAN ASSOCIATION
国际杨氏太极拳协会杂志



Welcome to a special memorial issue of the Yang Family Tai Chi Journal. We are marking one year since Yang Zhenduo Zongshi passed away by celebrating his great legacy throughout the world. In this issue, we are publishing articles in English as well as the Chinese language. This is because we plan to make the issue available in China, and also to illustrate the international community that we all share thanks to Yang Zhenduo Zongshi. We asked students all over the world to contribute their memories of Zongshi, and they replied. We have special calligraphy from famous tai chi masters and also memories and photos from students.

Yang Zhenduo Zongshi always taught that tai chi belongs not to one culture or place, but to the whole world. I hope that in celebrating his legacy this journal can help to illustrate that.

Edward Moore (Yang Yade)
Editor



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President's Letter

Dear members, first, I still want to say thank you for being with the association and Yang Family Tai Chi in this difficult time. I recently made a trip to Mexico in July to teach a seminar after a year and a half of not travelling. To be able to meet everyone in person felt very special. Many people were very happy to be having a class in person and to be able to get together and practice together as I taught class. As we currently understand, the pandemic is not ending yet, but I want to thank everyone for continuing on their tai chi journey, and thanks to Daniel for the courage and dedication to host and organize the events.

“ His contribution to the art is very significant, because he was the first Yang family member to travel to the Western World to spread Yang Family Tai Chi overseas. ”

Time flies. My grandfather passed away almost a year ago. I have been thinking about him very much, and it brings lots of memories back from how I grew up and how I trained. I've been thinking about learning tai chi chuan with him. I also think about how I joined him as he taught seminars around the world and of many of the regrets that I have from this special time, because I wish I could have been a better grandson and done more to spread Yang Family Tai Chi and more to unite people together. I wish that during his 95 year birthday that we could have traveled to see him and to celebrate his birthday, and I really wish when he passed away that I could have been there for his funeral. Many of these

regrets will stay inside my heart for my lifetime. I wrote a story about my grandfather, and it will be published in this journal. I hope that you can know more about my grandfather from this article.

Last year we couldn't go to China to celebrate his 95th birthday. This year the council, the association, and many tai chi organizations came together on July 29th to celebrate his birthday. We performed the 49 competition and demonstration form to dedicate as a memorial to him and many people joined this event. I want to thank everyone for their contributions and support for this event. Our Yang Family Tai Chi Chuan Disciple Council decided that every year at the time of his birthday we will perform the

49 Form as a memorial to him. I want to say that my grandfather went through challenging times in his life. His father passed away when he was young and he went through the war-time and also through the Cultural Revolution. Even in those very difficult times, he carried on the art of Yang Family Tai Chi Chuan and continued to spread that art to the world. His contribution to the art is very significant, because he was the first Yang family member to travel to the Western World to spread Yang Family Tai Chi overseas. This helped to make Yang Family Tai Chi more international. My grandfather always said that “all taiji are one family.” It doesn’t matter what your culture background, age, race is, we all are one big family along with all of the martial arts styles. In his kindness, he wished that tai chi could do more to contribute to human health. From the bottom of my heart, I thank my grandfather for nurturing me and

leading me into tai chi chuan, and making me who I am today. To carry on the art from the ancestors and to pass it down to the next generation, this is the most important contribution that he made. He will continue to be a model for me and many disciples, students, and Yang Family Tai Chi practitioners. His spirit will always encourage us to continue spreading the art of Yang Family Tai Chi and his spirit will also be living in our hearts forever.

In this issue of the journal, we have asked those who knew my grandfather to send calligraphy, stories, and photos to celebrate his life. Thank you to everyone who has contributed.

This letter is dedicated as a one year memorial of my grandfather passing away. I wish everyone safety and health, and I hope that we can soon return to normal.

I hope to see everyone soon. ☯



YANG JUN, President
Transcribed by Edward Moore



Letter from the Editor

Remembering Yang Zhenduo Zongshi*

When I moved back to Seattle in the winter of 1999, I had been studying a few different martial arts, and I knew that I wanted to find someone who truly understood the depth of the art that they taught. I went to every martial arts school that I could find in Seattle that winter, and finally ended up in Master Yang Jun's first Seattle school, which was a small basement studio in Chinatown.

“ This kind, skilled, and humble teacher's deep understanding of the art had preceded his visit to Seattle through my teacher, his grandson. ”

Having been exposed to a number of different styles and opinions as to what the correct approach was to training, I was skeptical of each teacher that I observed at that time. When I met Master Yang Jun, I was not aware of the history of his family, but I immediately noticed that he conducted himself in a dignified, yet humble and respectful manner. It also impressed me that he refused to speak critically of other martial-arts styles and teachers, since I had met many other teachers who would not hesitate to criticise every other school. Master Yang Jun's character impressed me right away and I began to study several times a week with Master Yang at that time. When I met other martial artists in Seattle in the coming weeks and they began

to make disparaging remarks about what I was studying, I learned to repeat Master Yang Jun's words just as he said them, that all tai chi is one family, and that we should look at what we have in common rather than the differences. I noticed when I said this that the anger and bitterness quickly disappeared from the face of the martial artist that I was talking to, and if they were challenging me, that they physically became more relaxed and ready to exchange rather than struggle and fight. I could quickly see the effect of Master Yang Jun's deeper understanding of the art in the way that it neutralized petty competition and anger so well, and it made me realize that I was finally learning something beyond forms and fighting.



EDWARD MOORE / Yang Yade
Editor

“ We hope to celebrate the life of this great man as we move forward together as a tai chi family and carry on the legacy of Grandmaster Yang Zhen-duo into the future. ”

Soon, when I met Master Yang’s grandfather, Yang Zhen-duo Zhongshi, it was immediately apparent who had given Master Yang Jun his remarkable understanding and wisdom. This kind, skilled, and humble teacher’s deep understanding of the art had preceded his visit to Seattle through my teacher, his grandson. Each time that I met Zongshi again, I was reminded of the incredible connection that he and Master Yang Jun shared, and how lucky I have been to learn and benefit from both of these great masters. It is Zongshi’s wish to bring Yang Family Tai Chi to the world and to benefit humanity. This is a tall order, but I think if all of us wherever we are, can reflect the bright spirit of Zongshi in our daily lives, then we can easily begin to make it happen.

With this issue of the journal, we mark one year since Yang Zhen-duo Zongshi has passed away. We miss him deeply, but his spirit of hope and dedication still brings us together in a worldwide tai chi family and will continue to do so into the future. During this year, we came together to commemorate Zongshi on the date of his birthday, and we will continue to organize events each year on this date to celebrate and remember Yang Zhen-duo Zongshi. We have also navigated the difficulties of the pandemic and continued to meet online in order to keep our tai chi family strong. Master Yang Jun has been teaching an excellent online seminar that has helped us to stay together in this challenging time and this seminar continues until November 6th.

We hope to honor the legacy of Zongshi in this issue with stories from his students and disciples, and calligraphy that has been inspired by the greatness of his spirit and achievements. There are some translated Chinese articles and also some untranslated Chinese articles, since this issue will also be seen in China.

We hope to celebrate the life of this great man as we move forward together as a tai chi family and carry on the legacy of Grandmaster Yang Zhen-duo into the future.

Thank you to everyone who has contributed to this memorial issue of the journal!

.....
*Zongshi (宗师) is a term meaning “master of great learning and integrity” and is equivalent to the term “grandmaster” in Chinese.

“A wellspring of the Yang family fighting arts, a paragon of tai chi”

Li Jie, Former Chairman of Chinese Martial Arts Association

Calligraphy translations by Audi Peal

紀念楊振鐸先生逝世一周年

楊門拳宗
太極楷范

中國武術協會原主席 李杰



敬題

*“With the swirl of his clothes, a fighting art soaring to the heights;
In clarity of insight, a heritage echoing down the ages.”*

Yu Gongbao

紀念楊振鋒先生

振辰拳切崗
澄心萬里傳

余功保

第一句比喻楊振鋒先生為當代太極的一座巔峰，其功夫、品行為人所敬仰。
第二句表示楊老師宏揚太極，傳拳天下。二句中分別嵌入了振鋒、澄甫二位先生名字，代表楊門代代以拳傳家、以拳濟世的福澤之舉。

“Let your name be renowned for both moral character and artistry!”

Chen Xiaowang

師教楊振鐸仙逝一周年

德藝雙馨

二〇二一年一月一日敬書



“A great master of the age, a model of refinement for all time.”

Chen Zhenglei

楊振鐸老師逝世一周年紀念

一代宗師
風范永存

辛丑中秋
陳正雷書



“A guiding light for tai chi here on earth, an immortal among the martial stars of heaven.”

Ma Hailong

悼念楊師爺逝世週年紀念

人間太極泰斗

天上武府神仙

上海鏡泉太極拳社 馬海龍書

“A guiding light in the martial world, a great master of tai chi.”

Zhong Zhenshan

紀念宗師楊振鋒逝世一周年

武林泰斗
太極宗師

河北永年武氏太極鍾振山



忆杨公 敬先贤

—缅怀杨式太极拳家杨振铎先生

康戈武

众尊杨公称先贤^I，博采融通旗帜鲜。
德缘淡泊^{II}大家^{III}赞，着^{IV}因宁静^V十要^{VI}全。
身授学子无类^{VII}计，文传中外^{VIII}有续篇。
百载悟通^{IX}延年^X道，寿世^{XI}诀^{XII}留天地间。



供英文翻译参考的注释

I先贤：已经去世的有德才的人。
武坛指已逝德艺双馨的拳家。

II淡泊：不追名逐利，淡泊无欲。

III大家：一指大众，二指著名专家和名宿。杨振铎先生以德艺兼优，经中国武术协会评定为

中国武术九段，被聘为国家体育总局武术研究院专家委员会首批专家。

IV着：读音为zhāo；意思与“招”同。武术用语，专指拳术招势、招法。《王宗岳太极拳论》：

“由着熟而渐悟懂劲”。

V宁静：神宁心静，宁静致远。

VI十要：即杨振铎之父杨澄甫传《太极拳术十要》。

VII无类：不分类别。《论语》：“子曰：有教无类”。意思是“孔子说：人人都可以接受教育，不分族类。”

VIII文传中外：杨振铎著有《杨式太极拳、剑、刀》、英文版《太极拳》、《中国太极名师精

典---杨氏太极》。主编有《中国武术段位制系列教程·杨式太极拳》。

IX悟通：悟，指理解、明白、领悟。通，指懂得、明了、通晓。“悟通”，就是悟彻、透彻，

大彻大悟的意思。

X延年：保健养生，益寿延年。

XI寿世：造福世人。这里特指传播延年益寿的方法，造福世人。

XII诀：做事练功的窍门、方法。如：秘诀、真诀。

供英文翻译参考的译文

在太极拳传承发展的百花苑中，陈、杨、和、武、吴、孙式各流派都涌现有众多名家高手。杨振铎是这些先贤中的一位。他博采众长，融会贯通，独树一帜，秀出于众。他一生淡泊无欲不求名利的德操，得到了武坛名宿大家和广大习武者的称赞；他的拳术着势经过宁神静心的钻研实践，呈现出其父杨澄甫所传《太极拳术十要》的风采。杨振铎效孔子“有教无类”，不论男女老少、不分职位高低、不问来自何方，凡求学者，均悉心指授。他关于太极拳的专著，不仅有中文版，还有英文版远传海外。这些专著的受益者，已源源不断地发表着他们的阅读心得、习拳体会、研究创见。杨振铎通过自己幼得家传、践行百年的体悟，明白了益寿延年的方法和道理。他把这些有益于世人健康长寿的真诀，奉献全球，造福人间。☯

附注：作者康戈武，中国武术九段、教授；原中国武术协会秘书长、国家体育总局武术研究院秘书长。



深切緬懷楊振鋒大師！
銘記他的淳淳教誨，
努力弘揚太極文化！

高佳敏



MY GRANDFATHER AND I

我和祖父的点点滴滴

BY YANG JUN 杨军

ENGLISH TRANSLATION BY JOSHUA NEUHAUS

Today, it has been exactly 100 days since my grandfather left me. During this period of time, I sometimes feel the pain of not being able to perform my duties at my grandfather's dying bed, while at other times I feel a sense of calm in my heart because my grandfather died peacefully without any illness, and my emotions rise and fall in this tangled contradiction. A photo, a video, or even a book pulls me into the past of living with my grandfather, and memories keep playing in my mind.

时至今日，爷爷离开我已经整整一百天了。这段时间，我时而为不能在爷爷的最后时间里在床前端茶送水而感到内心痛楚无比，时而为爷爷无疾而终安然仙逝而感到内心稍许平静，情绪就在这纠结返转的矛盾中起起伏伏。一张照片，一段视频，甚至一本书都会把我拉进和爷爷生活在一起的过往，一幕幕的在脑海中挥之不去。

爷爷给我的第一次记忆，是从奶奶和我的聊天中形成的。听奶奶说在我不到二岁的时候，正赶上备战备荒，便和因工作单位转移到外地乡下的爷爷奶奶离开了太原。我随着奶奶到了忻州地区五台县的槐荫村，爷爷则在离槐荫村几十里外的忻州农场。每到周末，爷爷总会骑着自行车从忻州农场赶到槐荫来看望奶奶和我。每次看到爷爷，还不太会说话的我总是高兴得嘴里发出唧唧呀呀的声音手舞足蹈，因为虽然在当时我不知道来看我的这个人是谁，但我知道他来了总会抱着我，总会给我带很多好吃的，这个人看着我亲切，也待我好。



The first memory I have of my grandfather was shaped by a conversation I had with my grandmother. I heard my grandmother say that when I was less than two years old, I left Taiyuan with my grandparents who had moved to the countryside because their work unit was relocated. I went with my grandmother to the village of Huaiyin in Wutai County in the Xinzhou Prefecture, while my grandfather was at the Xinzhou farm a few dozen li away from the village of Huaiyin. Every weekend, my grandfather would ride his bicycle from the Xinzhou farm to Huaiyin to visit my grandmother and me. Every time I saw my grandfather, little me, barely able to speak, would always start babbling happily while kicking my feet and waving my arms, because although I didn't know who was visiting me at the time, I knew that he would always hug me and bring me lots of tasty treats, and that this man looked at me lovingly and treated me well.

My earliest personal impression of my grandparents was from a photo of me on my first birthday, imagining my grandparents taking me to my birthday photo shoot. As my grandparents took me to take birthday pictures every year, this memory gradually became clearer and clearer. After taking pictures, my grandfather would always give me a birthday gift. My first toy gun, my first leather ball, my first pair of leather shoes ever, and too many other first birthday gifts were given to me by my grandfather. Although the living conditions were hard during my childhood, my heart was joyful, and this joy was brought to me by my grandparents.

最早亲身感受到爷爷奶奶的情景是从我一周岁生日的照片，想象着爷爷奶奶带我去拍生日照。后来，随着每年爷爷奶奶带我去拍生日照，这种记忆从模糊到逐渐清晰。拍完照片之后，爷爷总会送给我一份生日礼物，我的第一把玩具枪，第一个皮球，有生以来穿的第一双皮鞋，还有太多太多属于我的第一份生日礼物，都是爷爷送给我的。虽然在我的孩童时期，生活条件是艰苦的，但我的内心是欢悦的，这份愉悦是爷爷奶奶给我带来的。

在我五岁的时候，随着爷爷在忻州农场生活了一段时间。那时我已经刚刚开始对事物有了记忆，当时只记得大人们干活扛麻袋的时候，一般人都是一次扛一袋，而爷爷一次是扛两袋甚至于三袋，力气大的使人吃惊。很多人在惊叹不已的同时，都好奇地追问爷爷原因，当大家知道了爷爷的身世后就习以为常，随之而来的是在劳作之余，跟着爷爷学拳练拳。



那时忻州农场的空气格外新鲜，在阳光明媚的早上，总有三五个人跟着爷爷在我们住的小平房外面的空地上学拳。刚开始的时候，爷爷起得早，便把还在熟睡中的我锁在房间里面。有一次我醒了找不到爷爷，透过窗户玻璃发现爷爷在外面在教人们练拳，我着急的大喊大叫，又是踢门又是拍玻璃，可爷爷就是听不到。等爷爷回家后，我就和爷爷说，让他以后不要把我锁在房间里，早晨教大家练拳的时候记得带上我。就是从那时候起，我开始与太极拳结缘。

到了上幼儿园的时候，我随奶奶先回到了太原。在幼儿园有家长参加的亲子活动中，奶奶硬逼着我为大家表演一段太极拳。性格内向的我，面对着这么多人上场表演，总觉得特别难为情，在奶奶再三的鼓励下，我硬着头皮为大家表演了一段杨氏太极拳传统套路。没想到，表演竟然深受大家的欢迎，这也第一次使我从太极拳中获得了成就感。

When I was five years old, I lived with my grandfather in Xinzhou farm for a while. At that time I had just begun to have memories of things. I only remember the adults working carrying sacks; the average person was carrying a bag at a time, while grandfather was carrying two or even three bags at a time. His strength surprised the people. Many were amazed to no end and asked him how he managed to be this strong. When everyone got to know about his life, they grew accustomed to it, and with that, they followed him in their spare time, studying and practicing tai chi.

At that time, the air in Xinzhou farm was extraordinarily fresh, and on bright and sunny mornings, there were always three to five people studying tai chi in the open space outside the small bungalow where we lived. In the beginning, grandfather got up early and locked me in my room while I was still asleep. Once I woke up and couldn't find my grandfather, I looked through the window and found him outside teaching people in martial practice. When grandfather came home, I told him not to lock me in the room anymore and to bring me with him when he taught people in the morning. That's when I started to connect with tai chi.

When it was time to go to kindergarten, I went back to Taiyuan with my grandmother first. During a parent-child activity at the kindergarten, my grandmother pressed me to perform a tai chi sequence for everyone. Being an introvert, I felt embarrassed to perform in front of so many people, but under my grandmother's persistent encouragement, I forced myself to perform a traditional Yang Family Tai Chi routine for everyone. I didn't expect that the performance would be so well received by everyone, and it was the first time I gained a sense of accomplishment from tai chi.



As time went by and I entered elementary school, my grandfather also returned to Taiyuan. Every day after finishing school and dinner, my grandfather always asked me to memorize a paragraph from a tai chi classic. Still in my age of playfulness, faced with archaic words and ancient texts, not to mention reciting those, there were many new and rare words I didn't know. My grandfather always first taught me to read the paragraphs out loud word by word, and then he would ask me to recite them from heart. Whenever I was even a little lazy, my little hands weren't spared any slaps from his stick. Even though my eyes were teary from these slaps, I still couldn't be convinced. But when I became an adult and began teaching independently, I gradually came to appreciate the thoughtfulness of my grandfather. I can say that without my grandfather's slaps, I would not have learned, practiced and taught tai chi with the same sense of reverence that lead me to explore deeper.

In the 1970s, we all lived in a bungalow of my grandmother's work unit. At that time, entertainment activities were almost nonexistent, and just listening to a program on the radio was a luxury. After dinner, a couple people would gather in the small courtyard of our bungalow to practice tai chi with grandfather, which became a way to spend time after tea and dinner. We all enjoyed practicing the form and learning push hands, still refusing to leave even when the moon already hung high in the sky. Especially with push hands, practicing round after round everyone was able to loosen up and enjoy themselves. When grandfather was in high spirits, he would personally show us the feeling hands-on, and when it came to explaining the energies to everyone, he always used me for demonstration. Our neighbors kept chickens on both ends of the courtyard, and every now and then, he threw me into the chicken nest, covering me in feathers and making the chickens jump. Amidst the laughter of everyone I slowly

随着时光的推移，在我上小学的时候，爷爷也回到了太原。每天在课余饭后，爷爷总要求我背诵一段拳经。正值贪玩年纪的我，面对着一段段之乎者也的古文，别说背诵，就连照着念也有很多生僻字不认识。爷爷总是逐字逐句地先教我诵读，然后再要求我背诵。稍一偷懒的话，小手上可没少挨爷爷的板子。虽然当时被板子打得眼泪汪汪的，心里还不服气，但在我成年以后独立教学时，才逐渐体会到爷爷当初的良苦用心。可以说，没有当时爷爷的板子，就不会有我日后在学拳、练拳、传拳中对太极拳的敬畏，也不会有从这种敬畏中去更加深入地探寻。

在上世纪七十年代，我们都住在奶奶单位的平房。那时候的娱乐活动几乎是空白，能听个台式收音机里的节目已经是很奢华的享受。晚饭后三三两两的人们聚集在我们住的平房小院里跟着爷爷练拳，已然成为了茶余饭后人们消遣时光的方式。练套路学推手，大家都乐此不疲，一直到月挂中天还不肯散场。尤其是推手，车轮战的练法使大家总是酣畅淋漓。爷爷在兴致高昂的时候，也亲自上手给大家喂劲，遇到为大家讲解发劲的时候，爷爷总拿我做示范。小院的两头都喂养着邻居们为了改善生活圈养的鸡，隔三差五的，我就被爷爷给扔到了鸡窝里，弄得一身鸡毛不说，还搞得鸡飞狗跳的。在大家的哄堂大笑中，我慢慢地喜欢上了太极拳技法的应用。因为对推手的喜欢，也扭转了对套路练习的厌倦。

fell in love with the applications of tai chi techniques. Because of my love for push hands, I was also able to turn around my boredom with the form practice.

Later, grandfather started going to the Zangjing Building in Taiyuan Yingze Park every weekend to teach Yang Family Tai Chi in front of it on a voluntary basis and continued to do so for more than 40 years since the 70s, no matter if it rained or the sun shone. Whenever I teach at home or abroad, I inadvertently keep recalling the small courtyard of my childhood, because it was from that small courtyard that my grandfather brought tai chi to the Zangjing Building, then spread it throughout Taiyuan, Shanxi, and later across China and overseas. I also followed in his footsteps, growing from a child that didn't yet know the world into a man who knows his way.

In 1982, my grandfather initiated the establishment of the first provincial tai chi society in China, "Shanxi Yang Style Tai Chi Chuan Research Association". While supervising my practice more strictly, he gradually began to take me with him on his travels to teach and perform.

When I was in high school, almost all I did besides studying was to follow my grandfather in passing on tai chi, performing and participating in the work of the research association. At that time, I didn't understand my grandfather's expectations of me. I simply wanted to have fun and I always thought that I had nothing to do with these things that the adults had to do. It was not until I was twenty-five years old that I realized that, as a descendant of the Yang family, practicing tai chi is to inherit the ancestral lineage, teaching tai chi is to promote the family style and benefit the world, and participating in the work of the research association is to refine my mind, grow in knowledge and broaden my experience as early as possible. My grandfather's strong nurturing love for me is both in the smallest details as well as in the things that are not said.

后来，爷爷每周末都会去太原迎泽公园的藏经楼前义务地为大家传授杨氏太极拳，从上世纪七十年代起一直风雨无阻地坚持了四十多年。每当在国内外教学的时候，我总会不经意地回忆起儿时的那个小院，因为爷爷就是从那个小院开始，一步一个脚印的把太极拳带到了藏经楼，然后再遍及太原、山西，到后来的国内、海外。我也追随着爷爷的足迹，从不谙世事的孩童，到了知天命的中年。

1982年，爷爷发起成立了全国首家省级太极拳社会团体“山西省杨式太极拳研究会”，爷爷在更加严厉督导我练拳的同时，逐步开始带着我在各地教学、表演。

正上中学的我几乎除了学习之外，就是跟着爷爷传拳、表演和参与研究会的工作。当时，我特别不理解爷爷对我寄予的期望，总想着贪玩，总想着这些事都是大人们要做的和我无关。直到我二十五岁以后才明白，作为杨家后人，习拳练拳是继承祖业，教拳传拳是弘扬门风，造福世人，而参与研究会的工作，是尽早的锤炼心性，增长才识，丰富阅历。爷爷对我的殷殷抚育之情，既在细微处，又在无声中。

大学毕业后，我从没想过以后要当一名太极拳职业传播者，只是想干一份体面的工作，过着普通平凡的生活。那时候，爷爷就经常有机会被国外邀请前去传拳。为了继续培养我，爷爷宁愿自己承担我的费用，也要带着我一起去国外教学，这种情况不是偶尔，而是几乎每年都有，在对外面的世界充满好奇的心理下，我跟着爷爷开始了在不同国家传播太极拳的生涯。成立家庭之后，也有过贪图安逸的懈怠想法，但每次在爷爷锲而不舍的督促下，尤其是通过教学从而学习到不同文化和结识了众多国家的拳友后，慢慢感受到自己身上的使命感，这种使命感提醒着我应当把祖业当做事业去为之奋斗一生。



[In 1988, I assisted grandfather in coaching tai chi friends from the United States]
1988年，协助爷爷辅导来自美国的拳友

After graduating from college, I never thought of becoming a professional tai chi practitioner, I just wanted to work a decent job and live a normal and ordinary life. It was at that time that my grandfather started receiving many invitations to teach abroad. In order to continue to train me, grandfather chose to bear my expenses himself and take me with him to teach abroad. This didn't just happen occasionally, but rather almost every year, and with a curious mind about the outside world, I followed my grandfather in starting a career of spreading tai chi in different countries. After establishing my own family, I had some thoughts of slacking off for the sake of comfort, but each time, under the persistent supervision of my grandfather, especially after learning about different cultures and meeting tai chi friends from many countries through teaching, I slowly began to feel a sense of mission, which reminded me that I should treat my ancestral profession as a career and strive for it for the rest of my life.



[1988, I performed together with grandfather on the National Tai Chi Chuan Masters Seminar in Guangzhou.]
1988年，在广州全国太极拳名家研讨会期间与爷爷同台表演



1990年7月，在美国举办的首个培训班

[In July 1990, we held our first training course in the United States]

上世纪九十年代初期，国内的发展还处于起步阶段，尤其在科学技术领域，我们与西方发达国家还是有着巨大的差距。当我们在努力学习西方先进科学技术的同时，只有中国的传统文化一直深受西方的尊崇。在国外传播太极拳的日子里，无论走到哪个国度，大家学习中国传统文化的虔诚让我始终记忆犹新。传播太极拳这一中华传统文化的瑰宝，使我在异国他乡有了无比骄傲的民族自豪感。这份沉甸甸的民族自豪感，改变了我的人生选择。为了传播中华传统文化，为了不辱杨门祖业的荣耀，为了不辜负爷爷对我从小到大的抚育、培养之恩，我要做一名太极拳的职业传播者。

In the early 1990s, the development of China was still in its beginnings, especially in the field of science and technology, and we still had a huge huge gap with the developed countries in the West. While we were still trying to learn advanced science and technology from the West, the only thing that the West always deeply admired was Chinese traditional culture. I always vividly remember the devotion of people learning about Chinese traditional culture in these days of spreading tai chi abroad, no matter which country I went to. Spreading tai chi, the treasure of Chinese traditional culture, has given me an immense sense of national pride in a foreign country. This heavy sense of national pride has influenced my life choices. In order to share traditional Chinese culture, not to dishonor the heritage of the Yang family's ancestral lineage, and to live up to my grandfather's kindness in raising and nurturing me since I was a child, I want to professionally spread and promote tai chi.



[In 1991, I went to Singapore with my grandfather to teach tai chi.]

1991年，随爷爷赴新加坡传拳

[In 1993, I joined my grandfather in North America to teach tai chi.]

1993年，随爷爷在北美传拳





[In 1995, during the 9th Yang Family Tai Chi Chuan Demonstration Tournament.]

1995年，在第九届杨氏太极拳观摩赛期间

[In 1996, my grandfather was awarded the Golden Key to the City by the Mayor of Troy, USA.]

1996年爷爷获得由美国特洛伊市市长颁发的城市金钥匙



In the second half of 1996, with the spirit of a newborn calf not afraid of a tiger, I had the idea of venturing overseas alone to spread tai chi, wishing to do my utmost to let people of different ethnicities and cultural backgrounds outside of China bask in the glory of traditional Chinese culture, and to put into practice what my grandfather had always advocated and practiced: “May tai chi contribute to the health of mankind.” When I told my grandfather about this idea, he was hesitant because his plan was to give me the Yang Family Tai Chi Chuan Association of Shanxi Province (formerly known as the Yang Style Tai Chi Chuan Research Association of Shanxi Province), which he had founded. Within this hesitation, my grandfather reasoned on an intellectual level that he hoped for me to open myself to a broader world and to benefit more people in the world with tai chi, which is the mission and responsibility of being a descendant of the Yang family. On an emotional level, he saw that from the time I learned to speak to the time I became an adult, I had never left his side, now a time had come for me to walk my own way. And yet he was worried for me from the beginning to the end.

1996年下半年，凭着初生牛犊不怕虎的精神，我萌生了独闯海外传播太极拳的想法，为的是在中国以外的地方，尽自己最大的能力，让不同种族，不同文化背景的人们沐浴到中华优秀传统文化的熠熠荣光，也想用实际行动来践行爷爷一直倡导、奉行的“愿太极拳为人类健康做出贡献”的宏远志向。当把这个想法告诉爷爷的时候，爷爷是犹豫的，因为在他的计划中，是要把他创立的山西省杨氏太极拳协会(前身是山西省杨式太极拳研究会)交给我。我清楚这犹豫中，于理而言，爷爷想让我独自去开创一片更为广阔的天地，将太极拳造福更多的世人，这是作为杨门后人的使命与责任。于情而论，从我牙牙学语到而立之年，从来都不曾离开爷爷的身旁，此去的山高水长，我将独自承受在这条道路上所遇到的雨雪风霜，爷爷始终对我的惦记之心难以安放。

[1997, I assisted my grandfather in organizing the first International Invitational Traditional Yang Family Tai Chi Chuan Competition.]
1997年协助祖父举办了首届传统杨氏太极拳国际邀请赛



1998年，国际杨氏太极拳协会在美国西雅图注册成功后，爷爷权衡再三的首肯，成为我时至今日前行的动力源泉。

万事开头难，有些困难远远超出了预期。来到异国他乡，人生地不熟加上语言交流的障碍，生活的窘迫，心理的落差，对未来的迷茫等等一系列的困扰，犹如当头一棒，让我一下变得无所适从。当激情与梦想的火苗逐渐变得微弱，想要退缩的时候，爷爷的一封封来信，就像在茫茫大海中的灯塔，为我这艘在夜航中迷失方向的小船点亮了前进之光。爷爷在字里行间给与我的力量，重新激活了我的梦想。为了爷爷，为了梦想，我又振作精神，义无反顾的走向前方。

2009年，是国际杨氏太极拳协会发展的一个里程碑，在美国成功举办首次国际太极拳论坛；2009年也是我太极人生的一个里程碑，爷爷把他的传承衣钵郑重地交付于我。从此，重担在身。

在爷爷去世的这几天中，过往的事情像电影画面一样不停地在脑海里回放：爷爷骑自行车的伟岸身影，我被爷爷揍得东躲西藏的场景，对爷爷在冬天早晨从被窝里拎起来练功的不甘，为了逃避爷爷的督导绞尽脑汁和爷爷“斗智斗勇”的过程，每一次告别时爷爷语重心长的话语和依依不舍的模样……半个世纪光阴里，我和爷爷的曾经有时觉得是那么短，短到所有的事就像发生在昨天一样。有时又觉得是那么长，长的让我的内心被装填得满满当当。

爷爷自幼丧父，小小年纪就饱尝了生活的艰辛，在炮火纷飞的颠沛流离中，爷爷始终没有放弃对未来的希望。正是这种坚持，让爷爷取得了非凡的成就，受到了广大拳友的敬仰。而爷爷也把这种坚持，始终贯穿在对成长我的抚育之中。

After the successful registration of the International Yang Family Tai Chi Chuan Association in Seattle, USA, in 1998, my grandfather's carefully given approval became the source of motivation that drove me forward to this day.

Everything is difficult at the beginning, and some difficulties far exceeded my expectations. Coming to a foreign country, the unfamiliar lifestyle, language barriers, life in poverty, psychological differences, uncertainty about the future, and a series of other problems; it all hit me like a blow to the head, overwhelming me for a while. When the fire of my passion and dream became weak and I wanted to retreat, a letter from my grandfather was like a lighthouse in the vast sea, lighting up the direction for me, a small boat that had gotten lost in the night. The strength I found in between the lines of his letter reignited my dream. For the sake of my grandfather, for the sake of my dream, I revived my spirit and went forward without any hesitation.

The year 2009 was a milestone in the development of the International Yang Family Tai Chi Association, when the first International Tai Chi Chuan Symposium was successfully held in the United States. 2009 was also a milestone in my tai chi life, when my grandfather solemnly passed on the mantle of his inheritance to me. Since then, the responsibility has been on my shoulders.

In the days after my grandfather's death, past events kept endlessly replaying in my mind like on a movie screen: my grandfather's magnificent figure on his bicycle, the scenes of me being slapped on the hands and hiding from my grandfather, my annoyance towards him for plucking me out of my blankets on winter mornings to go out and practice, my struggle to escape his supervision and my "battle of wits and valor" with him. Grandfather's earnest words and reluctant look when saying goodbye ... In the light of half a century, the time I had with my grandfather sometimes feels so short, so short that everything seems to have happened just yesterday. Yet sometimes it feels so long, so long that my heart is filled to the brim.



[In July 1990, we held our first training course in the United States.]

Grandfather lost his father when he was still a child and had to endure the hardships of life at a young age. In the turmoil of artillery fire, he never gave up hope for the future. It was this persistence that made his achievements extraordinary and earned him the admiration of the majority of martial artists. This persistence of his also links up his upbringing of me from beginning to end.

Grandfather's later years were blessed with many disciples, students and tai chi friends who took care of him and loved him as if he were their own father. Seeing that at the end there were many people who sent grandfather off in various ways was the only slightly comforting warmth I could feel during this time. Grandfather deserved this kind of admiration from everyone with his indifference to fame and fortune and with his broad-minded generosity.

爷爷的晚年生活是幸福的，许许多多的弟子、学生和拳友们都把他当成自己的父亲一样，照顾他，爱护他。看到最后有许许多多的人以各种方式送别爷爷，是我这段时间里唯一能稍感慰藉的温暖。爷爷以他淡泊名利的修为，胸怀博大的宽广，配得上大家对他的这种敬仰。

爷爷就是我的天。因为疫情，我无法在爷爷离世前再见最后一面，无法为爷爷敬一炷香，无法亲口再向爷爷念叨念叨我已经完成的事和以后的打算.....这些太多的无法，成为我和我的家人这一一生中永远无法愈合的伤，是内心翻江倒海的痛。



爷爷的一生是光辉的一生，承上启下，无私坦荡，磊落光明。作为第一位走出国门传播家传技艺的杨家人，是杨氏太极拳乃至于太极拳发展史上具有里程碑意义的一代先贤。爷爷一生在“天下太极一家亲”思想的驱动下，为全人类健康事业的推进做出了不可磨灭的贡献，在太极拳的发展史上必将留下浓墨重彩的篇章。爷爷上不负先祖，下无愧后人，作为我一生的抚育者、引领者和培养者，爷爷一生中所秉持的家国情怀，是我在今后道路前行中的榜样。“团结、互助、发展”是爷爷的遗愿，也是爷爷最后对我的期望。我当竭尽全力去完成爷爷的遗愿，我也要成为爷爷的样子。惟有此，方能报答爷爷对我的抚育之恩，才能够告慰爷爷的在天之灵。

Grandfather is my heaven. Because of the pandemic, I could not see my grandfather one last time before he passed away, I could not offer him an incense stick, I could not read to him what I have accomplished and what I plan to do in the future. Too many inabilities have become a wound to me and my family that will not heal in this life. It is an overwhelming pain on the inside.

Grandfather's life was a glorious one. He was a connecting link continuing a tradition and shaping the future, selfless and honest, open and bright. As the first Yang family member to spread his family's skills abroad, he has become a sage in the history of Yang Family Tai Chi Chuan and tai chi development. Driven by the idea of "tai chi as one family", he made indelible contributions to the health of all mankind and will certainly leave a colorful chapter in the history of tai chi chuan development.

He lived up to his ancestors and brings pride to his descendants. As my lifelong fosterer, leader and trainer, my grandfather's values for family and country are my role models for the future. "Unity, mutual help and development" was my grandfather's last wish and his last expectation for me. I will do my best to fulfill his wishes, and to be like him. Only by doing so can I repay my grandfather for his kindness in raising me and comfort his spirit in heaven. ☯

楊氏太極拳賦

壯哉楊氏太極拳！先祖嘉禎，岐篤仁厚，精誠感于金石。公挾絕藝，威震京師，王公卿相，咸至拜習。楊氏太極拳乃由此名立。此誠太極拳之幸，天下之幸也！

自此吾家子嗣，代有異豪。班侯勇烈，健侯溫讓，俠義之名，垂警小兒通于鄉里。后逢亂世，列強欺華。民困國危，仙公澄甫，忧民众之積弱，怀振邦之赤誠，聚宇內之豪士，抱張耕之信念，南下傳拳，開太極拳六合之荒，大勢。

觀吾家先祖，傳人弟子遍及寰宇，崇姓氏有異，其根則一。蓋众人拾薪，至誠貫，遂有今日之太極拳，名聞歐美，譽馳中西也。澤惠日盛，實賴于此。

竊知先祖作此拳者，啟天下眾生祛病延年，工身養性。則孺幼老壯，皆可習演。体用得法，日久愈見功效。

先輩遺訓，吾家后代，敢不謹遵之！是乃楊氏太極拳賦，與長孫楊單共題，時丙申秋。

楊振鐸 丙申年



承上启下 继往开来

忆杨氏太极拳第四代嫡传人杨振铎老师二三事

陈正雷



杨振铎先生生于1926年6月20日，卒于2020年11月7日，享年95岁，属于高寿。杨振铎先生用毕生精力，继承家学技艺，德艺双馨，一身正气，和蔼可亲，拳艺精湛。他的拳架舒展大方，沉重稳健，外柔内刚，将杨氏太极拳的风格特点表现的淋漓尽致。杨老师传拳授艺，桃李遍天下，为传播中华民族太极拳文化做出了巨大贡献！老先生人生高寿、德艺双馨，是我们后来者学习的好榜样。今年的十一月七号是杨老师逝世一周年纪念日，他的长孙杨军先生邀请我写篇文章，以作回忆纪念，我也欣然答应，就从与杨老师家人几十年的交往接触回忆一下往事，以表怀念之情。

一、相识杨振铎老师

众所周知，清道光年间河北永年杨露禅到河南温县陈家沟拜陈氏十四世祖陈长兴为师，习练陈家秘传技艺--太极拳。十多年后，艺精归故里，经乡亲武氏族亲推荐进京王府传艺，与在京各界拳友交流，一鸣惊人，威震八方，人称“杨无敌”。那个时期，陈、杨两家关系亲密无间，后杨家迁移京城居住。至此，历经清末、民国、解放初期，因改朝换代，社会动荡战争连连、兵荒马乱以及自然灾害等等原因，近百年来与杨家的第二代、第三代人联系接触甚少。直至上世纪七十年代文革后期才有消息。但是我从小在陈家沟听到前辈老人家讲述陈家沟

历代先辈传奇故事及杨露禅在陈家沟学拳和进京教拳的事实，久传至今。

按照陈家沟太极拳的师承关系，杨振铎老师高我一辈，我应该叫师叔。我是陈家沟陈氏十九世，是十四世祖陈长兴的五世孙，在我心目中这种关系还是很近很亲的感觉。与杨振铎老师首次近距离接触是1984年武汉首届国际太极拳邀请赛，当时看到杨老师带着他的孙子杨军表演，就感觉非常亲切。第二次是1986年四川成都首届全国太极拳名家研讨会，大会五大流派的代表性传承人悉数到场，可以说是名家荟萃，太极拳界最高级别的盛会。现场论坛上每位大师都发表了论文及讲话，最后闭幕式还有名家表演，本次盛会让广大太极拳爱好者万分激动，受益匪浅！当时我三十七岁，是所有参会名家年龄最小的一个。在闭幕式表演期间我看到杨振铎老师带着他的孙子杨军登场表演，传来了观众雷鸣般的掌声，一老一少别具风格的表演将杨氏太极拳舒展大方、沉重稳健、连绵不绝、外柔内刚的风格表现的淋漓尽致。

1988年，武林杂志社又在广州白云山举办了第二届全国太极拳名家研讨会，这次活动规模没有成都大，但各流派主要代表依然全部在场。期间，我和杨老师祖孙俩再次见面，由于当时人少并且住在山上，没有太多人打扰，所幸我和杨老师就有机会聊天，谈了很多各自家里的往事，增加了认识和了解，并互相邀请到家乡做客。

随着国家稳定，经济发展，对外开放的政策，全国各地都在利用当地的文化旅游资源搞发展，河南省登封少林拳、陈家沟的太极拳，河北永年杨家太极拳、武家太极拳等，都在积极筹备举办大型国际太极拳活动。



二、杨振铎老师印象

1991年，我接到河北邯郸市邀请，参加河北永年国际太极拳交流大会。届时，又一次与杨振铎老师夫妇及其孙杨军见面，并且见到杨振铎老师的二哥杨振基老师和四弟杨振国老师。大家一起叙旧聊家常，倍感亲切。大会安排参观了杨露禅故居和武禹襄故居。我也抽空去拜访陈德瑚在永年开太和堂药店的后人陈平，进一步对陈家沟人在永年开药店的情况做了一些了解，更深刻体会到了陈、杨两家的结合点在哪里，认识到杨露禅、武禹襄与陈家沟的情怀是密不可分的。

自1991年河南省登封首届国际少林武术节，河北省永年首届国际太极拳交流大会之后，1992年9月，河南省温县举办了首届国际太极拳年会。河南省政府外事旅游部门为扩大宣传河南的文化旅游资源，方便接待国际友人和武术爱好者到少林

拳发源地登封和太极拳发源地温县参观旅游、寻根问祖、拜师学艺，由政府投资在两大发源地修建少林武术馆和太极武术馆。台湾的杨氏太极拳第六代传承人邓时海先生投资一百多万元人民币，将陈家沟杨露禅学拳处重新修建。太极拳武术馆和杨露禅学拳处的落成典礼都在1992年首届国际太极拳年会期间举行。

第一次举办太极年会就吸引来了三十多个国家的三百多名外宾及国内二千多人参加。陈、杨、吴、武、孙五大拳派主要传承人都邀请到场。杨振铎老师及其家人也是第一次到陈家沟。我和县有关部门领导陪同一起参观了太极拳祖祠和杨露禅学拳处。杨老师和家人参观后都很激动，高兴的说：“陈家沟是我们的第二故乡，我们终于回家来了！”参观杨露禅学拳处时，杨老师还给我们介绍了台湾的投资人邓时海的情况，他是一位大学教授，师承台湾郑曼青学习杨氏太极拳。在修建设计时前院大厅两侧，一边是杨露禅单膝下跪接受陈长兴师父传受的拳经宝典，一边是和师兄陈耕耘切磋技艺的雕像。杨老师看后心有沉思，当时也没说什么。

温县国际太极拳年会1992-1998年连续在温县举行了五届。参加的人越来越多，温县接待条件有限，政府决定从2000年第六届年会开始，将会址迁移焦作市举行。第七届就改名“中国焦作国际太极拳交流大赛”。在1998年最后一次温县年会

时，杨振铎老师很不好意思的给我提出个建议，他说：“正雷，你能不能给有关领导说一下，建议学拳处的雕像是否改变一下，不能让老先生一直跪着”！这时候我才明白几年前杨老师在参观时的沉思是什么意思。我就将他的意思反映给有关领导，后来再重修的时候就作了改变。

1996年，我的《陈氏太极拳拳术》一书在山西科技出版社出版，并邀请我到山西去拍照片，内容有陈氏太极拳老架一、二路，新架一、二路，五种推手法及应用实战法，因内容多、需要拍很多照片，所以我让我太太路丽丽和入室弟子崔广博、韩国弟子朴一哲陪同一块去拍摄。连续三天忙完了，后三天社里安排在山西几个主要旅游景点参观，我和编辑说能不能邀请杨振铎老师一起同行，因杨老师的书也在他们社出版，所以他们欣然同意。杨老师同夫人一直陪我们玩了三天，我太太和杨太太聊家常，弟子们问杨老师一些太极拳理论，大家都其乐融融。从1984年武汉、1986年成都、1988年广州白云山、1991年河北永年、1992-1998年在温县，直至2000年后多次在焦作的活动中，多次看到众多的太极拳爱好者围着杨老师提问题，杨老师始终是心平气和，百问不厌，耐心解答每个人所提出的问题。真正体现出高风亮节、平易近人、和蔼可亲的一代宗师可敬可佩的精神品格。



三、杨振铎老师情怀

进入二十一世纪以后，随着祖国的繁荣昌盛、经济发展、军事科技日益强大，生活水平质量逐步提高，社会的稳定及对外交流的日益频繁，祖国的大门也彻底敞开了，人们的健康养生长寿意识也随之而来。

祖国各地乃至世界各国都在搞武术太极拳的大型活动及培训、论坛等活动。所有的活动都要邀请当时的陈、杨、吴、武、孙五大门派的代表人物参加。如：从2000年开始，香港武术联合会主席霍震寰先生每年在香港举办的国际武术交流大会，均邀请五大门派代表参加。2001年海南三亚举办的首届世界太极拳健康大会上，国务院副总理李岚清亲发贺词，国际武术联合会主席于再清宣布将每年的五月份定为国际太极拳健身月，后连续举办几届健康大会，还有两年一届的焦作国际太极拳交流大赛，河北邯郸国际太极拳交流大会等。

2006年国家体育总局为纪念二十四式简化太极拳发表五十周年，在河北邯郸举办纪念活动，我和杨振铎老师、孙永田老师等各流派老师均来参加。2006年开始，《中华武术》杂志社每年举办一次的“中华武术大讲堂--太极拳名家讲座”连续

举办了十四期，并在首期举办时由李平主编倡议我们五位代表人物举起双手照像，刊登在《中华武术》封面，名为“天下太极一家亲”等等。因每次活动都是我代表陈家、杨振铎老师代表杨家、孙永田老师代表孙家，我们仨人始终如一。所以，所以大家都把我们仨人称为“太极拳界的铁三角”。

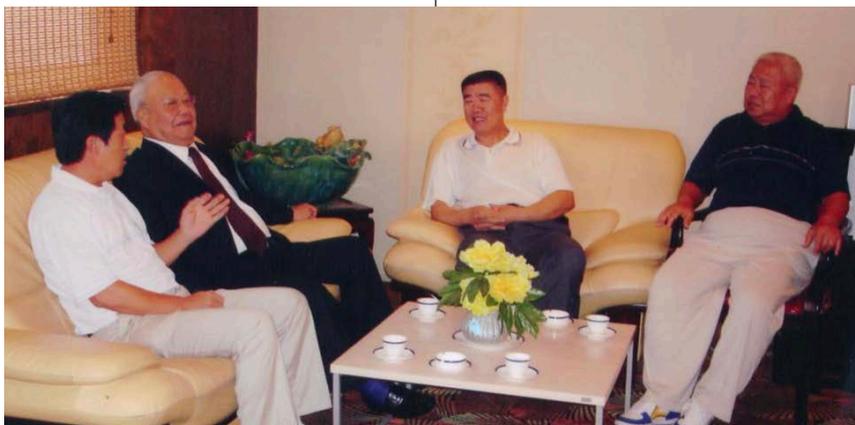
尤其是从2004年开始，“首届太极拳国际论坛”在广州华南师范大学召开。陈、杨、吴、武、孙五大门派代表老师均参加，会上各位老师均发表论文，研讨推广普及发展模式，各门派老师都编排了十六式推广小套路并拍摄照片，出版成书并翻译成英文普及推广。当时有位从加拿大来参加的代表叫彭友连，他是北京师范大学毕业留校的体育老师，1990年移民加拿大雷湾市。他最早在雷湾市教授二十四式简化太极拳，经过十多年的努力推广普及，有四千多人跟他练习，形成了很好的太极拳氛围。他有个想法，是否能将第二届论坛放在加拿大。经过思考，他就开始征求老师们的意见，与主办方协商征得口头同意后，他就回加拿大与两所大学、市政府、省政府和国家有关部门经一年多的协调商量，制定好方案后确定了申请报告，初步定在2006年7月举行。2005年11月我正好要去加

拿大温哥华讲课，杨振铎和孙永田两位老师就委托我去考察，看看他们是不是有能力举办这样高层次的国际太极拳活动，筹备情况是否适合大会的要求。杨老师特别重视这次活动，因这是首次五大门派代表人集体走出国门到加拿大一个小的城市，而且主办人彭友连与我们几位老师都是一面之交，所以特意交待让我去看看。

我在温哥华上完课就买机票去雷湾，因城市小没有直飞，还要转机比较麻烦。到了以后感觉很好，城市虽然不是很大，十几万人口，但是紧靠五大湖最北边沿湖发展，环境很好。且受到了高规格的接待，雷湾市长和两个大学校长亲自接待。第二天还在大学多功能厅召开新闻发布会，非常规范。会后带我参观了他们的会议和训练场地及酒店等。他们已经给国家和省里有关部门打报告获得举办批准，并得到相关支持。他们最担心的问题是能不能请到各位大师参会，在得到明确答复后他们也很放心，积极筹备第二届2006年的太极拳国际论坛。

第二届太极拳国际论坛定于2006年7月16-21日在加拿大安大略省桑德贝市举行，五大太极拳门派代表性

传承人到场参加。大会邀请了中国驻加拿大大使馆赵参赞及多伦多总领事陈小玲和文化领事陈霜参加。国家体委原副主任、中国武术协会主席徐才携夫人，和时任的中国武术协会主席、中国武术研究院院长王晓麟先生参加。来自二十多个国家的三百多名太极拳爱好者共同参会。一个十几万人口的偏僻小城市一下子热闹起来，大会精心策划，以土著人的风俗开场，主要嘉宾是坐着船从水上进入开幕式会场的，别具一格的形式，通过各位新闻记者不同角度的报道，让这个小城市一下子名扬四海。座谈会上，当地市长表态要打造太极文化城。徐才主任和老师们都提出建议，太极文化城要有太极的标志，如：修建太极广场、太极公园、太极拳雕塑、太极拳文化标语等等！后来政府工作会议研究决定，真按照这个思路执行。政府和民间共同集资在湖边建一个太极公园，让我来提字，我也捐款一千美元。后来经我牵线搭桥让焦作市与桑德贝市建立友好城市关系，两市领导互访，加深友好合作！焦作市捐赠几尊太极拳姿势铜像，树立在太极公园旁边，成了城区里的一道风景线，很多游客都拍照留念！





自那次活动以后，杨振铎老师带领杨军、孙永田老师和我商量，想把这个国际太极拳论坛在美国继续搞下去。2009年在美国的田纳西州以杨军在海外成立的国际杨氏太极拳协会为主体，举办了第三届太极拳国际论坛。有三十多个国家、九百多国际友人参加。美国卫生部一位女副部长，带领五十多个大学的专家教授，利用我们五位老师上课之余的时间，各自发表研究成果，他们都在研究太极拳对人体健康的作用。通过这次高规格的组织结构，高层次的研究人员论文报告，德高望重、技艺精湛的五位太极拳大师的精彩演讲及闭幕式的盛大表演，将本次大会掀起了一个又一个的高潮。

自此，“太极拳国际论坛”2014年在美国的肯达基州、2019年在意大利米兰又举办了两次。参加的人也越来越多，对推广普及太极拳起到了良好的作用。后来又增加了

和式，还邀请了新闻媒体的世界太极拳网余功保主编等几位老师参加。种种事实证明，杨振铎老师有着博大胸怀、容纳百川、高风亮节、一身正气的品格。他用一生精力继承家学，薪火传承，世代沿袭经久不衰。在他的带领下，凝聚几大门派精诚合作，团结一致，将民族瑰宝--太极拳文化发扬光大！杨振铎老师为人类健康作出了巨大贡献，真正体现出天下太极亲如一家的美好场景！

结束语：

今年的十一月七日 是杨振铎老师仙逝一周年！虽然您驾鹤西去，但是，您的英容笑貌、和蔼可亲的容颜记忆犹新。您的大公无私、正气凛然是我们学习的楷模。您为人处世平易近人，教学态度百问不烦、百教不厌的精神是我们做人做事的榜样。尊敬可爱的杨老师在九泉之下安息吧！您的拳艺，您的精神将永远留在我们心中！ ☯



烟火气息里的爷爷

方虹



自从爷爷去世，总想写点文字和爷爷聊聊家常，可几番提笔却落下，竟无语凝噎，太多过往不知怎么说。随着时间的流转，这些过往总是不经意在脑海里浮现：在藏经楼前照猫画虎地跟着爷爷屁股后面比比划划；在大营盘海校操场的烈日炎炎下第一次参加爷爷的培训；送爷爷去法国时在北京停留，他领着我们在当时很时髦的“加州牛肉面大王”吃红油爆肚；带着我们品尝令人人生畏的北京小吃“豆汁”……爷爷不仅是一位太极拳大家，也是一位美食家。

在80年代末90年代初，与现在的生活相比还是比较清苦的。一到过年，每家每户从腊月就开始备年货，整个空气中都飘散着忙忙碌碌的年味。那个时候，年三十下午的家庭大团圆是整个过年的重头戏，当然，“吃”是最终

的结果。年前十天半个月，爷爷奶奶就开始忙碌着准备年夜饭的食材了。一般是奶奶指挥，爷爷跑腿，一天出出进进家门好几趟。那时，年夜饭都是在食堂工作的叔叔掌勺，我们打下手。年三十那天爷爷就不再忙碌了，坐在客厅里含饴弄孙，偶尔靠在厨房的门框上巡视一下情况。这时，叔叔就会把他设想的年夜饭蓝图逐一汇报给爷爷，爷爷在频频点头中，偶尔也会提出一点建议。

每年的年夜饭中，“白菜溜肥肠”是我最想吃的菜之一，这道菜也是爷爷的专利。一般这道菜是在大家吃个半饱的时候，爷爷给大家加的点睛之菜。有一次我随爷爷来到厨房，爷爷边准备边说：“这个‘白菜溜肥肠’火候很重要，白菜和肥肠的比例分配很重要。白菜要斜刀片，最好



是嫩的白菜帮子。这样白菜嫩且脆，不易出水。”随着手法娴熟的一顿爆炒，水淀粉慢慢淋入锅内，只见白菜和肥肠在锅内上下翻飞，随着一撮蒜末跳入锅内，一盘充满浓郁特殊气味的年夜菜已经上了盘。大家还在你一言我一语地评论着的时候，而我却已经开始盼着来年的“白菜溜肥肠”。自从背井离乡以后，能吃到爷爷做的“白菜溜肥肠”是我回国对“家乡菜”的奢想。可惜每次回国来去匆匆，在家吃饭的次数屈指可数。如今爷爷的“白菜溜肥肠”只能留在我遥远而清晰的记忆里了。

爷爷的菜做得好，刀工也是数一数二的。记得还在山西省委党校宿舍住的时候，有一年夏天收拾家，接近中午的时候，爷爷奶奶就开始在厨房忙碌着做饭，奶奶负责擀面条，爷爷负责准备菜码。菜码，可能这是北京炸酱面对配菜的特殊叫法吧。也许是因为小时候的记忆，爷爷对北京炸酱面的菜码要求很高，炸酱要用肥瘦相间的肉丁，黄酱必须要六必居的，黄瓜丝是必要的配角，豆芽，豌豆，萝卜丝，香菜也需悉数到场。“方虹，杨军吃饭了。”随着爷爷的喊声，两碗堪称艺术品的炸酱面已经

在厨房等着我们了，只见橘黄色的胡萝卜丝，水灵灵的黄瓜丝，焯过水的豆芽，鲜嫩的香菜整齐有序地码在面条上，中间的炸酱泛着诱人的亮色。“方虹，给你瓣蒜。”因为我和爷爷有很多生活习惯相近，他多少也知道一些我的饮食喜好。我是不喜欢胡萝卜的，但因了爷爷了得的刀工，那细如发丝但细而不断的胡萝卜丝，吃不出来蹦牙的感觉，和面条搭配在一起更感觉相得益彰。从那次以后我才知道，炸酱面还可以冷着吃，也就是因为天气太热，面煮出来过水再吃。现在爷爷当年使用的那把老菜刀还在，可爷爷却带着他的高超刀工去了他的星座。

可能对爷爷的认识每个人都是不一样的，或厚重，或和蔼，或威严，或达观……于我而言，爷爷浓郁的烟火气息是我和爷爷在一起这几十年中最沁入我心脾的一抹芳香。对生活的热爱，哪怕是在物质匮乏中也能苦中作乐，这是爷爷的情怀。作为家人，爷爷把这种情怀在柴米油盐和锅碗瓢盆的碰撞中给我示范，让我读懂他老人家对我，对杨军，对我的孩子们炽热而又深沉的大爱。现在每每想到这些，内心如同翻江倒海，这些回忆中有痛，有温暖，更多的是有力量。☯



斯术何求？

— 缅怀杨振铎师公

姚铁斌



呜呼，太极拳斯为何物耶？余自从学之日计，攸乎二十几载，每自舞毕，览前人之卷，尝生隔窗观花之叹：仅得其形貌，何能知其味趣？

总之困于一“隔”字上。

及求学南国，遇恩师李秀，其受教于杨氏振铎公首徒杨礼儒，后拜振铎公为师。余遂弃前学，从头习起。经年后，得李师推荐，拜于振铎公之孙，杨军门下。由此渐窥门径，得触真学。而厅堂之奥，尤远矣。

与师公振铎公首遇，系丁酉年春二月（2017年3月），昆明。时逢国际杨氏太极拳总部开业大典，乃得瞻尊容。其年六月，师公九二大寿之际，余再随李秀师赴太原，登门拜见。振铎公体格魁硕，银发阔面，酷似乃父。其端坐如岳之形象，沉稳宏大，令余久不能忘，常自揣摩。

其实与师公之缘，早始于一年前。时方红师母为余求得师公题字，“德艺双馨”，一直引为箴语。

再问何为太极拳术？

曰武艺，曰修养之道。于百千武学之中，不求胜，而求和，遂承

华夏之良德，凌跃于前。澄甫公《杨氏太极拳体用拳术》有言，斯术益做“卫心养性”之用。至振铎公，无私传艺于晋，倡“天下太极是一家”之理念，栽培后起，德名驰骋天地。

余曾闻李秀师言，“太极拳之境界，乃决于人心之境界。境界高远，纳万物于心海者，拳学自然永不息止。而狭隘自大者，终不能达于高境”，乃深以为然，时时思之。

今晨练习毕，按剑聚目，其上题字曰：业精于勤自奋进，功夫无息法自修。此剑乃拜师之时，师父杨军所赐，铭文“杨氏太极”四字，则为振铎公手书，笔法雄浑，尽现柔中寓刚之势。又念师公之风，现于师父杨军之身，悠唱之京腔，“您”之称谓，温雅诚敬，斯人虽去，良韵长传。

欲问斯术何物，且自振铎公行止窥之。其体用皆备，温让重德，由术入道，斯为楷模。余知不才，惟尽薄能，追前人之遗风，希不负众师所教导，承火续薪，则此生无憾矣。

时辛丑八月，值振铎公仙逝一周年，属文緬之。



我的爷爷

杨勇

公元2020年11月7日星期六立冬，时间仿佛一下定格在这里，我的爷爷在熟睡中驾鹤西去，去了另一个世界，去继续实现他“为人类健康而做出更大贡献”的伟大誓言。



爷爷的离去除了带给我们无尽的哀思，还有对他老人家一生的怀念。爷爷身材伟岸，性情敦厚谦恭，每天笑呵呵的表情感染着你对生活的热爱；爷爷说话多使用敬语，不管是交谈还是教拳，始终“您”不离口；爷爷胸襟开阔倡导天下太极一家亲；爷爷淡泊名利迎泽公园义务教拳四十载，爷爷的点点滴滴影响我对生活的认识。

儿时的记忆是最美好的。爷爷您骑着擦得铮亮的自行车带我去省委党校上班、去迎泽公园练拳、去市场买菜，去看望老友，您在前面用您高大的身躯为我遮风挡雨。在《射雕英雄传》最流行的时间里，您每晚领着大哥拿着长杆在院里哼哼哈哈一遍遍示范动作要领。1985年在您去新加坡教拳的日子里，奶奶一个月把拳教会我，您高兴地奖励我背拳谱，“提手上势”的定势练习一练就是二十分钟半个小时，在坞城路的院子里，从早到晚都留下

了您练拳、教拳的身影。

时间更迭，岁月蹉跎，我长大了，您变老了。但您爱泡澡的习惯还是坚持着，每次陪您去洗澡，旁人问到您高寿，您说九十

多了，瞬间许多羡慕的眼神都看向了我，真不容易，家里老人高寿是我们子孙的福气。每一次给您搓背，您总是说劲儿大一点。一回到家里奶奶总是笑着说您又去享受了！随着年龄增长，您不方便去澡堂子了，我开始在家给您洗脚。洗脚我是业余的，但您总是夸我是专业的。每周我一回来，您总是问我最近有什么事发生，您虽然每天看电视新闻，但还是喜欢我和您倒歇倒歇所谓的天下大事。

爷爷，现在孙儿虽然与您阴阳相隔，但是我感谢上苍赐给我一个慈祥和蔼可亲可爱的爷爷，感谢上苍让我在您最后的岁月里陪伴您，感谢您把我收为门徒。您虽然逝去，但您永远活在我的心中！



无字书

—琐忆杨振铎宗师

杨宗杰

值此杨振铎宗师逝世一周年来临之际，杨军先生发来微信，约我写一篇纪念文章。我很感谢杨军先生对我的信任，杨军先生知道我对杨振铎宗师的解乃祖父的思想性格。是呀，我与杨振铎宗师的**第一面是1997年秋季在永年，同时也就第一次晤面了杨军先生。本来，去年突然传来杨振铎先生离世的噩耗，我就该写些回忆文字，然而转念一想：杨振铎宗师是一代太极巨擘，光环巨大，他的逝世，不乏纪念，我这时若急急写来，一怕写不好，二怕可能有蹭光嫌疑，遂仅在微信朋友圈里撰写了一副挽联悼念：

几多颠沛苦难，几多是非曲直，几多流言蜚语。荣获泰斗宗师，荣获至尊九段，荣获荣誉市长，荣获金钥匙，周身殊荣，跨洋越海；

总是云淡风轻，总是放长眼光，总是微笑从容。沉潜太极技理，沉潜正脉承传，沉潜翰墨书香，沉潜京剧艺，一曲高歌，彻云腾霄。

而更多对宗师的思念，只有在自我的心灵深处，慢慢回味了。当今天准备动手写下这份思念时，突然觉得，要写宗师，首先要调整好自己的情绪，腾空自己的心灵，让自己一尘不染时，才能和宗师的品性合拍共频，才能勾勒出宗师的大致面貌。



一幕一幕，往事涌上心头，事情尚未捋出个头绪，而宗师那一张所特有的、慈祥和蔼的脸庞便活灵活现现在我的眼前。

宗师是一位既淡泊又重情的人。一般而言，淡泊者往往情也薄，情重者往往不淡泊，然而宗师却是将两者浑然融合于一身。

宗师每次来到祖坟前，都是老泪纵横，泣不成声，相信这成为许多陪伴过宗师上坟的人的共同记忆。记得最后一次上坟是2017年，这一次是回家乡参加乃侄杨志芳先生组织的第一届全球杨氏太极文化节，志芳先生向我说道：“宗杰，我忙顾不上，老爷子就交给你了。”我于是就专责全程陪护在老人家身旁，陪侍在侧的还有陪他从太原一路过来的梁秀芳大姐和他的三孙杨勇先生。在杨露禅墓地举行了盛大的公祭仪式，仪式一结束，宗师随即走向乃父杨澄甫坟前，由台阶而小径，小径上有青青小草，也有裸露的黄土，宗师深一脚浅一脚，移步至乃父坟前，一时眼泪夺眶而出，巨大的身躯随之向下蹲去，随行的人员赶紧两边紧紧搀扶着，老人还是坚持着双腿跪了下来。这就是一位高龄已达92岁老人的深沉的内心情感！

就在这次上坟之后，我们一行人陪宗师赴洛关吃驴肉。俗话说：“天上龙肉，地上驴肉。”永年县城临洛关以驴肉美食闻名遐迩。宗师喜欢吃驴肉，2003年在海口市他的弟子杨礼儒先生所创办的海口市杨式太极拳协会活动闭幕晚宴上，宗师应邀起身讲话，他向着数百人讲道：“欢迎大家有机会到我的老家永年品尝驴肉。”现在，望着—桌由二十几个大小盆盘组成的“驴肉全席”，老人感叹道：“现在生活条件好了，驴肉都这样一个吃法了，可是却吃不出原来的滋味了。”

1938年10月，日军占领广州，母亲杨助清和长子守中告别，带着振基、振铎、振国一起回故乡，一路乘火车两天两夜，到了临洛关火车站，下车后，雇了两辆车，一车坐人，一车装货，一路颠簸回到了永年老城。八十年过去了，老人依然清晰记起在从临洛关回永年老城的路上，看到两边一望无际的田野时的激动心情。

在老城，起初的日子过得还不错，就是能经常吃到驴肉。日子一天天过去，坐吃山空，后来想解解馋，就只能买些驴肉汤喝。就是在这样艰难的岁月里，母亲一以贯之的，就是盯着孩子们练拳：“杨家是靠拳吃饭的，你们必须练拳，再苦也得练！”斩钉截铁，无丝毫妥协余地。

然而宗师的淡泊清静更是大家所有目共睹的。有一个小镜头，深深地印在了我的脑海里。2005年宗师回家乡永年办事，随后李剑青主任派车由我陪同送宗师回太原，当时宗师还住在山西省委党校的家属院里。赶到家时，时辰已是中午刚错，宗师夫人胡瑞娣老师热情留我和司机吃饭，席间仅我们四人，老夫人和我早就相熟，边吃边聊，难免牵涉到太极圈里的一些是非。宗师微笑着看着夫人，说道：“好好，宗杰一会儿还要赶路，不说了。来来，宗杰你尝尝这个，这是

杨军从美国寄来的深海鱼，很好吃。”宗师丢开是非曲直，是那么的云淡风轻。

大气微笑是宗师的“标配”，该怎么形容这种大气和微笑呢？2011年5月，赵幼斌先生弟子蔡汉珍女士在武汉举办活动，活动上安排来宾游览汉口的开元寺，宗师旧地重游，满怀兴致地回忆道：“1984年来这里参加太极拳（剑）观摩会，一晃已快三十年了。”准备进餐时，宗师落坐后，其背后墙上悬挂有一幅书法小品，清清楚楚的是“吉祥”二字。此二字映入眼睑，和宗师大气微笑的风貌是那么的协调般配，合二为一，于是大家纷纷站过去和宗师、和吉祥合影。噫，“吉祥”二字，堪称是对宗师大气微笑风貌的最好注脚。

有一位太极学者，投入绝大精力，整理出一份二十余万字的杨家太极拳史料，请宗师审阅，数月过去了，宗师回音不过寥寥数语，告之“不清楚这些事”。这位学者很有些郁闷，向我抱怨道：“杨家人这样不上心，我很失望。”这是1998年我任《太极》杂志副总编时发生的事。多少年过去了，这件事一直萦绕在我的心头，现在想来：一方面，这位学者下大功夫研究太极拳史，深可敬佩；另一方面，这就是真实的杨振铎宗师，正所谓“知之为知之，不知为不知，是知也。”况且，作为杨家太极拳传承链条的一环，他的主要精力在拳艺实践上，而不在拳史上。

2000年青島举办全国杨式太极拳邀请赛，青島是宗师耕耘多年的一个传承基地，这里有他老资历的学生姚国安、弟子王玉珍等一批太极拳骨干力量。活动上闻知宗师因摔伤了腰而临时取消了青島之行，等活动一结束，香港马伟焕先生、石家庄郝宏伟先生、台湾傅昆鹤先生和我一行四人便驱车赶赴太原看望宗师。距离摔伤过去刚刚几天，这时宗师已能自由活动了。他向我们描述道：“我往墙上挂一幅字，踩

着这只凳子上去，不小心一滑，凳子倒了，我从上边摔了下来。”边说边撩起衣角，让我们看他的腰，淤血痕迹仍清晰可辨。彼时我们都用手去触摸他的腰部，腰部硬如磐石。

记不得何时何地，宗师曾回忆起他年轻时练拳的刻苦，练到腿部疼痛得上不了楼梯，去厕所蹲下去就起不了身。现在看其硬如磐石的腰部，这时已是75岁的他，这显然是他年轻时刻苦练功的真实写照。

因为任《太极》杂志编辑的职业环境，我有更多机会接触到许多相悖的声音，其中就有对宗师太极功夫的质疑。2014年，宗师弟子、马来西亚杨式太极拳总会会长林秋雅女士组织太极拳培训，邀请宗师长孙杨军先生亲临授课，我有幸作了现场观摩。杨军先生以杨氏太极拳传统套路为主线，一式一式讲下去。每一式的授课分三步走，一是该式的动作规范，二是该式的散手用法，三是该式的推手用法。以我的观感，觉得最精彩的是第二部分的散手用法。比如说接膝拗步，他会讲到你手打过来我怎么应，你脚踹过来我怎么应，过程中随机应变，接膝拗步又可能变成了野马分鬃，或玉女穿梭，势法之间的变通，灵活多样，自然而然，不期然而然。而且万变不离其宗，尽是不

丢不顶、物来顺应的太极拳拳法，与外家拳的擒拿接摔迥异其趣。这种讲法，像极了语文课上新学了一个生词，随即用这个生词造句，把生词放在句子中使用，使学生很快理解了该生词的意思。超出常人的是，杨军先生的“造句”特别的多，特别的活，那才叫信手拈来，举重若轻。

当时现场学员约百十人，学员们被杨军先生的授课紧紧地吸引着，而我的观摩，则在拳艺之外，甚而又多了一层审美上的享受。当时我的心里就联想到了有关杨振铎宗师某些受质疑的声音，心想：如果没有宗师的传教，那么杨军先生的这些东西从哪来？则宗师的受质疑，不过是外人未见过而已。而在宗师自己，则是虚怀若谷，含而不露。虚怀若谷，你以为真是空虚的“谷”吗？

宗师有两次真的“不谷”了，这实在是他一贯的虚怀若谷作风中的极其罕见的个例。一次是2005年在太原宗师的八十大寿，在离家赴宴，宗师已坐上了车，我在车门口准备帮他关上车门时，他对我说起：“国家给我定了武术九段，又把我列入国家武术专家委员会成员，委员会一共有十八位，我是唯一的太极拳代表。不管怎么说吧，有这么高的荣誉，也不容易，也算是给列祖列宗有个交待，对太极拳推广做了点贡献。”宗师在太极拳上的“自我表扬”，这是我结识宗师25年中唯一的一次。

另一次的“不谷”是2003年在青岛，宗师一见我带着内人，一脸灿烂的笑容向我说道：“呀，宗杰这次怎么大方了，把夫人带上了。”这一次活动非常轻松惬意，宗师没有给安排什么讲课呀，报告呀，众人少不了要请宗师题字留念，宗师有求必应，乐得和大家分享他的书法快乐。一次他指着一幅刚完成的书法作品，微笑着对我说道：“宗杰你看看，我现在的字是不是进步了？”我当然无权评判，但是宗师这样说，幸福的微笑荡漾在脸上，



足见他内心以书法为乐的闲雅情怀。

他的弟弟杨振国宗师早就和我聊起过：“我看三哥常常练字，后来我也开始练字了。”振铎宗师一生楷书，偶带行书笔意，古朴，厚重，凝炼。太极拳界有不少人、不少著作、不少场馆都拥有他的书法题字。

自然，许多人都知道，振铎宗师还有一大业余爱好：京剧票友。

2015年12月，邯郸学院党委副书记段玉铭一行七、八个人赴太原宗师家里做专访，把宗师家里堵得满满的，为了拍摄角度，家具也是搬来搬去，有一问一答，有宗师练拳、习字、夫妇一同购菜等内容，从上午到下午，整整折腾了一天，直到华灯初上，才结束了专访工作。大家七手八脚，赶紧让家具恢复了原位，然后准备出去吃饭。在将要迈出家门的时刻，我忽然转身向宗师的仲孙杨斌先生试探性地问了一句：“能否请爷爷一同去？”杨斌先生迟疑了一下，答道：“你直接问吧。”我返身走回客厅，“杨老师，实在不想再劳累您了，可是大家实在又特别想和您一同进餐。”“好吧，我去。”顿时门里门外的空气都别样的激动起来。

夜幕中的太原华灯璀璨，街衢是一道流动的光带。步入酒店，感觉出一丝异样的气氛，不知是谁喊了一句：噢，今天是平安夜！

宗师被大家簇拥着，但所谓搀扶不过是象征性的，宗师自己精神矍铄，脚下稳健。到了桌前，他身体稳稳地坐了下来，右手伸到头顶上摘下帽子，向后一个脆脆的一抛，帽子飞了出去，恰好落到身后墙跟的长排桌子上。

这一抛，宗师是在刚刚坐下，根本没有转身回头的预备动作，瞬间潇洒地完成的。可惜一桌这么多记者，竟然无一个反应过来给个抓拍。一桌掌声笑声，透过这一抛，

看着荡漾在宗师脸上的大气微笑，大家放心了：宗师没有被累着！

在一片觥筹交错中，我又突发奇想，想请老人家放放歌喉，大概会有助于解除一天的疲乏吧。没成想老人家又爽快地答应了，这一次可乐坏了摄像记者，赶紧架起了摄像机，准备记录着弥足珍贵的精彩时刻。

一曲《萧何月下追韩信》唱毕依旧余音绕梁，我不懂京剧，只是觉得老人家中气十足，喜怒哀乐的表情写满脸上。最激动的倒是梁秀芳大姐：“我在杨老师身边这么多年，还是第一次听杨老师唱全本的《萧何月下追韩信》！”

杨振铎宗师作为一代太极宗师，承上启下，他的拳术造诣和历史贡献，自然不乏继承者，研究者。而我有幸、有缘与宗师交往，比起宗师身边的那些亲戚和弟子们来，简直是冰山一角，管中窥豹。即便如此，如果不把它们记录在案，我心头觉得有愧于这份缘份，有愧于宗师的关爱和影响。所以，在接到杨军先生的约稿后，我没有多想，自然而然，上边的一些琐事便汨汨涌上心头。琐事非大事，未必载入史册，但却深深的印刻在我的脑海里，让我感到亲切，感到温暖，感到高尚，“瞻之在前，忽焉在后，虽欲从之，末由也已。”我想，如果用一句话来形容杨振铎宗师，那么他就好像是一本“无字书”。虽然他在教授太极拳时声音宏亮，滔滔不绝，然而回到生活的舞台上，他一贯的是平心静气，沉默寡言。多少人间的口舌之争，多少江湖上的是是非非，一到了他的跟前，便化做一股轻烟，随风飘去。

他是一本无字书。从书上翻不出字，只能从他的人生踪迹中去寻觅，去发现，去参悟。

他定格给世人的，是吉祥的大气微笑！



深深的记忆，永远的怀念

—写在恩师杨振铎宗师逝世一周年之际

张建平



恩师离开我们快一年了，他老人家声如洪钟的谆谆教诲，高大伟岸的身影，谦和可亲的面容时至今日依然历历在目，不时浮现在脑海之中。

恩师毕生以传播弘扬杨氏太极拳为己任，即使在艰难的日子里，他也仍然没有放弃。“从小，母亲就向我们灌输太极拳是我们家传的至宝，传承太极拳是我们的责任。”“继承祖先传下来的太极功夫，是我们的祖训，也是我们的责任”。恩师是这样说的，也是这样做的。

恩师教拳平和耐心，寓道于拳，诲人不倦，他说拳如其人，学拳亦修身，一招一式如写字，像楷书一笔一划要写的工工整整，要持之以恒不断学习，才能在强身健体中感悟太极拳的真谛。回忆从前与恩师的点点滴滴，不禁感慨良多。

恩师谦和淡泊，寓道于教，可以佐证的事例不胜枚举。远的不说，在2017年5月河北邯郸举办

的首届全球杨氏太极拳文化节暨海峡两岸太极拳文化交流大会，恩师以耄耋高龄之身亲临现场为大家加油打气。临汾市杨氏太极拳协会参加了集体项目杨氏太极拳、剑、刀的比赛，队员们发挥良好，杨氏太极剑、刀获均得一等奖，但分数排在第二名。赛后我的太极拳启蒙老师也是恩师的首批弟子罗海萍师姐向恩师汇报成绩说，队员发挥挺好就是分数不太理想。恩师说：海萍啊，你过来站到你师母跟前儿来，你看，你站在你师母跟前儿你就是大个儿了”。恩师在笑谈中再一次把淡泊淡然的豁达态度融入其中，教诲我们看重过程，不必纠结比赛分数名次，主要通过比赛查找不足，才能在提高技艺上下功夫。

恩师胸怀宽广，海纳百川，他常教导我们说天下太极是一家，各门派风格不同，但内涵核心一至，从来不让我们评论孰优孰劣。他说既然能发展下来，就肯定是非常的好，所以我们不能说哪一种拳不好，只能说我们是



不是学到没学到，练到没练到，看没看的懂。不少人不止一次问恩师，在平时练习当中除了打杨氏传统套路外，可不可以练习国家套路呢？恩师都会回答，可以呀，只要大家喜欢，为什么不可以练习呢？天下太极一家亲，每次在参加省级和国际杨氏太极拳比赛时，我们都能看到师父邀请了众多不同流派的太极拳代表性传承人出席与精彩表演，让大家感受到太极拳各门派融到一起相互支持的祥和美好。

恩师严于律己，以身作则，每次参加会议或培训教学，我们到会场就看到恩师早已到场。刚开始一两次还没注意，但后来发现无论我们去多早，每次都是恩师最早到会场等候大家。恩师用自己的身教诠释了自我严于律己的自律风范和对大家谦恭礼让的君子之风。

恩师多才多艺；情致高雅，其中尤为喜欢京剧和书法。每当恩师兴致高涨时便会为大家亮一嗓子，他的唱腔字正腔圆，浑厚有力，余音绕梁，将现场气氛不断推向高潮。恩师书法笔墨隽秀苍劲，柔中寓刚。因大家索要恩师墨宝较多，故恩师最喜欢书写“共铸太极辉煌”、“太极拳好”

，还有众多伟人对太极拳的题词内容等。墨宝的一笔一划里渗透着太极拳丰富的哲学内涵及恩师对太极拳如生命般的挚爱和将太极拳发扬光大的心愿。非常有幸恩师为我题写了一副内容为“上善若水”的墨宝。从中我读懂了恩师希望我海纳百川，像水一样至柔之中又有至刚、至净、能容、能大的胸襟和气度。师德昭昭，恰如耿介拔俗，明月独举，师恩惠惠，润物无声，吾为杨门弟子自当饮水思源，执节守度，不负重托，不负师恩。

如今，恩师温良恭俭，孜孜不倦，友善广博的高尚品质在杨军掌门的身上再现，这是我等之幸，杨门之幸，这就是杨氏太极拳宝贵精神的薪火传承。杨军掌门奋发有为，不负重任带领众杨门弟子门生昂首阔步，进一步完善管理机制，统一思想，凝聚共识，整合力量，按照恩师他老人家“团结、互助、发展”的遗训，集思广益，规划蓝图，杨氏太极拳必将有条不紊快速发展，杨氏太极拳必将千秋万代，再铸辉煌。

宗师第七批入室弟子张建平

2021年9月10日 ☉



正和谦达 丰碑高耸

—杨振铎宗师精神写照

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正脉承传响木铎¹，
和身乐众大功德²。
谦谦君子人亲近，
达济五洲望远辙³。

通俗而言，即是：

杨振铎宗师出身于太极拳世家，承上传下，不登高而自高，回响辽远，
如木铎之金声玉振；

传播太极拳，让大众得到健康，快乐，这是杨振铎宗师的一贯倡导，一
生奉献，也是他的最大功德；

杨振铎宗师为人谦虚，平易近人，人们亦乐于亲近他；

杨振铎宗师弘扬太极文化，他的传播足迹远涉世界五大洲。

那是一种什么样的足迹？循迹而望，那是一路的正、和、谦、达。

正：拳艺脉正，拳风中正，人品端正

拳艺脉正。太极杨家，一脉相承，父兄教诲，母亲督责，这样的家庭出身，宗师很清楚太极拳是他的立身之本，他唯有谨守家学，刻苦练功，方能薪火相传，不坠箕裘。中年之后，开始将体悟付诸理论，以扩大传播面。他的论述，不故作高深，不故弄玄虚，如其所归纳之“二十字诀”，是为明明白白学拳规矩，堂堂正正拳理箴言。宗师常书写“正脉承传”书法条幅赠人，给人以勉励和鞭策。

拳风中正。形体正直，不偏不倚，大气豪迈，八面支撑，在平直简易的行功走架之中，自有乾坤丘壑、万千景象。

人品端正。心胸坦荡，光风霁月，口不论人长短，话不言人是非。热爱周恩来总理的为人，周总理的太极拳论述成为他题字时的常写内容。

和：性情和善，待人温和，拳风融和

性情和善。闲居则“中申如也，天天如也”⁴；接众则温文尔雅，笑容可掬，一片吉祥充溢在空气之中。

待人温和。“望之俨然，即之也温，听其言也厉。”⁵2013年11月温州杨式太极拳协会成立五周年庆典，协会会长郑金崇乃宗师弟子，中午庆功宴后，郑会长安排宗师与众人在南溪江上划竹排戏水，年轻人“酒后放肆”

，故意往宗师身上撩水嬉戏，年届88岁高龄的宗师始终乐呵呵与众同欢。

拳风融和。宗师常讲：拳艺是长年累月的苦练，形成由内而外的功力，不是你瞪瞪眼就有的。宗师边讲边模仿人的瞪眼状，常引来一片笑声。宗师拳架，呈平和祥和之态，无剑拔弩张之形，融融和和，不怒而威。

谦：怀艺不矜，为人谦让，虚怀若谷

宗师拳艺，如随珠和璧，然从不轻以示人，以至世俗竟有疑其仅一拳架耳，其怀艺不矜如此；爱好者均以索得宗师题字为荣，宗师落款时常会标上“某某拳友”字样，哪怕对方仅一后辈晚生，一种亲和感染之力跃然纸上，其为人谦让如此；为人讲拳，最常用的语汇是：“你看这样做是不是更舒适？”从不摆谱，其虚怀若谷如此。

有一个时期，宗师和徐才先生⁶，常被双双邀请出现在一些太极拳活动上，二老双峰并峙，成为活动的标杆。如2005年在西安，2007年在杭州、在马来西亚⁷，两位老先生居至尊地位，被大家众星捧月。两人同龄，徐才先生身材瘦削，略驼背，讲话文声细气，宗师挺拔轩昂，发音声如宏钟。二人共领太极一代风气，同中有异，异中有同，正、和、谦兼而有之，赢得一团和气，满座春风。

达：中心豁达，世事通达，人生观达

宗师心胸开阔，不纠缠琐屑，不因小失大，人容易与他相处。世事浮沉，人情冷暖，宗师了然于胸，宠辱不惊，泰然处之，微笑视之。对待太极拳流派关系，大家都在讲“天下太极是一家”，宗师也在讲“天下太极是一家”，然宗师所表现出来的，是一种“己欲立而立人，己欲达而达人”⁸的境界，不是口上说说而已的社交层面，实在是一种世事通达、高视物外的哲学层面。而在京剧、书法两大业余爱好上，宗师活泼泼表现出来的是一种极为性情的“人生观达”：书法让他永葆一颗童心，京剧更让他的灵魂得到了彻底的放飞。

四力共举，丰碑高耸

正，构成宗师的感召力；和，构成宗师的凝聚力；谦，构成宗师的亲和力；达，构成宗师的尊崇力。四力亦分亦合，共同支撑起一座太极丰碑，高高耸立在太极拳发展史上。

这座高耸的太极丰碑，上面展示了这样一个硕果累累的太极人生：创立山西省杨氏太极拳协会，发展会员单位近百个，会员数万人；赴各地义务办班，讲课，做报告；走出国门，传拳海外，支持长孙杨军创立国际杨氏太极拳协会；出版专著《杨氏太极拳、剑、刀》《中国太极名师经典——杨氏太极》等；荣膺中国武术九段，中国武术研究院专家委员，中华武林百杰十大武术名师，全国群众体育先进个人，美国圣安东尼奥市荣誉市长，特洛伊市金钥匙。

宗师是一座高耸的太极丰碑，在这座丰碑的背后，更有一颗正直的心、善良的心、质朴的心、坚毅的心、淡泊的心，一颗真真正正的高贵的心！心、心可印于事实，心、心可做成文章，心、心可以意会，心、心只能心追。

今天，我们走近宗师的精神世界，就是要以宗师的正、和、谦、达为楷模，以正、和、谦、达修习太极，以正、和、谦、达修正人生，脚踏实地，一路向前，最后的目标，是向着一颗高贵的心，摹追！☯

注：

1、正脉承传：2004年11月第二届杨式太极拳第五代传人联谊会是在香港举办，由宗师长兄守中先生的资深门人马伟煊撰词“正脉承传”，请宗师亲笔书写成书法条幅，与“清中叶，河北有太极拳”两条巨幅标语悬挂于会场之上，从此，“正脉承传”一词经宗师多次题写推广，成为太极拳界特别是杨式太极拳领域的一个流行语。

木铎：出自《论语·八佾》：“天将以夫子（此指孔子）为木铎。”朱熹《四书章句集注》：“木铎，金口木舌，施政教时所振以警众者也。”又曰：“天使夫子失位，周流四方，以行其教，如木铎之徇（徇，同“徇”，巡行。）于道路也。”

2、和身：汉·焦贛《易林·屯之泰》：“调摄违和，阴阳颠倒。”违和，身体失于调理而不适。则和身，即指五脏六腑阴阳调和，平衡健康。

3、达济五洲：《孟子·尽心章句上》：“穷则独善其身，达则兼善天下。”后演变成熟语“达则兼济天下，穷则独善其身”。杨振铎宗师传拳不分国界，兼济五洲。

4、《论语·述而》：“子之燕居，中中如也，天天如也。”燕居：闲居。中中：舒展齐整的样子。天天：和舒之貌。振铎先生正如是。

5、《论语·述而》：“望之俨然，即之也温，听其言也厉。”远远看去庄严可畏，走近他时却温和可亲，听他说话则严厉不苟。凡和振铎先生有接触者，均有“望之俨然，即之也温”的体验。而所谓“听其言也厉”，此处借指振铎先生讲拳的一丝不苟。

6、徐才先生（1926—2019），原国家体委副主任，武术研究院院长，亚武联主席。

7、2005年5月在西安，是西安市永年太极拳学会主办的第三届杨式太极拳第五代传人联谊会，2007年5月在杭州，是浙江省体育总会主办的第五届杨式太极拳第五代传人联谊会，2007年10月在马来西亚，是马来西亚杨式太极拳总会主办的世界太极拳健康交流会。

8、《论语·雍也》：“己欲立而立人，己欲达而达人。”意谓，自己想站立起来，（推己及人）也要帮助别人站立起来；自己想发达，（推己及人）也要帮助别人发达。

9、1996年，振铎宗师分别被授予美国圣安东尼奥市荣誉市长，特洛伊市金钥匙



ZONGSHI MEMORIAL WRITINGS

Memories from all around the world

GRANDMASTER YANG ZHENDUO'S SPIRIT FROM THE MEMORIES OF ANDY LEE, USA

Therese Mei Mei Teo, Grandmaster Yang Zhenduo, and I were sitting in the lobby of the Shanghai Hotel. It was 2002. I had just spent a couple of months studying Chinese language, history and culture at Nanjing University.

Mei Mei and Shifu were talking for a while when he said to Mei Mei, "Please ask Andy how she is and how her husband, Mel is also."

By this time, I had traveled through China visiting a dozen historic sites in a dozen different towns. Thrilled to use my Chinese language skills, I answered about my recent studies, about the experience of the university's travels and about Mel and my family. I took a breath.

Mei Mei took the opportunity to ask, "Shifu, do you understand her?"

Grandmaster said, "No."

Must have been the look of shock on my face, Shifu grinned at me, smiled at Mei Mei and answered. "But she sings a beautiful song."

He was always encouraging.

THANK YOU GRAND MASTER **YANG ZHENDUO** FROM THE MEMORIES OF ANGELA SOCI, BRAZIL

I believe that everything in our lives happens for a reason, and my contact with Grand Master Yang Zhenduo was one of the special turning point moments in my own life.

My husband Roque Severino was the one who had the first contact with Master Yang Zhenduo in 1990, by the occasion of the international

event in USA called "Taste of China" held by Pat Rice, in which Grandmaster Yang Zhenduo was the principal master offering a seminar.

As Brazilians, our country was in a very difficult situation and as much as we both, my husband and I wanted to bring Master Yang to Brazil, it was impossible. In 1998 I finally had the opportunity to go to China.

At that time we thought that since I could speak English and Roque did not, the one who would travel would be me.

I went to China in May 1998 to have special private classes with Master Yang Zhenduo. It was the first of two trips I did that same year.

I remember going by train from Shanghai to Beijing, in a 22-hour trip in a cabin with a Chinese family. They wanted to communicate, asking me what I was going to do in China, and I told them: practice tai chi with Master Yang Zhenduo. My surprise when the man of the family stood up and bowed in my direction with a martial arts salute! I was astonished by his words, saying that I was a privileged person, because many Chinese people could not have private classes with such a great master! He also told me that Master Yang Zhenduo was recognized as a national treasure!

After arriving in Taiyuan, I was received by Master Yang Jun and the next day I was scheduled to begin my private classes.

When I arrived at Master Yang Zhenduo's home, he was expecting to receive my husband as his student! He somehow became a little disappointed because I was there instead, maybe because he did not know me, and maybe because I was a woman... I never knew.

But nodding his head and understanding I was the one to be taught, he asked me if I knew some tai chi, to which question I answered that I knew some. I had been practicing for 15 years, but actually, my wish to learn with him was to further develop my skills.

Nodding again, he told me to show him what tai chi I knew, to which I was very nervous. I prepared myself to do some practice. He brought me to his yard in front of his home and looked at me with that “tiger face”, and said to me: Go! Go do it!

I made some movements of the Yang Style 103 Form which at that time I had studied. Just as I began the third movement, he told me to stop. He looked at me and said, “Let’s begin with classes!”

So, I had such a great blessing to receive all of his corrections on the 103 Hand Form! The funniest was because I knew the names of the 103 Hand Form in Chinese (of course not with the correct tones), when he understood that I could tell the name of the next movement to be studied, he began to question me, saying, “what comes next?”

Our routine was having morning classes, lunch break, and then afternoon classes. Each day, my homework was the movements learned on that day, and followed by the next day with new ones. We always began with a very detailed review!

On the last day of that marathon lesson, he wanted me to show all of the 103 Hand Forms, which I did. I hoped to fulfill his expectations with my performance, but it was very clear to me that from that time on I would have to work very, very hard to fit all the corrections, details, and inner work he proposed to me during each of those special classes.

His teachings were so deep in quality, and he was also so patient with my mistakes. Sometimes he would ask me to repeat the same movement, shaking his head in a negative way, as he noticed my mistakes. Finally, he performed the same mistake in front of me to point out to me what I should not do. Just after, he showed me the correct way to perform that detail, or movement.

The afternoons were very special, because he would invite me to his home for tea and talks. Always giving me instructions on theory, history, and many times telling me about his own experiences with tai chi in his life. Those were magical moments which I will never forget!

The most important teaching he gave me at the end of our classes was related to being hum-

ble. He said very seriously, “You do remember that you are not special because you had classes with me here in my home. Remember that there are always people who are better than you. Be humble always, because this is the way of the Yang family.”

At the end I asked him for authorization to represent him in Brazil, and he told me, “For you to do that, we must have three official meetings like this one.”

Keeping this in mind, I came back to Brazil and told my husband the words and demands of Master Yang Zhenduo. And so, in September, I went back to China to have my second official meeting with Master Yang Zhenduo.

The second time was even more tough, because I asked him to correct my hand form and teach me sword form.

He agreed, so in the mornings we did 103 Hand Form corrections, and in the afternoons I was to learn the 67 Traditional Yang Family Sword Form.

The difference this time is that I did not know the sequence or even the names of the Sword Form and so he used the most traditional way to teach me.

He would stand in front of me, and perform the same movements of the sword form three times, and just after that, I had to perform in front of him, the movements which I had just seen.

To me this was a really special way of learning. I needed to be very attentive, with almost no time, to catch the details with my eyes, and just after that, put in my body, each one of the new movements! Very difficult!

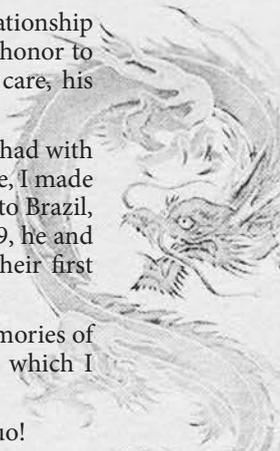
I felt such happiness this second time that Master Yang Zhenduo was accepting me as his student!

This memory is the core of my relationship with the Grandmaster who I had the honor to study with privately, and receive his care, his love, and his teachings.

This was the second official meeting I had with Master Yang Zhenduo, and at that time, I made the official invitation for him to come to Brazil, for which he accepted!! In July of 1999, he and Master Yang Jun came together for their first seminar in South America!

There are some other very special memories of Master Yang Zhenduo here in Brazil which I can share at another time.

Thank you Grandmaster Yang Zhenduo!





THE 2009 INTERNATIONAL TAI CHI CHUAN SYMPOSIUM

FROM THE MEMORIES OF CARL MEEKS, USA

Any time spent with Grandmaster Yang Zhenduo is a delightful opportunity to share in his immense energy, passion and joy of Yang Family Tai Chi Chuan. I have had many such experiences while attending his seminars and during trips to China, but one of the most memorable was during the first International Tai Chi Chuan Symposium held in Nashville, Tennessee USA from July 5 through July 10, 2009.

Celebrating the tenth anniversary of the International Yang Family Tai Chi Chuan Association, the grandmasters of the five traditional styles came together to share their tai chi chuan with people from around the world. Grandmaster Yang Zhenduo remarked on the success of the symposium and how different it was from other events held before. He noted the enthusiasm, how much everyone followed and practiced each method and how everyone's spirits were high.

We scheduled time to tour the Nashville area during the symposium and it was remarkable to watch and experience the joy that Grandmaster Yang and his wife Hu Ruidi shared during the tours. One stop was at the Grand Ole Opry Hotel where all the grandmasters and their families walked through the expansive hotel and courtyards, shopped at the stores inside and shared a meal with everyone who attended. It was a long day, but the sights within the many areas of the hotel kept everyone busy and happy as we completed the experience during our meal together and created many memories of the gardens and events.

Grandmaster Yang and his wife enjoyed music and dancing. Among the many tours we scheduled for the grandmasters and their families was a trip to the Nashville Country Music Hall of Fame while at the symposium. They enjoyed the visit seeing the famous musician's wall of gold records and other historical items at the Hall of Fame and museum. Grandmaster Yang always expressed happiness and was full of energy during every event and trip into this historical city.

Sharing his experience added memories that will be remembered for a lifetime. A particular time was while leaving one of the teaching sessions at Vanderbilt University with Grandmaster Yang. When arriving at the parking garage, Master Yang Jun's son, Jason forgot something upstairs in the class-

room. While Jason and Master Yang's wife, Fang Hong went to retrieve it Grandmaster Ma, Hailong began singing and Grandmaster Yang, Zhenduo and Hu Ruidi danced to the song. It was an impromptu performance to pass the short time waiting and was a great pleasure to watch as they enjoyed their dance in the parking garage. It was one of the most memorable experiences of the entire week because of the spontaneity and expression of joy of everyone sharing such a wonderful moment.

Grandmaster Yang's teaching sessions were the most sought after during the symposium. Everyone who attended looked forward to them and even though the entire week was full of events to allow our guests many choices and opportunities, everyone made time and looked forward to his teachings. One of the most remarkable things I always recognize is how happy he was to teach us and that even though he used a translator, his teaching was recognizable even if you didn't know Chinese. It was easy to recognize what he wanted you to do through his clear demonstration and how he expressed himself while talking. He always became even more enthusiastic and energetic while teaching and sharing his remarkable knowledge of tai chi chuan. Grandmaster Yang was always very complimentary of the hard work put in by practitioners, while at the same time most humble about the hard work he put into his teaching.

The highlight of the symposium for me was the disciple ceremony for Grandmaster Yang Zhenduo's grandsons, Master Yang Jun and Master Yang Bin, and the naming of Master Yang Jun as the 5th Generation Lineage Holder for Yang Family Tai Chi Chuan. The ceremony was presided over by Grandmaster Chen Zheng-lei. Transforming an ordinary hotel suite into a traditional ceremonial room as much as possible was a feat in itself. Even though Grandmaster Yang intended to have the ceremony in August during his 84th birthday celebration, having all the other grandmasters in attendance presented a unique opportunity so he made the decision to hold the event in Nashville. The disciple ceremony took place at the hotel where the grandmasters all stayed and witnessing the event with the grandmasters, their families and other invitees will always be a special memory and I will always remember the humbling experience of signing the formal documents with the other witnesses.



REMEMBERING GRANDMASTER YANG ZHENDUO

FROM THE MEMORIES OF HOLLY SWEENEY-HILLMAN, USA

His spirit filled his eyes.

Through his diligence and teaching

He changed many lives.

He was kind, generous, humble.

No matter the challenge

He never grumbled.

He taught us so much that

Our bodies would shake and

Our brains would fill up.

*But we never minded when he asked us to
practice*

ONE MORE TIME!

Because every moment with him was sublime.



MY SOUVENIRS WITH GRANDMASTER YANG ZHENDUO

FROM THE MEMORIES OF YACHANG HUGUES, MADAGASCAR

Many students had the chance to meet Shiye many times in their life as tai chi chuan students. For me, I know it has only been three times, but those times will always live in my heart.

The first time was very special because it was in Paris in April 2004, one year after I joined the international association, I attended the international seminar organized by Duc & Carole Nguyen Minh from the Paris Center. As people know, Duc and Carole organize this kind of seminar each April, but this one was very special since Grandmaster Yang Zhenduo directed his last seminar outside of China in April, 2004. What did I keep in my memory about this seminar? His fajin: just after he explained one movement, he demonstrated the meaning and showed the same movement but with fajin... I said to myself "I hope one day I will

have this kind of fajin !"

This seminar was very special because, although I was a beginner, I met instructors and leaders such as Claudio Mingarini, Director of Roma Center, Giuseppe Turturo, Director of Milano Center, Frank Grothstueck, Director of Cologne Center, and Duc and Carole Nguyen Minh, Director and Co-Director of France Center.

I apologize if I don't mention other instructors and leaders because at that time I was a beginner in Yang Family Tai Chi Chuan.

Shiye agreed to take a photo with me and Shifu Yang Jun and I have kept this photo religiously in my tai chi photos.

Three years later, in 2007 in Taiyuan (Shanxi Province), I had the opportunity to lead the Madagascar delegation during the International Tournament of Yang Family Tai Chi Chuan. As I had bought his book in Paris one year before, I took this opportunity during the "Farewell Session" to take a picture with him and with Grandmaster Ma Hailong and ask him to sign my book.

During this Tournament in Taiyuan, Grandmaster Yang Zhenduo agreed to write a dedication in his book and I am very proud because he wrote for me "try to practice your tai chi like in this book." This was an unforgettable moment because I remember that before writing his calligraphy, he called for Shifu Yang Jun.



The third time I met Grandmaster Yang Zhenduo was some 8 years ago during another international tournament in which I got the gold medal in my category "Men Category over 65" We also celebrated with all participants his 86th birthday anniversary. Please appreciate this photo taken during the event with Shinai and the Madagascar delegates.

Rest in Peace Shiye.



HAVE A GOOD JOURNEY MASTER! FROM THE MEMORIES OF MIHÁLY VADAS

The early days of October felt unusually chilly, signs of an approaching frosty autumn in 2007. Every step of Yang Zhenduo's journey was carefully watched and protected. He was constantly surrounded by a handful of enthusiastic attendants whose only purpose was to preserve his resources and strength, to fulfil his wishes. We were curious to see him conduct a seminar on tai chi sword at the age of 83. Questions arose, naturally, but they instantly disappeared at the greeting as the answer was unambiguous. His presence was the embodiment of might, vitality, and vigour, his voice commanded respect and showed power, softened by an amiable, almost familiar smile. There remained no more questions to ask.

He was introducing and explaining the Yang family tai chi sword routine with passion and spirit, yet the participants were clearly lacking the necessary foundations to practice. Our resident Chinese master – champion of various tournaments and competitions – studied the routine in advance to be able to assist the Grandmaster. The original plan for Yang Zhenduo was to let him take his seat behind a desk, take a sip of tea every now and then, watch us thrive along with our Chinese-Hungarian teacher, just to point out a mistake or share a piece of insight occasionally. Now, this was not his way. He was practically unable to sit tight even for a minute without stepping in, despite his wife's disapproval, to show the proper way of execution. Our Chinese-Hungarian master was left without any work to do for two entire days. Yang Zhenduo's instructions resonated within the hall. I had the feeling that he was instructing not a mere 40, but at least 4000 people. His voice has stayed with me till the present day. I believe it was more exhausting for him to comply with his wife's request and take a seat only to stand up from his chair over and over again, than to continuously keep stirring among us. Still, we could not notice a single sign of fatigue. Well, he was a bit displeased that the class was over, time and again.

The decision actually took only a few moments. I made up my mind straightaway to let go of all my previous tai chi studies, including 30 years of practice in multiple styles and schools and to dedicate myself to the Yang Family Style thereafter. In the past, I was mainly focusing on Yang style. Articulately, extensively and profound-



ly. I also took part in countless tournaments throughout the world, competing in tai chi routines and pushing hands, obtaining a number of medals and ranks. Some years were spent on studying Chen style to get a deeper insight into how Yang style had evolved from those principles and forms. It was followed by years of Yi Chuan training to get a more profound understanding of the various tree stances and internal styles of martial arts. And then came the seminar with Yang Zhenduo, erasing and rearranging everything. It happened during the seminar that I was occasionally called out to help him demonstrate a certain technique or application. The very first time was immensely memorable. It was about the Brush Knee posture. He grabbed my wrist and hit me in a way that made me marvel at his skills. My body instantly experienced the true manifestation of tai chi. The power of tai chi. He executed the technique with such grace and fortitude, clearly and explicitly that I was enlightened. It simply included everything. Touching his body revealed a sort of energy never before experienced. And that body was 83 years old at that time. Full of vital energy. Vigorous. Like a ball firmly inflated. Flexible yet compelling. Integrated and organically moving. Expressing an irresistible force. I bounced back from him, accompanied by his playful laughter.

I live in the small town of Szentendre near the capital city of Budapest. The locals frequent a famous restaurant named The Golden Dragon. It is a Hungarian place, though the name would suggest otherwise, offering a selection of regional specialities. I asked the Grandmaster if he fancied visiting the restaurant. He welcomed the invitation, chortling, his eyes smiling with curiosity. They tried with his wife all the courses and snacks I ordered. They were clearly seasoned travellers, having seen and experienced much during their travels around Europe, the States, and some other distant lands. As we

were discussing the culinary arts, they demonstrated a laudable knowledge and understanding of foods, ingredients, and taste. Masterfully, I might add. Nevertheless, they were somewhat surprised and intrigued by their first encounter with the traditional Hungarian sweet curd dumpling.

I heard about his death on Saturday.

Nice sunny weather in Szentendre, my small town.

There was a sword seminar outdoors all day.

In every movement of mine there were his movements in the movements of all my disciples, and also in the movements of his disciples.

Farther into the park, my friend, my brother in the Yang family, and another of our companions practiced slowly, with dignity.

It was good to feel his spirit permeating everything, how alive he was, and to know that it would always stay with us.

Have a good journey Master!

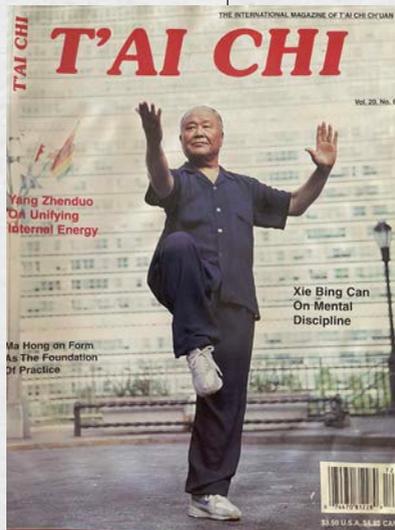
“UNITY, MUTUAL ASSISTANCE, DEVELOPMENT”
FROM THE MEMORIES OF BILL WALSH (PINFANG), USA

It was 1996. Grandmaster Yang Zhenduo and Master Yang Jun traveled and taught in three different cities in the United States: New York City, Detroit, Michigan and San Antonio, Texas. Everywhere they went, they attracted a big crowd! I had longed for the opportunity to bring them to New York. Students came from all over the country. We rented the ballroom at the New Yorker Hotel in midtown Manhattan, just one block from where the professional basketball and hockey teams played. Trains and buses had a major station a few blocks away. It was a good location. We toured New York City and spent time in Chinatown and Little Italy. We had dinner with tai chi masters from New York, William C.C. Chen (Cheng Man-Ch'ing), Stanley Israel (Cheng Man-Ch'ing) and Jou Tsung Hwa. Sister Han Hoong Wang helped me to know how to be with the masters.

I invited Marvin Smalheiser, editor of Tai Chi Magazine, to come to the training and he gladly accepted. I searched all around to find a special place to take pictures for his magazine. I remembered a very special place. On forty-fourth street and second avenue there was a ramp and stairs that went fifty feet above the normal road. This was an exclusive neighbor-

hood of tall apartment buildings. The streets were very well kept and the buildings were brown brick.

This is my favorite picture of Grandmaster Yang Zhenduo. In the space between the buildings we see the UN building, which is between first avenue and the East River. Behind him, in this picture, the United Nations building is where leaders from around the world come to work out their differences and hopefully create a better world. I thought this was perfect. Our teacher always preached peace, respect, kindness, and love for the Yang family. He traveled to many parts of the world to share his family's treasure. It was perfect that Grandmaster Yang Zhenduo should stand before the symbol of the whole



world.

Marvin later called me and said that he had a problem with the publication and he would have to reprint it. If I would pay for shipping he would send me a few hundred magazines for free. What luck! On my next trip to visit Grandmaster Yang Zhenduo in Taiyuan, China, I brought to him one hundred fifty copies of the magazine with this picture on the cover.

Our Grandmaster left us with the final message, “Unity, mutual assistance, development”. Let us all work for the glory of Yang Family Tai Chi.





PRACTICING TOGETHER

FROM THE MEMORIES OF STEPHANIE RUSSELL, USA

*Consider the autumn leaves of the Katsura tree...
Their fragrance flows in from the edge of the practice space
Forming a connection from our natural world to the sublime
So too, we send the perfumed smoke of incense aloft
Intertwined with love and joy from deep in our hearts
Paying homage and renewing connection with our venerable Shiye
One more time!*

*Consider the clouds of winter...
They ride the winds across the sky
Bringing life-giving waters in raindrops and snowflakes
Replenishing the earth
So too, the memory of Shiye's untiring
generosity*

*Crossing the globe, bestowing the treasures of the great Yang Family
Nurturing and enlivening our practice with his wisdom and encouragement
Fills us with undying gratitude
One more time!*

*Consider the song of the bird in spring...
Graceful notes reverberate throughout the practice space
Filling the ear with vibrant music
So too, the rich sonorous voice of our dear Shiye
Resonates in our memory and moves into the present
Evoking diligence and resolve as we practice on
One more time!*

*Consider the summer sun...
A golden ray slants through the surrounding trees
Brightening and warming the practice space
So too, the memory of a smile
Radiating from Shiye's glorious face
Brightens and warms our hearts
Every time!*

THE GIFT

A POEM, BY DR. SUZANNE DROLESKEY, USA

*Flowing clouds
Whispering water
Soft and spiraling
Rooted power extending upward and outward
The body marshaled through spirit
Breath balancing body and mind
Harmonious cycles
Soft quiescence
Precious gift of learning*

SOME MEMORIES OF MASTER YANG ZHENDUO

FROM THE MEMORIES OF SUSAN SMITH, USA

In 1995 I had been studying with Han Hoong Wang for about a year when I heard that she was planning a trip to China to study with Master Yang Zhenduo. With my sons out of high school and encouragement from my husband, I became part of that group. Little did I know how much that would change my life. The friendships made, a deepening understanding of tai chi, the opportunities to teach and pass on a love of tai chi, the list goes on.

I will always remember the first time I met Master Yang on that trip. We had been traveling for many hours, from Detroit to Vancouver to Beijing and then to the train station where we got a train to Handan. That evening we met with our Texan counterparts and were practicing for an opening ceremony in Yongnian the next day. We were outside and it was evening. The Texan and Michigan groups were working on tidying up the form and getting the tempo coordinated when Master Yang Zhenduo appeared to look over our form. Talk about being nervous. But we survived and went on to share three most amazing weeks with him....including ten days of daily lessons in the disco room (!) at the hotel in Taiyuan where Master Yang would arrive on his bicycle each morning.

He was so kind to us, and with great spirit and energy shared many details of his forms. If only I could have retained it all. I will also always remember his great love of life which he expressed in his wonderful sense of humor, unending curiosity about other people, and, of course, his love of Chinese Opera. So elegant and full of grace. The embodiment of his art.

Thank you Master Yang Zhenduo for all that you have shared over the years!

ONCE A TEACHER, A LIFETIME AS FATHER

FROM THE MEMORIES OF THERESE TEO MEI, SWEDEN

There isn't a day that goes by that I am not reminded of Shifu, Grandmaster Yang Zhenduo's teachings or remembering his great spirit. Here, I would like to humbly share some of my happy and fond memories.

I considered myself very fortunate to have met Shifu and to have been accepted by him, accompanying him to different countries, where he taught seminars, learning closely by translating for him, and to have received his teachings personally.

Shifu usually began his seminars by introducing

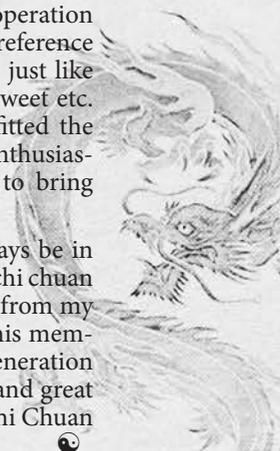
and explaining the Ten Essential Principles. In explaining the 1st principle of 'xu ling ding jin', his eyes would light up, his head lifted, and his spirit was rising up. One could see his powerful back and flexibility of his waist when he showed and discussed the 2nd and 3rd principles, shaking his upper body to demonstrate 'peng jin' and 'fajin'.

His commanding voice in calling out the forms and teaching without a microphone, as well as his ability to sing Chinese opera (for those of us who were lucky to witness that) demonstrates his inner energy. His arms felt solid yet had such coiling energy, that when I practiced 'push hands' with him, I had a hard time 'sticking'.

When I first met Shifu in Washington in 1990, I immediately felt a bond with him. I was honored that he took notice of me, put me on stage in the 1st 'Taste of China' event and corrected my form. I also remember standing in the 'single whip' posture for countless excruciating minutes while he was explaining it to the hundreds of students, and I thought he had forgotten me there on stage but dared not move! However, I was finally led off and received applause from the other students. Many of us who have attended his seminars will recall how he would continue explaining or correcting a form whilst we were in a stationary position. Then he would apologize, tilting his head a little, and with that familiar gesture of his hand, say 'sorry'.

Although Shifu was a renowned and respected grandmaster, he was never arrogant. He taught us all humility by example. He never spoke or had negative views about other schools of tai chi chuan. In fact, he was friendly with leaders of other schools and encouraged cooperation with all styles. He would tell us that preference to different styles of tai chi chuan are just like preference to food taste: spicy, sour, sweet etc. He believed that tai chi chuan benefitted the world and worked diligently and enthusiastically to develop and promote this to bring many people together.

Shifu, my teacher and father will always be in my heart daily, whether practicing tai chi chuan or teaching classes. I hope our stories from my tai chi brothers and sisters will keep his memory alive for the younger and future generation as well to comprehend his teachings and great vision of spreading Yang Family Tai Chi Chuan to many.





CHINESE TERMS OF TAI CHI THEORY

— CHAPTER 3 : METHODS —

BY: JOSHUA NEUHAUS

In this chapter we continue to expand on vocabulary and core terminology of tai chi theory. We move on to cover the third segment of 知体 (zhītī: knowing the body), which is 法 (fǎ: methods). 法 (fǎ) in this case is short for the modern word 方法 (fāngfǎ).

The two main methods used in tai chi are:

1. 腰 (yāo): waist
2. 松 (sōng): relaxation

腰 (yāo): waist

The waist has two abilities (功能 gōngnéng):

1. 轴 (zhóu): turning,
2. 主宰 (zhǔzǎi): controlling [energy].

Turning can be done in three circles (圆 yuán):

1. 平圆 (píngyuán): horizontal circles,
2. 立圆 (lìyuán): vertical circles,
3. 混合圆 (hùnhéyuán): mixed circle; also called “8字” (bāzì): figure eight.

The phrase “以腰为轴带动四肢” (yǐ yāo wéi zhóu dàidòng sìzhī) means that through its turning, our waist moves our four extremities. This ability is integral to the coordination of the lower and upper body. Both arm and leg movement are tied to the waist.

The second ability 主宰 (zhǔzǎi: controlling) is about 劲 (jìn: energy). When studying 劲 (jìn), one of our primary goals is unification. This unification of energy is called 劲整 (jìn zhěng). When studying the principle 上下相随 (shàng xià xiāng suí: upper and lower follow another) one comes across the phrase “energy comes from the root, is developed in the legs, controlled by the waist and shown in the fingers”. This ability of the waist thus ultimately ties into 懂劲 (dǒng jìn: understanding energy). On this note, we can also use our energy to control the opponent’s energy. As such, partner practice is just as important as individual practice in understanding this ability of our waist. Most commonly though, we first approach the unification of energy through external coordination of our own body.

松 (sōng): relaxation

This section is aimed at giving a relevant theoretical perspective on what relaxation is, how it benefits the practitioner and how it works.

First of all, relaxation is an energy method (劲力的方法 jìnli de fāngfǎ). To better understand the relationship between energy and relaxation we turn to the classics:

“用意放松 (yòng yì fāngsōng: put your intention on relaxation), 由松入柔 (yóu sōng rù róu: through relaxation you enter into softness), 聚柔成刚 (jù róu chéng gāng: uniting the soft it becomes hard), 刚柔并济 (gāng róu bìng jì: hard and soft matched together).”

From this phrase, one can conclude that 松 (sōng: relaxation) is the initial step in developing 柔 (róu: softness) and that it lies at the root of tai chi energy, which is “hard and soft matched together”.

松 (relaxation) helps the coordination of body movements (动作协调 dòngzuò xiétiáo) and makes the practitioner’s center more stable (重心稳固 zhòngxīn wěngù).

The way to relax is to find an internal (内在 nèizài) feeling of 骨骼 (gǔgé: bones), 肌肉 (jīròu: muscles), 韧带 (rèndài: ligaments) and 关节 (guānjié: joints) being pulled to

extension (拉长放展 lācháng fàngzhǎn). Let energy (劲力 jìnli) remain in the middle of stiffness (僵 jiāng) and limpness (懈 xiè). It should be similar to the swinging (甩 shuǎi) of a whip (鞭子 biānzi).

This concludes Chapter 3. According to Master Yang, relaxation and waist are the two most important methods to consider in the theory of “understanding the body”. So far, we have covered the feet, the body, and methods, leaving hands and eyes for the next issue.

Appendix: Questions on “Chapter 1: Footwork”

A reader, Rick Márquez, has asked me to clarify a few things mentioned in the first chapter. I would like to relay some of these questions and answers.

1. I was asked to clarify the difference between 丁八步 (dīng bā bù) and 两脚的站位 (liǎng jiǎo de zhànwèi)

丁八步 (dīng bā bù) is one of the three aspects common to our footwork in general. It means that one foot is diagonal and one foot straight.

两脚的站位 (liǎng jiǎo de zhànwèi: feet position) is one of three aspects that cover the differences between types of stances in tai chi. If you compare for example bow stance and empty stance in both cases the back foot is diagonal and the front foot is straight. But in bow stance the feet are shoulder width apart and in an empty stance both feet are positioned along one line.

2. The meaning of 外形 (wàixíng: outer shape)

As with feet position above, this is another aspect covering differences between stances. Outer shape mostly refers to which leg is straight and which is bent. In the bow stance, the back leg is straight and in the empty stance the front leg is mostly straight. Furthermore, an empty stance sometimes has the ball of the foot touching the ground and other times it has the heel touching the ground. Notable examples are also “snake creeps down”, which has a peculiar end position with our weight in the back leg, and also “wild horse parting its mane”, which is a slightly wider bow stance. ☯



QUESTIONS AND ANSWERS

from the recent online seminar by Master Yang Jun

The question and answer component of Master Yang’s recent online seminar is an exciting new way to encourage students to actively engage in the learning process. Using the platform of Google Classroom, the students were presented with questions regarding the Traditional Form after each lesson. The answers were provided before the next round of questions appeared.

Questions and Answers by Master Yang Jun and the Staff

1. Describe the contents of self-practice in your own words.

Perfecting your body shape and practicing energy. Under body shape, there are two categories:

Still practice and moving practice.
Still practice would include standing

Moving practice would include the form, weapons, single-movement practice, and the staff.

Energy can be practiced through relaxation. Once relaxed, you can become soft. Unifying the soft, you can become hard.

Standing and practicing the form will allow you to achieve relaxation.

Single-movement practice and staff will help you to unify your energy.

2. How to practice the Wen (文) and Wu (武) aspects of tai chi?

Wen has no direct translation from Chinese to English, but could be described as “Scholarly” or “Civil”.

Wu can be described as “martial”.

Training yourself nurtures Wen (your body). Training with others nurtures Wu (the ability to apply techniques).

3. What is the goal of learning the form?

The goal of learning to form is to learn the methods, techniques, and energies in tai chi chuan.

Additionally, it is a way to improve your health.

4. What's the progression of learning tai chi chuan?

1. To understand tai chi's reason (明理 Ming Li) (understanding tai chi chuan's theories)
2. To know your body (知体 Zhi Ti)
3. To reach the ability to apply techniques (达用 Da Yong)
4. How does one understand their body?

Through the footwork, body shape, hand techniques, method, and gaze.

5. How does one understand tai chi chuan's theories?

From three areas: philosophy, principles, and the tai chi classics.

6. Tai chi chuan is based on what philosophy? How does one apply tai chi chuan's philosophy into practice?

Tai chi chuan is connected with two parts of philosophy. One is yin yang theory, the other is the 5 element theory.

The two theories are connected with tai chi chuan's 13 postures.

The subject of the thirteen postures are energy and center stability.

The main idea from the philosophy is to create balance.

The yin yang theory relates to energy balance while the 5 elements theory relates to center balance.

7. What is the relationship between tai chi and yin yang?

Tai chi and yin yang have a Parent-Child relationship.

Tai chi is the parent while yin yang is the child.

Tai chi is under one subject with two different sides.

An example would be temperature. Temperature would represent "tai chi" while cold and hot would represent "yin yang".

Another example would be size, with tai chi being the "size" aspect and yin yang being the "small or big" aspect.

Tai chi can be divided into yin yang, while yin yang can be combined to make tai chi.

One can be divided into halves, while two halves can be combined to make one.



9. The ten essentials can be put into three categories. Name the categories and list each principle under a category.

十大要领 The Ten Essentials can put into these three categories:

1. 身形 Body shape

虚领顶劲 Empty, lively, pushing up, and energetic

沉肩坠肘 Sink the shoulders and drop the elbows

含胸拔背 Hold in the chest and slightly round the back

松腰 Relax the waist

2. Practicing methods

分虚实 Separate empty and full

上下相随 Synchronize upper and lower body

内外相合 Match up inner and outer

相连不断 Practice continuously and without interruption

用意不用力 Use intent rather than force

3. 神和意 Spirit and Intent

虚领顶劲 Empty, lively, pushing up, and energetic

内外相合 Match up inner and outer

用意不用力 Use intent rather than force

动中求静 Seek quiescence within movement

The ten essentials help us to achieve what goals?

One is stability (center balance, physical balance), the other is energy unification.



INTERVIEW WITH

MASTER HE YOULU

RECORDED DURING THE 2019 YANG FAMILY TAI CHI SYMPOSIUM

Interview by: **JIM PAYMAR**
Interpreter: Fang Hong — Transcribed: Bruno Repetto

Jim Paymar: Good morning Master He Youlu. The first question I have is: What do you believe is the essence, the being of tai chi? What is tai chi chuan to you?

He Youlu: Are you asking about tai chi or about tai chi chuan? They are different things.

Let me start over. The first question I have is: What do you believe is the essence of tai chi chuan? What does it mean to you?

Tai chi chuan is a kind of martial art. It uses the philosophy of tai chi. It is led by it. Tai chi chuan is to me my whole life's work. I have helped develop my style of tai chi chuan, to spread it all over the world, and to have more people benefit from it.

You are not the first master in your family. You have had many teachers, your relatives, your lineage, your family.

I am the sixth generation descendant of He Tai Chi. The first generation started He Tai Chi Chuan in 1810.

So is it tradition that tai chi chuan is handed down from generation to generation? Will your son teach?

Both my son and daughter are practicing and they will carry on the style.

We have here six different masters at this Tai Chi Symposium. What is the difference between your style versus the other masters'?

All kinds of tai chi, their theories are the same. They only differ in their shape. In particular, our He style feels lighter and more rounded and more beautiful.

Tai chi chuan starts as a martial art, but when you watch people do tai chi, it does not seem like it is a fighting form, it is more of a gentle form, of exercise or forms.

Practice is now not for fighting, not for martial arts, although it comes from martial arts. Tai chi chuan started out from the point of view of practices of attack and self-defense. But now, for more and more people, the main purpose is for health.

How does tai chi chuan help you have good health?

I started out practicing tai chi chuan when I was very young, and now, look at me, I am healthier and stronger than most people my age. When I get tested medically, all my test results are much better than people my age.

How old are you?

I am 56 years old.

You have been practicing your whole life since you were a young boy. Did you learn from your father?

Yes.

When you think of tai chi, where does it begin? Does it begin in your mind and then move through your body, through your heart, through your spirit? In other words, when you do tai chi, do you think about it, or do you begin physical movement and then the physical and the mental coordinate?

People should start “from scratch”, in other words, people should start from their physical body and then recognize that their physical body and their minds should coordinate together. For me, when I do the forms, I start both the body and the mind together.

What do you think about while doing tai chi chuan?

In my experience, I do not think a lot. Just between a little and nothing.

So the physical movements become just evolved; you don't think about them anymore. You just go through the forms?

In tai chi chuan we have several steps we must follow. First, we understand the movements, Second, we understand the energy. In my level, I am already very familiar with the movements, so I don't think about what to do next.

Is there a spiritual aspect of tai chi? Is there some meditation that you do, a breathing that helps you to develop the tai chi chuan form?

In tai chi chuan we do not need meditation. About the breathing, we cannot match them exactly since some movements are slower and some are faster.

Is there a spiritual or religious aspect of tai chi? Confucianism, Daoism, the Yin Yang, does this play a role for you with tai chi?

There is no religious aspect to tai chi. It is more cultural. Confucianism asks us to be centered, and Daoism asks us that our yin and yang be balanced. So this is more cultural than religious.

Why should people do tai chi? You mentioned earlier that it helps you with your physical being, that you are healthier at age 56 than other people may be at age 56. Does it also help in your mental abilities and capabilities?

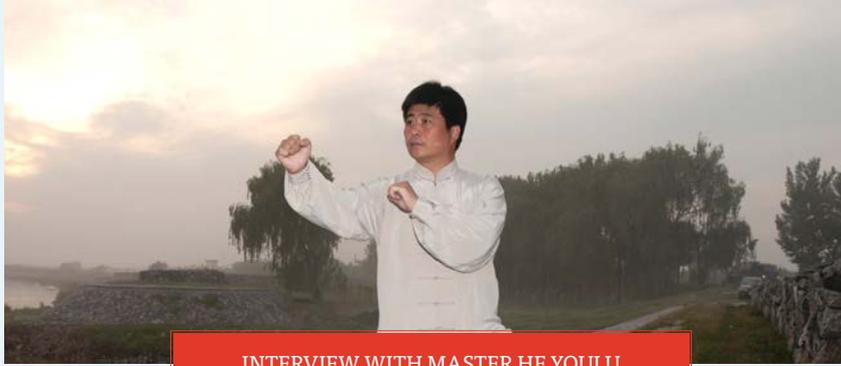
Tai chi chuan asks us to have mind balance, a quiet mind. So it helps people to center themselves. And also the spirit of tai chi chuan gives you a feeling of wellness.

If you have a physical problem, your knee hurts, your leg hurts, your arm hurts, you don't breathe right, you don't feel good. If you started to do tai chi, even as an older person, would tai chi chuan help?

If a person can move, then tai chi chuan can definitely help. It keeps them balanced in their physical body and in the coordination of their upper and lower body, and help them keep their mind calm.

They say that they have done studies that tai chi chuan can help older people with preventing dementia, Alzheimer's, depression. Have you found that to be true?

Yes. I have a student that has serious depression. When he does tai chi, his mind is relaxed, his body is relaxed. He can achieve relaxation and this helps him with his depression. He is getting better.



INTERVIEW WITH MASTER HE YOU LU

How important is the breathing when you're doing tai chi? Does the breath play a big part in coordinating the mind and the body so that the tai chi chuan forms come out correctly?

Not really. When doing tai chi, we ask people to do "abdominal breathing." So we ask people to sink their chi to their dantian. So if people match their breathing to the movements, this does not work well. Sometimes we go higher, sometimes we go lower, sometimes we go fast, and sometimes we go slow, so matching isn't realistic. We just ask people to do simple abdominal breathing.

You've been doing tai chi chuan for fifty years?

More than 40 years.

You've been doing tai chi chuan for more than 40 years. Are you constantly learning? Are you constantly changing? Are you developing new techniques and new forms as you progress in your own study?

I keep the traditional spirit, the skill, but I am still developing the form. For example, in the old ancestral time, people practiced very hard, but now in modern times, people don't have the time to practice like that, so it's relaxed.

What do you learn from your students by watching them perform tai chi?

Yes, when I watch some students practice, I observe one or two points or more points and demonstrate for them what they need to correct, so this reminds me of how the forms should be done.

What are some of the biggest challenges that you see in promoting tai chi chuan in the future? What are some of the obstacles that you see? Are there ways to get more people involved in learning tai chi?

Because of the fast pace of today's life,

I think that the most important thing to spread tai chi chuan is to let more people know what tai chi chuan is. Nowadays many people do not know that tai chi can help them to relax their mind and body.

If you were to describe in one sentence or one phrase what tai chi chuan is, what would that sentence be?

Tai chi chuan is balance.

Balance of the mind and the body?

Yes.

If there was one thing that would be the most important thing that you would pass on to your students, what would that be?

Do you mean about tai chi chuan or overall?

Overall.

I would like to give my students the knowledge to use tai chi chuan philosophy and theories to apply to their lives.

One last question, and I've asked you many questions. What do you see as the future of tai chi chuan, and do you believe that it can help to create a more peaceful human being, and a more peaceful world?

It must be. It should be like this. Because tai chi chuan theories are about balance, if everybody used these theories of balance, then our world is going to be balanced.

I said this would be the last question, but I'll ask one more. What instructors were most important in developing tai chi chuan in your life?

It's my father, because I learned from him starting when I was a very young boy.

Thank you very, very much!



Thank you to our members
for your support during the
pandemic.

*We look forward to building our
tai chi community with you in the
future.*

TO JOIN OUR ASSOCIATION, PLEASE GO TO :
<https://yangfamilytaichi.com/memberships/>

Thank you!

**THE YANG FAMILY
TAI CHI CHUAN
ASSOCIATION**
celebrates the incredible legacy
**OF GRANDMASTER
YANG ZHENDUO**

Grandmaster Yang Zhenduo brought us together as an international tai chi family. Let us all work together to make our family stronger, and continue his life's work of spreading tai chi chuan around the world!





楊振鐸
YANG ZHENDUO
1926 - 2020



