



## INTERNATIONAL ASSOCIATION

Founded in 1998, the International Yang Style Tai Chi Chuan Association is a non-profit organization dedicated to promoting Yang Style Tai Chi Chuan, as taught by the Yang Family in China. The Association's teaching centers are called Yang Cheng Fu Tai Chi Chuan Centers, named after the 3rd generation of the Yang Family, Yang Cheng Fu.

The Centers are created to provide a formal structure for practitioners and teachers of Traditional Yang Style Tai Chi Chuan to better promote its teachings and awareness throughout the world, thus allowing more people to benefit from the practice of Tai Chi. The Association is rapidly expanding with Centers currently in 11 countries.

The Association maintains a premier website for Tai Chi at [www.yangfamilytaichi.com](http://www.yangfamilytaichi.com). This site plays a critical role in uniting people of different cultures and increasing the public's awareness of the benefits of practicing Tai Chi Chuan. Information about the Association, upcoming seminars and classes, products and in-depth discussions about Tai chi can be found at our website.

## YANG FAMILY



**YANG CHENG FU** is one of the most famous martial artists of this century. The form he developed has become universally recognized as the standard for Yang Style Tai Chi.



**MASTER YANG ZHEN DUO** is the son of Yang Cheng Fu and 4th generation heir of the Yang Style. He has devoted his life to promote the Yang Style Tai Chi Chuan taught by his father.



**MASTER YANG JUN** is the 6th Generation Yang Family member to continue the teachings of his ancestors. He is the Instructor and President of the Seattle Yang Cheng Fu Tai Chi Chuan Center.

[yangfamilytaichi.com](http://yangfamilytaichi.com)

國際楊氏太極拳協會

**YANG CHENG FU TAI CHI CHUAN CENTER USA**

*For the latest class and Association information  
visit our website at [www.yangfamilytaichi.com](http://www.yangfamilytaichi.com)  
or call (425) 869-1185. You may also e-mail us at:  
[info@yangfamilytaichi.com](mailto:info@yangfamilytaichi.com)*

**Master Yang Jun**  
Instructor

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REDMOND, WA 98052  
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## WHAT IS TAI CHI?

Tai Chi is an internal martial art practiced as a series of movements, connected in a flowing pattern, and governed by principals of correct body usage. To gain precision and deep body awareness, Tai Chi is performed slowly and is suitable for people of all ages and levels of physical ability. Tai Chi has been developed to provide the benefits of stress reduction, flexibility, stamina, and coordination, as well as self-defense.

## YANG STYLE

Yang Style evolved from Chen Style about 200 years ago. After the Chinese government created the Nationalized Tai Chi forms in the 1950's (largely based upon the Yang Style) the Yang Style then became the most popular of the 5 main styles.

*"Yang Style Tai Chi's main characteristics are moving slowly at an even pace and every move is not rushed. Energy is more internal and the motion is big and open and extended. The frame looks beautiful. Because of these main characteristics, a lot of people can learn it. This has resulted in more and more people practicing, regardless of sex or age or whether they are in excellent health or whether they are weak or ill. Everyone can be involved in the practice of Tai Chi."*



MASTER  
YANG ZHENDUO  
*Tai Chi Magazine*

## CLASS INFORMATION

### *Hand Form*

The Traditional Yang Style long form is taught and is for all ages, beginners to advanced. Students can improve their strength, coordination, posture, concentration, and general level of energy. The Hand Form provides the basics necessary to practice push hands and weapons.

MONDAYS		SEATTLE
Beginners		6:00 to 7:00 p.m.
Intermediate		7:00 & 8:00 p.m.
TUESDAY		REDMOND
Hand form		7:30 to 8:30 p.m.
WEDNESDAY		SEATTLE
Beginners		6:00 to 7:00 p.m.
Advanced		7:00 to 8:00 p.m.
Push Hands		8:00 to 9:00 p.m.
THURSDAY		REDMOND
Push Hands		6:30 to 7:30 p.m.
Hand form		7:30 to 8:30 p.m.
FRIDAY		REDMOND
Hand form		6:00 to 7:00 p.m.
Hand form		7:00 to 8:00 p.m.
Hand form		8:00 to 9:00 p.m.
SATURDAY		REDMOND
Saber form		9:00 to 10:00 a.m.
Sword form		10:00 to 11:00 a.m.
Free practice		11:00 to 12:00 a.m.

### *Costs*

	1 month	3 months
1 Hour/Week	\$ 50	\$130
2 Hours/Week	\$ 80	\$200
3 Hours/Week	\$110	\$270

- There is a \$30 registration fee which includes the 1st year of Association membership.
- MC/VISA accepted

## INSTRUCTOR

### *Master Yang Jun*

MASTER YANG JUN, is the 6th Generation direct descendant of the founder of Yang Style Tai Chi, Yang Lu Chan. He has been trained by his grandfather, Master Yang Zhen Duo, since age 5 to carry on the Yang Family traditions. He is certified as the highest level judge in China and served as head judge for the 1998 National Tai Chi Competition in China. In 1995 he was given the title of "Shanxi Province Famous WuShu Master" by the Chinese WuShu Academy. Yang Jun has been teaching seminars overseas with his grandfather for the last ten years. He moved to Seattle from China in August 1999 with his wife, Fang Hong, to teach and serve as President for the International Yang Style Tai Chi Chuan Association.



### *Push Hands*

Push Hands is practiced with a partner, focusing on the principles of sticking, yielding, and rooting.

### *Sword Form*

The moves are based largely on the hand form and are practiced slightly faster with a sword and tassel.