

Traditional Yang Family Style Tai Chi Chuan

Summer Seminar 2008

With Master Yang Jun

**July 18th to 20th: Hand Form (103 Long Form)
Rippling Waters Park, Forest Grove, Oregon**



The Curriculum:

Hand Form Class: The Traditional Long Form (103 postures) is the focus of this three-day session. Intermediate to advanced Tai Chi students will have the rare opportunity to examine the complete sequence, formalized in the 1930's by Yang Cheng Fu, as taught by his great-grandson, Master Yang Jun. Essential principles and practical techniques merge in Master Yang's teaching, which is a model of clarity and patience.

Registration will be limited to 25 Participants

The Location: Rippling Waters Park, 3865 NW. Gales Creek Rd., Forest Grove, Or.

30 miles west of Portland, the Rippling Waters Park is a spectacular setting for this year's Seminar. A renovated dance hall set deep in the woods next to Gales Creek provides secluded and peaceful surroundings for us to focus on our practice. This will be an adventure!

The Tuition:

Hand Form Class

\$300

(Member discount): \$270

What to expect:

The Seminar will be limited to 25 participants. **A pre requisite for participants is being able to practice all three sections of the long form.**

Master Yang is now teaching in English. He has worked very hard over the past few years to bring all of his considerable knowledge and experience to his new English skills and this is a very exciting development. No longer using an interpreter allows Master Yang to develop detailed information about the function and applications of the motions that was previously available only to Chinese students. He is an instructor who uses every opportunity to demonstrate rather than explain, to correct rather than criticize, and to keep the students clearly in the forefront of this process. From time to time he will ask certain students to demonstrate a motion for the class, should he pick you, take a deep breath, smile and try your level best.

The instruction begins at the beginning and the form sequence is introduced a section at a time. The method is for Master Yang to show the motions to the class, discuss briefly the particular requirements, show the motion from several angles and then get the class to replicate the sequence using numerous repetitions. When that particular section is covered, the next piece is introduced. Every class begins with the words “Let’s review and practice”. The form is performed from the start, up to the where the previous lesson ended and then he will offer corrections and suggestions. Once these have been delivered, the next section is introduced.

You will be on your feet quite a bit, not full time, but a substantial amount. During the introduction of new motions typically people will take a seat to observe. There are also mid session breaks to be determined by Master Yang. Of course if at any time you need to sit down and rest please do so.

I don’t want to alarm you, but this becomes by day 2 an endurance event and you should try to increase your practice time leading up to the Seminar. By Day 3 you are performing the long form twice a day with review, repetitions and corrections as well. So get out there and practice.

Daily Schedule

The Rippling Waters Dance Hall will open for us at 7:30 am and **classes will begin at 8:30 am sharp.** You are responsible for your own warm-ups and I would suggest arriving early to stretch and prepare for the coming days activities. The morning session ends at 11:30am. **Lunch will be provided as a part of your tuition.** The Hall will remain open during the break. I suggest that you consider bringing a camp mat to stretch out on. There are many lovely places at the Park to take a nice siesta; I would urge you to consider having a bit of a lay down between say 12:30 and 1:30pm. Starting at

2pm to 2:45pm there will be a **practice session**, which will cover the material introduced in the morning session, this is an opportunity to review specific problem areas and reinforce the morning's lesson. This session will be hosted by yours truly.

The afternoon session begins at 3pm sharp. Please be in the building by 2:45pm. The class will end at 5:00pm and there may be some time after that for informal push hands or sword practice, again hosted by yours truly.

Location and Lodging:

The Rippling Waters Park is a private residence located 5 miles west of Forest Grove at 3865 NW. Gales Creek Rd. Home to Corrine and Lindley Morton, they have graciously allowed us to use the old Dance Hall which is one of the few remaining buildings from what used to be a popular rural amusement destination back in the 1930's. The structure has been renovated recently with a lovely wood floor and large windows which open out to the surrounding woods and nearby creek.

Drive time from the Portland metro area will be about 45 minutes, somewhat less on Saturday and Sunday mornings. Detailed maps will be sent with your registration confirmation.

Lodging: To put it simply, this is going to be a problem for out of town participants. Normally Forest Grove is a sleepy town with an abundance of hotel/motel rooms. However, as fate would have it, the Grand Concourse d'Elegance, a large classic car exposition will be held on Sunday, July 20 and on Saturday July 19th, every room in the town has been booked almost a year in advance for this event. There are rooms available in town for Thursday July 17th and Friday July 18th but nothing on the 19th. The next available series of lodging opportunities is in Hillsboro, 10 miles east of Forest Grove and I am currently investigating the best options. I will work with each of you to arrange to most convenient location for you to stay.

Merchandise and Photos

There will be items for purchase including T-shirts, instructional materials, swords, sabers and tassels. Price lists and items can be found at www.yangfamilytaichi.com. **If you wish to reserve a sword or saber do so now.**

Please bring your camera if you wish, and I'll take your picture with the Master, no charge.

Any Other Questions?

Please feel free to call me at 503-357 8917,
Thanks for your interest,
Dave Barrett, Center Director, dave@yangfamilytaichi.com

Registration Worksheet

Summer Seminar 2008

July 18th to 20th: Hand Form (103 Long Form)

Rippling Waters Park, Forest Grove, Oregon

Name: _____ **Date of Birth** _____

Address: _____

Phone: _____ **E-mail:** _____

Association Member# _____

I want to join the International Yang Style Tai Chi Chuan Association
to receive the tuition discount: Yearly dues \$30 _____

The Tuition:
Hand Form Class \$300 (Member discount): \$270 _____

Registration Fee (non refundable) _____ **\$20**

Total: _____

Please make checks payable to:
Yang Cheng Fu Tai Chi Chuan Center

Mail To: Tai Chi Seminar, PO Box 424
Banks Or., 97106

Credit card charges may be made by special arrangement, please contact Center
Director Dave Barrett, dave@yangfamilytaichi.com or call 503-357-8917