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Dr. Yang, Jwing-Ming has a long history in Chinese Wushu going back over fifty years. During his youth, he spent thirteen years learning Taijiquan, Shaolin White Crane (Bai He), and Shaolin Long Fist (Changquan). He continues to research, study, learn, and practice to this day. Below is an excerpt of Dr. Yang's revised edition of the book Tai Chi Chuan - Classical Yang Style.

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Tehran Yang Family Tai Chi school students led by Morteza Moradi (Yang Ya Xiao), disciple of Grand Master Yang Jun, demonstrating Yang Style Traditional hand form on a public event in Tehran to introduce Tai Chi to the public on Nov 14, 2019.

Anatomy Of Yang Family Tai

The Yang family's tai chi chuan style is unique to the Yang family. It was started by Yang Lo Sim, who was born over two hundred years ago, and has been passed down to family members, generation after generation to the present day. The lineage under discussion is that of Yang Sau Chung, the eldest son of Yang Ching Po.

The first Yang Chengfu Tai Chi Chuan Centers were created in the U.S. in 1995 by Masters Yang Zhenduo and Yang Jun and their top

students. Currently, there are 28 Centers in 12 countries. The Yang Chengfu Tai Chi Chuan Centers are committed to teaching Traditional Yang Style Tai Chi as taught by the Yang Family in China.

Instructor Certification - Yang Family Tai Chi

Academy training is conducted worldwide at Yang Chengfu Tai Chi Chuan Centers, National Training Headquarters, and at other locations approved by the Association. National Training Headquarters are Yang Chengfu Tai Chi Chuan Centers designated by the Association to organize, plan, schedule and manage the Teacher Academy program in the country where the Center is located.

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"Anatomy of Yang Family Tai Chi" by Steffan de Graffenried is a perfect example of how hard it is to do the one without the other. There are some really helpful insights here which can offer aid to the right student at the proper time.

Review - Anatomy of Yang Tai Chi

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A Tai Chi az egyik legnépszerűbb mozgásrendszer, amelyet életkortól és egészségi állapottól függetlenül bárki gyakorolhat. Gyakorolj velünk!

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