

The Tai Chi Chuan Institute of Stockton • Yang Chengfu Tai Chi Chuan Center, Stockton Branch  
and the International Yang Family Tai Chi Chuan Association presents



# 103 YANG TAI CHI CHUAN SEMINAR with Grandmaster Yang Jun

**SAT. & SUN., JANUARY 28-29, 2012**

Confucius Church • 212 E. Lafayette St., Stockton, CA

**DON'T MISS THIS RARE OPPORTUNITY** to Learn From the **Sixth Generation Descendant of the Yang Family Tai Chi Master** who originated the most popular tai chi form practiced in China today. Grandmaster Yang Jun is the grandson of Grandmaster Yang Zhen duo and great grandson of Yang Chengfu, China's most famous Tai Chi master. The International Yang Family Tai Chi Chuan Association has 41 centers and schools in 17 countries where Grandmaster Yang Jun holds seminars, so his availability is very limited. This seminar provides you with a unique opportunity to learn the fundamentals of tai chi from a direct descendant of the founder of Yang Family Tai Chi Chuan.

### What Will You Learn:

- The theory and history of Yang Family Tai Chi Chuan
- Grandmaster Yang Chengfu's 10 Essentials for the Practice of Tai Chi Chuan
- Grandmaster Yan Jun will explain/demonstrate the martial application/meaning of the postures
- Yang Family "103" Hand Form Tai Chi Chuan

**Pre and Post Seminar Support.** To provide seminar attendees support and assistance, they are welcome to join us to practice prior to the seminar and following the seminar *without any extra cost* to them. As soon as a person pays the registration fee for the seminar, that person may come to the Center on Saturdays to practice the "103" form with us. This would provide people new to the form some preparation prior to the seminar.

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### SEMINAR SCHEDULE

8 a.m. - 9 a.m.  
Warm-up session of stretches and qigong.

9 a.m. - Noon  
3-hour instruction with Grandmaster Yang Jun.

Noon - 1 p.m.  
Lunch.

1 p.m. - 3 p.m.  
Practice session on postures taught in the morning.

3 p.m. - 5 p.m.  
2-hour instruction with Grandmaster Yang Jun.

For more information, call Director Bing Hui at 209/476-8102 or email [bing@yangfamilytaichi.com](mailto:bing@yangfamilytaichi.com).

*Please see the other side of this flyer for more information.*

Go to [www.stocktontaichi.com](http://www.stocktontaichi.com) for the latest updates.

## REGISTRATION FORM for YANG FAMILY "103" TAI CHI CHUAN SEMINAR

NAME \_\_\_\_\_ EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY/STATE/ZIP \_\_\_\_\_

DAY PHONE \_\_\_\_\_ NIGHT PHONE \_\_\_\_\_ CELL PHONE \_\_\_\_\_

YES! I would like to register for:

	MEMBERS	NON-MEMBERS	COSTS
2 day 103 Hand Form Seminar . . .	\$200. . . . .	\$220	_____
1 year Yang Chengfu Tai Chi . . . . .	\$ 30		_____
Chuan Center membership			
Saturday Evening Welcome			
Banquet . . . . .	\$ 25. . . . .	\$ 25	_____
	TOTAL ENCLOSED		_____

Members must include a photocopy of your membership card with registration to receive the member discount.

REGISTRATION DEADLINE:  
Mon., Jan. 16, 2012

Seminar fee does not include lodging or meals. Checks or money orders accepted. Please make checks payable to: **Bing Hui**. Send this form and your payment to: Bing Hui 4148 Pinehurst Cir. Stockton, CA 95219

## Pre and Post Seminar Support (cont.)

After the seminar, seminar attendees may receive *free* follow-up Saturday practice on the “103” until the end of March. This offer of support is unique to our Center, as it is our wish that all attendees have a good experience.

**Additional Resources.** Seminar attendees may also want to continue their training in the “103” form by joining our Center as a member. Institute membership is \$30/month. Besides Saturday classes at Confucius Church, there are Monday evening classes at the Calvary Presbyterian Church in Stockton.

**Grandmaster Yang Jun**, President of the International Yang Style Tai Chi Chuan Association and sixth generation descendant of the creator of the Yang Style Tai Chi Chuan, began his training with his grandfather, Grandmaster Yang Zhen duo, when he was only five years old. He is proficient in Tai Chi Chuan, Sword, Saber, Push Hands, and many other forms of Tai Chi. Grandmaster Yang Jun’s skill is unquestioned. His forms seamlessly combine softness with hardness, finesse with flair, and restraint with expression.

**About the International Yang Style Tai Chi Chuan Association/Yang Chengfu Tai Chi Chuan Center.** In October 1998, Grandmasters Yang Zhen duo and Yang Jun established the International Yang Style Tai Chi Chuan Association, uniting all the Yang Chengfu Tai Chi Chuan Centers worldwide.

Currently, there are 41 Centers in 17 countries. The Yang Chengfu Centers are committed to teaching Traditional Yang Style Tai Chi as taught by the Yang Family in China. The Association is incorporated as a non-profit entity in the State of Washington, with its headquarters at the Seattle branch of the Yang Chengfu Tai Chi Chuan Center USA. Visit their web site: [www.yangfamilytaichi.com](http://www.yangfamilytaichi.com).



The Tai Chi Chuan Institute of Stockton was formed in 1983. Master Bihn Ly taught for 15 years, succeeded by Dr. Raymond Tom, a student of both Master Bihn Ly and Grandmaster Yang Jun. Ray retired from his Directorship on Jan. 2006, but is still active in the Institute. New Director Bing Hui has studied with Grandmaster Yang Zhen duo, Grandmaster Yang Jun, Master Bihn Ly and Ray for 13 years. He has been teaching classes for 8 years in the Stockton area: Delta College, Stockton Parks and Recreation Dept., McFall’s Senior Center, Atria Bayside Landing, Calvary Presbyterian Church and City of Lathrop Senior Center.

The Tai Chi Chuan Institute of Stockton/Yang Chengfu Tai Chi Chuan Center, Stockton Branch, has its center in the auditorium of the Confucius Church, 212 E. Lafayette St. (and S. Hunter St.), Stockton, CA 95203. Classes are held every Saturday, 8:30-11 a.m. Monday classes are at Calvary Presbyterian Church, 2343 Country Club, Stockton, 6-7 p.m. Visitors are welcomed to observe the classes.

## Stockton Yang Chengfu Center.

In April 2002, Dr. Raymond Tom, then Director of the Tai Chi Chuan Institute of Stockton, received approval from the International Yang Style Tai Chi Chuan Association to create a California Yang Chengfu Tai Chi Chuan Center in Stockton. The Stockton Center is the first and only center in California and the twelfth center in America.

## Welcome Banquet and 30th Anniversary Celebration

On Saturday evening, Jan. 28th, there will be a banquet to welcome Grandmaster Yan Jun. It will also be our Center’s 30th Anniversary Celebration. All are invited to attend – enjoy an opportunity to get acquainted with fellow attendees or renew past friendships. The banquet will be a multi-course Chinese meal. Details will be announced at a later date.

## THANK YOU TO OUR SUPPORTING SPONSOR

Confucius Church/  
Chinese Benevolent Association of Stockton  
212 E. Lafayette St., Stockton, CA 95203  
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