

PROGRAMS

Grandmasters' Workshops: Directly From the Source!

Each day, you will train with the Grandmasters. Each Grandmaster represents one of the five traditional family styles of Tai Chi Chuan: Chen, Yang, Wu, Wu/Hao, and Sun Styles.

These distinguished Grandmasters will present foundation exercises and movements that are distinctive to their own style. All the styles are linked by shared characteristics, by history, and by a common philosophy, into one "family" of Tai Chi Chuan. As you see all of them and study from all of them, you will get a sense of their interrelationships.

Come learn about this ancient Chinese martial art that has become a modern world-wide phenomenon. Get the latest scientific results. Find out how it has been proven to improve the health and well-being of its practitioners. Discover its benefits for yourself.

Pre-Symposium Workshops: Key Elements of Tai Chi Chuan

Saturday, July 5, and Sunday, July 6: The pre-Symposium schedule includes short informative sessions, taught by experts, to present key elements of the art. There is introductory material for students who have little or no experience in Tai Chi Chuan, though you can enjoy this valuable material at all levels. You can sign up for these independently of the other Symposium programs. Instructors are welcome to collect great teaching tips.

Academic Program: Tai Chi Chuan and Brain Science

The Symposium program includes daily sessions on "Tai Chi Chuan and Brain Science." These are focused on how the practice of Tai Chi Chuan affects neurological function. You'll be excited by the research of the past decade that has revealed new and surprising insights on how our brain develops throughout our life. Research also has shown that Tai Chi Chuan training can be used to address disorders of the brain and nervous system, such as Parkinson's, Alzheimer's and PTSD (Post-Traumatic Stress Disorder).

This is "evidence-based" information, presented by professionals, through special key-note speakers, lectures, and literary review sessions, with question-and-answer opportunities. It's all highlighted by a fascinating interactive panel discussion among academic presenters and the Tai Chi Chuan Grandmasters.

For more information, please visit:

www.taichisymposium.com

LOCATION AND DATE

Spalding University • Louisville, Kentucky
July 5 – 11, 2014

*Don't miss this special event!
Unique in the world of Tai Chi Chuan!*

Traditional Tai Chi Chuan Grandmasters, researchers, and health professionals bring together the wisdom of Chinese culture and the precision of modern science, through workshops, academic sessions, and other special events.

China's lineage masters generously share the uniqueness of their forms. Modern research scientists explain the effects of Tai Chi Chuan. You learn how to combine these into your own training.

Build your foundation and enrich your understanding of Tai Chi Chuan.

Ph: (425) 202-5605

Email: info@taichisymposium.com

The 2nd International Tai Chi Chuan Symposium
is brought to you by the

Yang Family Tai Chi Chuan Foundation



The Yang Family Tai Chi Chuan Foundation is a 501(c)(3) non-profit organization. The Foundation's mission is to help people live longer, healthier lives through Tai Chi Chuan.

Sponsorships: Would you like to help sponsor this wonderful event? For information on how to make a tax-deductible donation, please visit us at:

www.yangfamilytaichifoundation.org



*Traditional Tai Chi Chuan
"Directly from the Source"*



JULY 5 - 11, 2014

The Second International Tai Chi Chuan Symposium



天下太極是一家

All Tai Chi Chuan is One Family

Chen Style

Grandmaster Chen Zhenglei - Chen Zhenglei, a 19th generation inheritor of the Chen family's traditions, has been instrumental in the revival of the family's long legacy of martial excellence. He is widely recognized as one of the leading exponents of Chen Style and is considered to be one of the most accomplished teachers of his generation. He has been recognized by the Chinese government as one of China's top 10 martial artists.

Yang Style

Grandmaster Yang Jun - Yang Jun is the 6th generation descendant of the founder of Yang Style Tai Chi Chuan and 5th generation lineage holder. He has served as the Vice President of Operations and Training of the Shanxi Province Yang Style Tai Chi Chuan Association with over 30,000 members in his hometown of Taiyuan, Shanxi. In 1998, Yang Jun, with his grandfather Grandmaster Yang Zhen duo, created the International Yang Style Tai Chi Chuan Association, and he has been the Association's president since its founding. In 1999, Yang Jun moved to Seattle with his wife, Fang Hong, to organize and administer the international operations of the newly formed association and to establish its centers throughout the world.

Wu (Hao) Style

Grandmaster Zhong Zhenshan - Zhong Zhenshan was born in the town of Guangfu, and at the age of 13 he became a formal disciple of Yao Jizu, who was the most prominent practitioner of Wu YuXiang

Style's "old frame." The founders of Wu (Hao) Style are acknowledged to have authored some of the writings now referred to as "taiji classics." Zhong Zhenshan is the author of many essays and books on Wu (Hao) Style of Tai Chi Chuan and on tai chi theory, and he has won numerous gold medals. In 2006, Wu (Hao) Style Tai Chi Chuan was recognized as one of the Treasures of Chinese Martial Arts.

Wu Style

Grandmaster Ma Hailong - Ma Hailong has been practicing his family's techniques for over 60 years. His great-grandfather, Grandmaster Wu Quanyou, created the Wu Style. Ma Hailong began training at the age of six with his grandfather, Grandmaster Wu Jianquan, and with his father Grandmaster Ma Yueh-liang. Both his parents were accomplished teachers, and his uncles had studied intensively with his grandfather. Ma Hailong grew up in this especially rich family environment, and he remains dedicated to sharing the Wu family's traditions.

Sun Style

Grandmaster Sun Yongtian - Sun Yongtian is a distinguished and respected member of China's martial arts community and the designated successor to the Sun Family Style. He studied for many years under the personal guidance of Grandmaster Sun Jianyun, the daughter of Grandmaster Sun Lutang, the founder of Sun Style. Sun Yongtian is the Vice-Chairman of the Beijing Martial Arts Association and the Vice-President of the Sun Tai Chi Research Institute in China.

WELCOME TO Louisville, Kentucky

Louisville is a city of endless possibilities: world-class performing arts, great sports, extraordinary dining, historic districts, and river-front attractions. Main Street's Museum Row features nine museums and galleries within a six-block stretch. Sports lovers will enjoy the world's biggest baseball bat on display at the Louisville Slugger Museum and Factory, and also the Muhammad Ali Center. Stroll along the Urban Bourbon Trail, and hang out at "Fourth Street Live!," the city's premier downtown dining and entertainment complex. All within walking distance of the Symposium location.

Nearby, you can re-live the fastest two minutes of sports—the Kentucky Derby—by visiting Churchill Downs and the Kentucky Derby Museum.

Experience the hospitality, amenities, and excitement of this vibrant city—a "Top Travel Destination" for tourists, and one of America's "Most Livable" large cities.



Spalding University combines a rich history in an urban setting, with comprehensive learning resources, service learning, and intercollegiate athletics. Today, this co-educational institution offers more than two dozen degree programs in liberal arts and professional studies to over 2500 students at the bachelor's, master's, and doctoral levels. It has a reputation as a "compassionate university" with a deep connection to its community.

Spalding University is pleased to offer attendees of the Second International Tai Chi Chuan Symposium low cost lodging and dining. The facilities provided for Symposium attendees are within a short walking distance to local attractions, dining, and entertainment.