

Newsletter

of the
International Tai Chi Chuan Symposium
on Health, Education and Cultural Exchange

Issue 5 May 2009

50 Days.....and Counting

To the start of the

International Tai Chi Chuan Symposium on Health, Education and Cultural Exchange



Chen Style Tai Chi Chuan



Yang Style Tai Chi Chuan



Wu (Hao) Style Tai Chi Chuan



Wu Style Tai Chi Chuan



Sun Style Tai Chi Chuan

Experience an unparalleled opportunity to learn from the **Grandmasters** of the five traditional Chinese family Schools of **Tai Chi Chuan**

SYMPOSIUM THEME

**TRADITIONAL TAI CHI CHUAN
A VIEW THROUGH THE LENS OF SCIENCE**

LOCATION

Vanderbilt University
Nashville, Tennessee
July 5-10, 2009

SPONSORED BY

**The International Yang Family
Tai Chi Chuan Association**
In celebration of their 10th Anniversary

SYMPOSIUM COST

PassKey	(Complete Symposium)	\$740
Daily Pass	per day charge (Includes all daily activities)	\$160
A la carte choices		
Sunday, 5 July		
Morning	<i>Pre-Symposium Workshop 1</i> "Therapeutic Qigong" by Master Helen Wu	\$60
Afternoon	<i>Pre-Symposium Workshop 2</i> "Gentle and Safe Warmups" by Master Su Zifang	\$60
		Adult Child
Evening	Grand Opening and Reception	\$60 \$30
Monday evening:	Welcome Banquet and 10 th Anniversary Celebration	\$35 \$17.50
Thursday evening:	Grand Showcase, Masters Demonstrations, and Cultural Exchange	\$32 \$16
Friday evening:	Friendship Party	\$15 \$7.50



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VANDERBILT LODGING AND MEALS (Optional)

Lodging at a Vanderbilt Residence Hall

Single: \$33 per person Double: \$25 per person

Service options available (See website)

Meals at Vanderbilt Dining Facility

Meal Plan - \$28.75 per day

Vanderbilt policy requires anyone staying in a Vanderbilt Residence Hall to purchase the meal plan.

SILK ROAD TRADE SHOW

Interested in displaying and selling your products? The "Silk Road," our Symposium's trade Show, will offer vendors the opportunity to bring interesting cultural merchandise, music, DVDs, books, instructional materials and study aids, memorabilia and treasures of all kinds to the Symposium.

The Symposium is now accepting applications from vendors to display at the Silk Road Trade Show. Please join us at this premier event and reach hundreds of people interested in your products.

Please see our website for further information and registration form.

For more information and questions contact silkroad@taichisymposium.com

SYMPOSIUM SPECIAL GUESTS

Mr. Bill Douglas – Founder, World Tai Chi & Qigong Day

Mr. Marvin Smallheiser – Tai Chi Magazine

SCHEDULE OVERVIEW

Symposium dates: 5 - 10 July 2009

SPECIAL EVENTS SCHEDULE

Saturday, July 4: *July 4th in Nashville ROCKS!* National U.S.A. Independence Day Celebration. Nashville's Fourth of July patriotic celebration and firework display are rated third in the U.S.. Bring the family and enjoy all-day-and-evening holiday fun! No Symposium activities scheduled.

Sunday, July 5: Opening Day: Symposium Registration and check-in, Pre-symposium workshops and orientation activities, Grand Opening Sessions, Welcome Reception, Silk Road Trade Show.

Monday, July 6: Welcome Banquet and International Yang Family Tai Chi Chuan Association's 10th Anniversary Celebration.

Tuesday, July 7: Open Forum, a lively and interactive group discussion on Tai Chi research by all Grandmasters, Scientific Researchers, Academic Experts; questions posed by Symposium participants.

Wednesday, July 8: Round Table Forum, a second opportunity to interact with the Grandmasters, Scientific Researchers and Academic Experts.

Thursday, July 9: Grand Showcase and Masters Demonstrations. Extraordinary performances by the Grandmasters and lineage holders of Tai Chi Chuan, traditional Chinese music, American Country and Western music, Chinese children's dance, more, more, more....

Friday, July 10: Closing ceremonies, Friendship Party.

All Week: "Silk Road," the Symposium's trade show, featuring vendors of interesting cultural merchandise, music, DVDs, books, instructional materials and study aids, memorabilia and treasures of all kinds.

DAILY OVERVIEW

Sunday July 5

8:00 a.m.-9:00 p.m. Symposium's Registration, Reception and Information Central is open all day.

7:00 a.m.-9:00 a.m. Breakfast in The Commons Dining Hall

10:00 a.m.-12:00 p.m. Pre-symposium workshop (See page 6 for details)



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Symposium Registration

Registration can be done by mail, fax and on-line.

To register by mail or fax print the ITCC Symposium Registration Form located on our website (<http://www.taichisymposium.com/pages/viewPage.php?id=5>) then mail or fax the completed form with payment to:

International Tai Chi Chuan Symposium, LLC
1002 Lexington Rd, Ste. 22-187
Georgetown, KY 40324
Fax: 502-863-3484

To register on-line go to the registration page at (<http://www.taichisymposium.com/pages/viewPage.php?id=46>) and follow the on-screen instructions.

Deadline for individual mail or fax registration (including lodging and meal plan) is June 15. If you are registering as part of a group, the deadline is 1 June.

On-site registration at the Vanderbilt Commons Center will be available for all Symposium activities (Symposium, Lodging, Meals, Pre-symposium workshops and Vendors) beginning 5 July. If you are arriving prior to 5 July and need to register for or check-into the Vanderbilt Residence Hall, please give us advance notice by email at registration@taichisymposium.com or call 615-618-8096.

Note: Pre-symposium workshops, lodging and meals are not included in the Symposium fees and must be purchased separately.

Symposium's On-site Registration, Reception and Information Central will be located at:

Vanderbilt University in Nashville Tennessee
The Commons Center
230 Appleton Place
Nashville, Tennessee 37203

Hours of operation can be found on the detailed schedule beginning on page 9.

For questions or problems regarding registration email registration@taichisymposium.com or call 615-618-8096.

Sunday July 5 (continued)

11:00 p.m.-1:00 p.m. Lunch in The Commons Dining Hall

2:00-4:00 p.m. Pre-symposium workshop (See page 6 for details)

5:00-6:15 p.m. Dinner in The Commons Dining Hall

5:00-9:30 p.m. Reception/Grand Opening

6:00-9:30 p.m. **Grand Opening:** Welcome Notes, Spotlight Sessions: Introductions of Grandmasters, Science Experts, Academic Presenters, Sponsors, Special Guests

Daily Schedule, Monday through Friday

Highlights Keynote address, morning and afternoon Tai Chi Chuan workshops, medical and science lectures and academic presentations, Silk Road Trade Show, Evening Special Events

Registration 7:00 a.m. – 9:00 a.m.
5:00 p.m. – 7:00 p.m.

6:15-7:00 a.m. Morning Sunrise Practice on the Esplanade. One morning with the Grandmasters at Nashville's "Parthenon" park (photo ops)!

7:00-8:15 a.m. Breakfast, The Commons Dining Hall

8:45-9:45 a.m. Keynote Address: Grandmaster of Tai Chi Chuan

9:45-10:15 a.m. Break

10:15-11:45 a.m. Tai Chi Chuan Workshops, by two Grandmasters of Tai Chi Chuan

11:45 a.m.-1:15 p.m. Lunch, The Commons Dining Hall

1:30-3:00 p.m. Lectures and Presentations by Medical and Science Researchers and Academic Experts

3:00-3:30 p.m. Break

3:30-5:00 p.m. Tai Chi Chuan Workshops, by two Grandmasters of Tai Chi Chuan

5:00-6:15 p.m. Dinner, The Commons Dining Hall

7:30 Special Event of the Evening

Please see the Symposium detailed schedule beginning on page 9 of this newsletter.

Master Sun Yongtian

By Sun Yongtian,
as told to Dave Barrett
Translated by Mui Gek Chan

I was born in 1948. Since my youth, I was always interested in the martial arts. I practiced many types of martial arts, including long fist and tang fist. In the 1970's, I was successful in many of the martial arts competitions I entered. In May of 1982, under the recommendation of Zhang Yongan, I met my teacher Sun Jianyun for the first time. Frankly speaking, although I had learned martial arts since I was young, I had no knowledge of Taijiquan.

When I first met Sun Jianyun, we hit it off just like old friends. She vividly described the history of Sun style Taijiquan - how her father Sun Lutang (1861-1932), developed Sun style Taijiquan, and many exciting stories about his skills. For example, "A famous Japanese martial artist was so determined to test Sun's skills that he convinced the Emperor of Japan to send him to China to fight Sun. In 1921, the Japanese martial artist came to visit Sun and, speaking through an interpreter said, 'I heard that you practice a Chinese martial art method which uses soft to overcome hard. Well, I am hard! How do you want to fight me? I will fight with any rules or any weapons.' Sun turned to the interpreter and said, 'Since he is a guest in our country, I will let him decide.' The Japanese challenger said, 'I am going to use hard

strength to take your arm in a lock and break it. Let's see if you can use your soft energy to overcome that!' Sun, who at 5'7" barely came to the Japanese man's shoulder, was willing to give it a try. Concerned that Sun could simply move his feet and get away from the lock the challenger said, 'I want you to overcome this technique without running around.' Sun said, 'I can accommodate you.' Sun had the spectators move all of the furniture aside and cleared a space on the floor. He said, 'I will lie on the floor, your students can hold my feet, and you can apply your technique. I'll even put my other arm behind my back.' Sun laid on the floor and the Japanese martial artist took hold of his arm. The

interpreter counted, 'One, two, three!' At the count of three

Sun quickly pulled his free arm from behind his back and applied a point strike to his opponent's stomach. This point strike caused the Japanese challenger to lose his grip on Sun's other arm and Sun hopped up. The opponent was not so easily put off and followed Sun. Sun struck a few points on his opponent's body and threw him into a bookcase. The interpreter shouted, "You've hurt him!" Sun said, 'He'll be all right. Tell him when he catches his breath we can try it again.' His opponent, admitting defeat, refused to try again."¹ This was something I had not known

and Taijiquan became deeply ingrained in me. From then on, Sun style Taijiquan became a part of my

life and changed the way I value life.

Sun Lutang's daughter, Sun Jianyun was born in Beijing, in 1914. Their ancestral home was in Wangdu, Hebei Province. She was a famous martial



arts expert in China, lineage bearer and 2nd generation descendent of Sun style Taijiquan, one of China's top ten martial arts masters, vice-chairman of Beijing Wushu Association, director of Beijing Xingyiquan Institute, and director of Beijing Sun Style Taijiquan Institute. When Sun Jianyun was young, she received tutelage at home, was skilled both intellectually and in the martial arts, and deeply understood the essence of Xingyi, Bagua, and Taijiquan. In her youth, she studied calligraphy and wrote poetry. Later, she went to Beijing Huabei Arts Academy and studied Chinese painting, specializing in landscapes and portraits of women. She had exquisite brush techniques and was then one of the top four up and coming artists.

As I gained more exposure and understanding, along with Teacher Sun's magnetic personality, I found myself drawn to Taijiquan. Teacher Sun had a wide and deep knowledge, an open mind, great inner qualities and a high level of martial arts skill. Teacher Sun had great character and virtue, and taught us how to practice martial arts in society. That is, being morally upright and righteous.

She often encouraged us to practice the form, cultivate our health and to have an open mind.

I was deeply affected by her words and manner, and as a result, I diligently studied Taijiquan so as to continue and spread Sun style Taijiquan. At the same time, at work as well as in my social life, it also affected the people around me.

Sun Lutang created his style by combining Xingyi, Bagua, and Taijiquan into a unique martial art. It is one of the five main styles of Taijiquan in China, namely, Chen, Yang, Sun, Wu, and Wu/Hao. Sun Lutang learned Taijiquan from Hao Weizhen. Sun was able to attain a high level of skill, and achieved a deep understanding. Under Hao Weizhen's tutelage, Sun Lutang was able to master the

essence of Wu/Hao style Taijiquan. As a result, he developed the three-in-one, Sun style Taijiquan. He combined features from the two other "internal" martial arts styles: utilizing Xingyiquan's approach of combining internal and external into one and Baguaquan's emphasis on combining movement and stillness into one to create his style of Taijiquan.

Sun style features a high stance and is a lively, open/close Taijiquan, with a lot of movements and many self-defense mechanisms. The foot work advances and retreats naturally, the torso position is upright, the best angle for learning purposes, and is easy on knees. Sun style is like moving clouds and flowing water, continuous without interruption,



advancing and retreating connected, the movements are agile, circular, lively and compact.

When advancing or retreating, every turn of the body has an opening/closing method that is connected. In addition, it is good for health purposes. As a result, Sun style, along with the other methods of Taijiquan, is known to the Chinese people as being beneficial for health

and longevity, good for the young as well as the old.

In Sun style Taijiquan, whether advancing or retreating, the body needs to be centered, head suspended, chest loosened, and at all times one must be calm, comfortable, and relaxed. Like flowing water and falling leaves, the motions need to be flowing and coordinated. When moving, there is no bobbing up and down, or swaying left and right, but, with lively steps causing the center to be continuously stable and yet be in motion. One must pay attention to the merging of the three: Xingyi, Bagua, and Taijiquan. However, the forms must originate from Taijiquan's special qualities, as we do not show the specific energies of Xingyi and Bagua's movements. To show Sun style Taijiquan's flavor, the movements need to be accurate, relaxed, supple, connected, and the mind needs to be calm.

In 1993, at the martial arts conference held at the Beijing Xijiao Longquan Hotel, Wu Bin, president of the Beijing Wushu Institute, suggested to Teacher Sun that she look for a successor. Later, Teacher Sun told me that she wanted me to be the lineage bearer and 3rd generation exemplar of Sun style Taijiquan. I was deeply moved by her gesture, but was hesitant to accept the offer. But, after two years with no one raising any objections, I reluctantly accepted the honor. From that point on, I have worked tirelessly to continue and promote Sun style Taijiquan.

Unfortunately, in October of 2003, Teacher Sun Jianyun passed away. She left a will stating that Sun Yongtian (same last name, but of different family) is the sole successor to her. Witnesses to her will include her cousin, Zhang Wenyi, disciples: Dai Jianying, Zhang Maoqing, and her brother's granddaughter, Sun Qi.

(Sun Yongtian is chairman of the board of a state-owned automotive sales and service company. He is the vice-chairman of Beijing Wushu Association, and the director of the Sun Style Taijiquan Research Institute.)

¹ Sun, Lutang, *A Study of Taijiquan*, translated by Tim Cartmell, Berkley, Ca., North Atlantic Books 2003, pgs.29-30

Dr. Yang Yang to Deliver Keynote Address at Grand Opening



Yang Yang, Ph.D., will present the keynote lecture to kick off the symposium. Dr. Yang is adjunct professor of Kinesiology at the University of Illinois and director of the Center for Taiji and Qigong Studies. A renowned author and instructor with deep roots in traditional T'ai Chi practice, Dr. Yang has been at the forefront of T'ai Chi research in the United States, and has

lectured on the mechanisms and benefits of traditional T'ai Chi practice at several leading

institutions, including the American Public Health Association, the Mayo Clinic, Mount Sinai University Hospital, the Hospital for Special Surgery, and the National Institutes of Health. From this unique vantage point—as a master practitioner and researcher—Dr. Yang will set the tone for the theme of the symposium: bringing together the wisdom of Chinese culture with the precision of modern science through evidence-based academic sessions and other special events designed to foster an exchange of knowledge and cultures. In his keynote address, Dr. Yang will provide an overview of the state of T'ai Chi research, outline directions for future research, and address the crucial role that T'ai Chi masters must play in distilling essential aspects of the art for practical research interventions. Dr. Yang will suggest ways for master practitioners and researchers to work together to achieve wide-scale public dissemination of T'ai Chi, one of the great treasures of the Chinese culture.

Pre-Symposium Workshops Announced

The subject and teacher for the 2 Pre-Symposium workshops have been selected.

Pre-Symposium Workshop #1

Sunday, 5 July 2009 – 10:00 a.m. - 12:00 p.m.

“Therapeutic Qigong”

Master Helen Wu teaches simple and enjoyable Qigong exercises that were designed to relieve chronic illness, reduce stress and tension, regulate normal bodily functions, improve circulation, and boost the immune system. The set is based in her family's traditional syllabus of instruction in the internal and external Chinese martial arts with emphasis on methods for achieving optimal health. She has researched, refined, and expanded the original “Twenty Postures Qigong” and divided it into three easy sub-routines to help you learn it well. The first set focuses on the neck, shoulders, and upper body; the second set on the lower back and the waist; and the third set on the joints of the hips, knees, and ankles. She explains the benefits of each exercise in her instruction.

Master Helen Xiao-rong Wu



Helen Xiao-rong Wu has been practicing Chinese martial arts since she was three years old, studying under both her grandfather, Ziping Wang, who was one of China's most well-known and respected martial artists, and her mother, Professor Ju-rong Wang, the first female professor of martial arts in China.

Master Wu graduated from the Department of Physical Education, Shanghai Teachers' University, and taught Sports Medicine there. She is also trained in traditional Chinese traumatology, children's physical fitness, rehabilitation medicine, and treatment of athletic injuries. She studied and practiced Traditional Chinese Medicine under the direction of her father, Dr. Wu Cheng-de, also a student of Wang Ziping.

She has also carried out research and study of traditional Chinese martial arts from the viewpoints of exercise physiology and sports medicine. She has published more than twenty research theses and four books and has been featured in several magazine articles.

After moving to Canada in 1989, she has continued an active teaching career. She has introduced Chinese martial and healing arts through a number of magazines and TV programs and has been a guest speaker for major hospitals and universities.

She teaches Tai Chi Chuan credit courses at the School of Kinesiology and Health Science at York University in Toronto, Canada. Dr. Greg Malszecki of York University wrote, "No other I have met could offer such a lucid, informed, and solid introduction to the subject of Eastern theories of the body, than this expert."

In 2008, Master Helen Wu was recognized in the publication "Extraordinary Chinese Martial Artists of the World" as one of the "Top One Hundred Extraordinary & Prominent Wushu Educators."

Pre-Symposium Workshop #2

Sunday, 5 July 2009 - 2:00-4:00 p.m.

"Gentle and Safe Warmups"

Master Su Zifang leads you through a series of gentle movements that thoroughly and safely warm up your joints, from the small joints of each finger through the major joints at the hips and shoulders. She has selected movements that assure safety of every joint and muscle. As head coach of the Singapore Wushu Team for eight years, she researched and designed a series of warmups for training high-level Wushu athletes, who need to remain injury-free by getting adequate preparation for their demanding routines. In this adapted version, appropriate for all types of athletic endeavors, the warmups are suitable for all ages and physical conditions. You'll enjoy learning these movements, and you'll be excited about taking them back to your students and patients. A delightfully engaging teacher, Master Su brings you clearly through every moment of the session.

Master Su Zifang



Known as one of "China's 100 Best Wushu Practitioners" and "One Hundred Living Treasures of China" and the "Queen of Tai Chi," Master Su received top level training from the well known Bagua GrandMaster Sha Guozheng and Wushu Grandmaster He Fusheng.

Master Su has over 45 years of dedicated training, teaching, coaching, and demonstrating. In competitions in various China national and international competitions, she has won a total of 31 gold and silver medals. She is internationally known

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for her skill in Tai Chi Chuan, Baguazhang, and Xingyiquan.

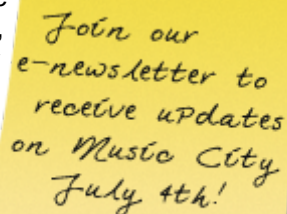
An outstanding teacher and coach, Master Su has developed high level champions in both China and Singapore. For eight years, she was Singapore's National Wushu Federation Head Coach and received the "High Performance Coaching Award" by the Singapore Sports Council in 2004 and 2005. She has conducted workshops in numerous countries.

Master Su is a brilliant example of how martial arts can help one achieve health and happiness. Her kindness, depth of skill, and ability to share her passion for the arts carves a clear path for those who train with her. She has cultivated an ability to work with every student individually, helping each person "do their best."

In 2006, Master Su received the Lifetime Achievement Award from PAWMA (Pacific Area Women Martial Artists, USA). In 2007, she received the Award of Excellence from the NWMAF (National Women's Martial Arts Federation, USA).

Don't Forget the Fun and Excitement of the Music City July 4th Celebration

If there's one thing Nashville knows how to do, it's throw a party. On Saturday, July 4th head down to Riverfront Park for a day filled with summer fun. Check out the Kroger & Coca-Cola FREE Family Fun Zone with inflatables and more fun for every member of the family. The NowPlayingNashville.com First Stage will feature music beginning at 3pm with The WannaBeatles, Les Kerr & the Bayou Band and The Lost Trailers. The Official Ferguson Bath, Kitchen & Lighting Gallery Main Stage concert will kick off at 7pm with barbershop quartet Max Q performing the National Anthem. Barry Scott, the Nashville Symphony Orchestra, Phil Vassar and Michael McDonald will continue through the night for the city that music calls



*Join our
e-newsletter to
receive updates
on Music City
July 4th!*

home. Stay for our grand finale including an incredible fireworks display synchronized with a performance by our very own Nashville Symphony Orchestra.

<http://www.musiccityjuly4th.com/>

Get the "Happening Now" Information in the Music City E-News

Get the latest special offers & announcements on upcoming events! Music City's "Harmony" E-Newsletter is sent monthly to our email subscribers. From time to time, we send exclusive promotions and great deals to our newsletter friends so sign up now!

<http://www.visitmusiccity.com/visitors/RequestENews>

*The International Tai Chi Chuan Symposium
On Health, Education, and Cultural Exchange
Schedule of Events — July 5-10*

Sunday July 5

8:00 a.m.- 9:00 p.m.	Registration, Check-in, Hospitality, Information Central	The Commons Center, Lobby
10:00 a.m.- 12:00 p.m.	Pre-Symposium Workshop #1 “Therapeutic Qigong”—Master Helen XiaorongWu Twenty four simple and enjoyable Qigong exercises designed to relieve chronic illness, reduce stress and tension, regulate normal bodily functions, improve circulation, and boost the immune system.	Student Life Center/Ballroom
11:00-4:00	Orientations, On The Hour A one-hour introduction to the Symposium structure and a tour of Vanderbilt and Symposium facilities.	The Commons Center, Lobby, starting point
2:00-4:00 p.m.	Pre-Symposium Workshop #2 “Gentle and Safe Warm-ups”—Master Zifang Su Specially designed joint-friendly warm-up exercises that are appropriate for all physical conditions and as preparation for any sport.	Student Life Center/Ballroom
4:30-9:30 p.m.	Reception and Grand Opening	Blair School of Music Martha Rivers Ingram Center for the Performing Arts
5:30 p.m.	Welcome Reception Reception 4:30-8:30 p.m. Enjoy snacks and light fare at the Grand Opening.	
	Grand Opening Welcome Notes and Introductions Keynote Address Spotlight sessions with the Grandmasters Special welcome performances	Blair/Ingram Auditorium

Monday July 6

6:15-7:00 a.m.	Morning Sunrise Practice		Peabody Esplanade
7:00-9:00 a.m.	Registration, Check-in, Hospitality, Information Central		The Commons Center
7:00-9:00 a.m.	The Commons Dining Hall is open for breakfast.		The Commons Center, Dining Hall
7:30 a.m.- 6:30 p.m.	Silk Road Bazaar The Symposium's trade show, featuring vendors of interesting cultural merchandise, music, DVDs, books, instructional materials and study aids, memorabilia and treasures of all kinds.		The Commons Center, Multi-Purpose Room
7:30-8:00 a.m.	Orientation A brief introduction to the Symposium structure and information about campus locations (no tour).		The Commons Center, Lobby
8:15 a.m.	TaiChiMobile Service begins transport from The Commons Center		
8:45-9:45 a.m.	Grandmaster's Morning Keynote Address		Blair/Ingram Auditorium
	"Wu/Hao Family Style Tai Chi Chuan"—Grandmaster Wu Wenhan		
9:45-10:15 a.m.	Morning Break, TaiChiMobile Service		
10:15-11:45 a.m.	Tai Chi Chuan Grandmasters' Workshops		
	Location TBA		Location TBA
	A-1 Wu Family Style, Part 1 (1-8) Grandmaster Ma Hailong	B-1 Sun Family Style, Part 1 (1-8) Grandmaster Sun Yongtian	
11:00-1:00 p.m.	The Commons Dining Hall is open for lunch.		The Commons Center, Dining Hall
1:00 p.m.	TaiChiMobile Service begins transport from The Commons Center		
1:00-1:30 p.m.	Academic Sessions: Poster Presentations		Blair School of Music/Ingram Auditorium
	A poster session presents Tai Chi Chuan and Qigong research, programs, or projects in a visual form. These are displayed on the perimeter of Blair's entryways throughout the Symposium. From 1:00-1:30 each day, presenters are available to respond to questions about their poster and research project.		
1:30-3:00 p.m.	Academic Sessions: Oral Presentations		Blair School of Music/Ingram Auditorium
	Daily presentations by medical, research, academic, and practitioner experts.		
1:30-3:00 p.m.	Location TBA	Location TBA	Location TBA
	1. Effects of Taiji on Bone Density and Biomechanics in Osteopenic Women: A Pragmatic Controlled Trial <i>Kevin W Chen, PhD, MPH</i> Maryland, USA	1. Essential Taiji Practices and Age Related Declines <i>Matthew F. Komelski</i> Virginia, USA	1. Impact of Tai Chi Fundamentals for Women Cancer Survivors <i>Sandy Matsuda, PhD, OTR/L</i> <i>Stephanie Reid-Arndt, PhD, ABPP</i> Missouri, USA
	2. Design Challenges in Taiji/Qigong Research: Sham Control Rationale and Implications <i>Linda Larkey, PhD, CRTT</i> Arizona, USA	2. CHI/Qi: Illness, Wellness, Diet, Exercise, All Explained in Plain Language <i>David Preston Easley, MD</i> Kentucky, USA	2. Benefits of Teaching Tai Chi Chi Kung to the Aging Population <i>Sharon Smith</i> New York, USA
	3. Challenges to the Scientific Evaluation of Tai Chi <i>Peter Wayne, PhD</i> Massachusetts, USA	3. A Western Doctor's View on the Basics of Taijiquan <i>Jean-Marc Geering, MD</i> Lausanne, Switzerland	3. Taiji and Qigong Intervention/Impact on Early Stage Dementia <i>Ruth Gilbert</i> Illinois, USA
3:00-3:30 p.m.	Afternoon Break, TaiChiMobile Service		
3:30-5:00 p.m.	Tai Chi Chuan Grandmasters' Workshops		
	Location TBA		Location TBA
	A-2 Chen Family Style, Part 1 (1-8) Grandmaster Chen Zhenglei	B-2 Yang Family Style, Part 1 (1-8) Grandmaster Yang Zhenduo	
5:00-6:15 p.m.	The Commons Dining Hall is open for dinner.		The Commons Center, Dining Hall
5:00-7:00 p.m.	Registration		The Commons Center, Lobby
6:00-7:00 p.m.	Networking Station		The Commons Center, Lobby
7:00 p.m.	TaiChiMobile begins transport from The Commons Center		
7:30-9:30 p.m.	International Yang Family Tai Chi Chuan Association		Student Life Center/Ballroom
	10th Anniversary Celebration Banquet and Party The International Yang Family Tai Chi Chuan Association, organizer and sponsor of the Symposium, celebrates its 10th anniversary. Everyone is invited to attend the Anniversary Banquet and Party. Join the Association Founders, Grandmaster Yang Zhenduo and Master Yang Jun, along with the Board of Directors and Center Directors of the 30 Yang Chengfu Centers from 12 Countries, and Association members for an evening of good food, fun entertainment, and toasts to our bright future! There will be presentations by the Grandmasters, a review of ten years of progress, and a few surprises...		

Tuesday July 7

6:15-7:00 a.m.	Morning Sunrise Practice		Peabody Esplanade
7:00-9:00 a.m.	Registration, Check-in, Hospitality, Information Central		The Commons Center
7:00-9:00 a.m.	The Commons Dining Hall is open for breakfast.		The Commons Center, Dining Hall
7:30 a.m.- 6:30 p.m.	Silk Road Bazaar The Symposium's trade show, featuring vendors of interesting cultural merchandise, music, DVDs, books, instructional materials and study aids, memorabilia and treasures of all kinds.		The Commons Center, Multi-Purpose Room
7:30-8:00 a.m.	Orientation A brief introduction to the Symposium structure and information about campus locations (no tour).		The Commons Center, Lobby
8:15 a.m.	TaiChiMobile Service begins transport from The Commons Center		
8:45-9:45 a.m.	Grandmaster's Morning Keynote Address "Chen Family Style Tai Chi Chuan"—Grandmaster Chen Zhenglei		Blair School of Music/Ingram Auditorium
9:45-10:15 a.m.	Morning Break, TaiChiMobile Service		
10:15-11:45 a.m.	Tai Chi Chuan Grandmasters' Workshops		
	Location TBA	Location TBA	
	A-1 Wu Family Style, Part 2 (9-16) Grandmaster Ma Hailong	B-1 Wu/Hao Family Style, Part 1 (1-8) Grandmaster Wu Wenhan	
11:00-1:00 p.m.	The Commons Dining Hall is open for lunch.		The Commons Center, Dining Hall
1:00 p.m.	TaiChiMobile Service begins transport from The Commons Center		
1:00-1:30 p.m.	Academic Sessions: Poster Presentations		Blair School of Music/Ingram Auditorium
	A poster session presents Tai Chi Chuan and Qigong research, programs, or projects in a visual form. These are displayed on the perimeter of Blair's entryways throughout the Symposium. From 1:00-1:30 each day, presenters are available to respond to questions about their poster and research project.		
1:30-3:00 p.m.	Academic Sessions: Oral Presentations		Blair School of Music/Ingram Auditorium
	Daily presentations by medical, research, academic, and practitioner experts.		
1:30-3:00 p.m.	Location TBA	Location TBA	Location TBA
	1. Promoting your Work to the Community - Health Behavior Theory meets Tai Chi, Qigong, Yoga, and more <i>Rachel Levine, PhD, MSPH Washington, DC</i>	1. Somatic Attentional Focus as a Brain-based Mechanism in Tai Chi <i>Catherine Kerr, PhD Massachusetts, USA</i>	1. Physical and Cognitive Functioning in Older Adults Following Tai Chi <i>Ruth Taylor-Piliae, PhD, RN, CNS Arizona, USA</i>
	2. Tai Chi Instruction in a Worksite Health Promotion Program <i>Ed Jones, MPH Georgia, USA</i>	2. Guo Lin Qi-gong for Cancer Care: Past, Present and Future <i>Weimo Zhu, PhD Illinois, USA</i>	2. Tai Chi Chuan and its Benefits for Elders Memory <i>Maria Angela Soci Brazil</i>
	3. Taiji-Qigong as Meditative Movement: A Unique New "Exercise" Category <i>Dr Roger Jahnke, OMD California, USA</i>	3. Taiji Benefits Cross Generational Boundaries <i>Yuzeng Liu Zhenzhou, Henan, China Teri Morgan, BA, MA Florida, USA</i>	3. Bringing Balance Home <i>Holly Sweeney-Hillman New Jersey, USA</i>
3:00-3:30 p.m.	Afternoon Break, TaiChiMobile Service		
3:30-5:00 p.m.	Tai Chi Chuan Grandmasters' Workshops		
	Location TBA	Location TBA	
	A-2 Sun Family Style, Part 1 (1-8) Grandmaster Sun Yongtian	B-2 Yang Family Style, Part 2 (9-16) Grandmaster Yang Zhenduo	
5:00-7:00 p.m.	Registration		The Commons Center, Lobby
5:00-6:15 p.m.	The Commons Dining Hall is open for dinner.		The Commons Center, Dining Hall
6:00-7:00 p.m.	Networking Station		The Commons Center, Lobby
7:00 p.m.	TaiChiMobile begins transport from The Commons Center		
7:30-9:30 p.m.	The State of The Art: An Open Forum		Blair School of Music/Ingram Auditorium
	The Grandmasters and other faculty of the Symposium form a panel of the most highly qualified experts imaginable. They will answer questions posed by participants regarding traditional Tai Chi Chuan, the current state of development, past and current research. This guided conversation promises to be of extraordinary interest to all attendees. A moderator will assist with the flow among the panel.		

Wednesday July 8

6:15-7:00 a.m.	Morning Sunrise Practice		Peabody Esplanade
7:00-9:00 a.m.	Registration, Check-in, Hospitality, Information Central		The Commons Center
7:00-9:00 a.m.	The Commons Dining Hall is open for breakfast.		The Commons Center, Dining Hall
7:30 a.m.- 6:30 p.m.	Silk Road Bazaar The Symposium's trade show, featuring vendors of interesting cultural merchandise, music, DVDs, books, instructional materials and study aids, memorabilia and treasures of all kinds.		The Commons Center, Multi-Purpose Room
7:30-8:00 a.m.	Orientation A brief introduction to the Symposium structure and information about campus locations (no tour).		The Commons Center, Lobby
8:15 a.m.	TaiChiMobile Service begins transport from The Commons Center		
8:45-9:45 a.m.	Grandmaster's Morning Keynote Address "Wu Family Style Tai Chi Chuan"—Grandmaster Ma Hailong		Blair School of Music/Ingram Auditorium
9:45-10:15 a.m.	Morning Break, TaiChiMobile Service		
10:15-11:45 a.m.	Tai Chi Chuan Grandmasters' Workshops		
	Location TBA	Location TBA	Location TBA
	A-1 Yang Family Style, Part 1 (1-8) Grandmaster Yang Zhenduo	B-1 Wu/Hao Family Style, Part 2 (9-16) Grandmaster Wu Wenhan	
11:00-1:00 p.m.	The Commons Dining Hall is open for lunch.		The Commons Center, Dining Hall
1:00 p.m.	TaiChiMobile Service begins transport from The Commons Center		
1:00-1:30 p.m.	Academic Sessions: Poster Presentations		Blair School of Music/Ingram Auditorium
	A poster session presents Tai Chi Chuan and Qigong research, programs, or projects in a visual form. These are displayed on the perimeter of Blair's entryways throughout the Symposium. From 1:00-1:30 each day, presenters are available to respond to questions about their poster and research project.		
1:30-3:00 p.m.	Academic Sessions: Oral Presentations		Blair School of Music/Ingram Auditorium
	Daily presentations by medical, research, academic, and practitioner experts.		
1:30-3:00 p.m.	Location TBA	Location TBA	Location TBA
	1. The Immersive Experience <i>Garrett Sarley</i> <i>Massachusetts, USA</i>	1. Tai Chi Toolbox <i>Spencer Gee</i> <i>New York, USA</i>	1. Physiological and Bioenergetic Changes Associated with Tai Chi <i>Shin Lin, PhD</i> <i>California, USA</i>
	2. Distilling the Essence of Tai Chi to a Practical Useable Context <i>Rod Ferguson</i> <i>Queensland, Australia</i>	2. S.T.A.R. and B.E.A.M. Tai Chi for Rehabilitation and Resiliency <i>Peter Hill</i> <i>Arizona, USA</i>	2. Tai Chi and Cardiovascular Health: State of the Science <i>Gloria Yeh, MD, MPH</i> <i>Massachusetts, USA</i>
	3. Simplicity: Adjusting Taijiquan Forms to Meet Needs of Different Groups <i>Barbara Davis</i> <i>Minnesota, USA</i>	3. Teaching Tai Chi to Special Populations <i>Domingo Colon</i> <i>New York, USA</i>	3. Electroencephalogram (EEG) Analysis of Taiji Practitioner Intention <i>Wu Dong</i> <i>Beijing, China</i>
3:00-3:30 p.m.	Afternoon Break, TaiChiMobile Service		
3:30-5:00 p.m.	Tai Chi Chuan Grandmasters' Workshops		
	Location TBA	Location TBA	Location TBA
	A-2 Sun Family Style, Part 2 (9-16) Grandmaster Sun Yongtian	B-2 Chen Family Style, Part 1 (1-8) Grandmaster Chen Zhenglei	
5:00-7:00 p.m.	Registration		The Commons Center, Lobby
5:00-6:15 p.m.	The Commons Dining Hall is open for dinner.		The Commons Center, Dining Hall
6:00-7:00 p.m.	Networking Station		The Commons Center, Lobby
7:00 p.m.	TaiChiMobile begins transport from The Commons Center		
7:30-9:30 p.m.	A Guided Conversation About the Future: A Round Table Talk Blair/Ingram Auditorium		
	The Grandmasters and other faculty of the Symposium join in a guided conversation, with a wealth of ideas about what lies ahead for traditional Tai Chi Chuan, what current research has discovered to enrich the arts of Tai Chi Chuan and Qigong, what contributions have been made to the field of health and wellness, and what may be anticipated. A moderator will assist with the flow among the panel.		

Thursday July 9

6:15-7:00 a.m.	Morning Sunrise Practice		Peabody Esplanade
7:00-9:00 a.m.	Registration, Check-in, Hospitality, Information Central		The Commons Center, Lobby
7:00-9:00 a.m.	The Commons Dining Hall is open for breakfast.		The Commons Center, Dining Hall
7:30 a.m.- 6:30 p.m.	Silk Road Bazaar The Symposium's trade show, featuring vendors of interesting cultural merchandise, music, DVDs, books, instructional materials and study aids, memorabilia and treasures of all kinds.		The Commons Center, Multi-Purpose Room
7:30-8:00 a.m.	Orientation A brief introduction to the Symposium structure and information about campus locations (no tour).		The Commons Center, Lobby
8:15 a.m.	TaiChiMobile Service begins transport from The Commons Center		
8:45-9:45 a.m.	Grandmaster's Morning Keynote Address		Blair School of Music/Ingram Auditorium
	"Sun Family Style Tai Chi Chuan"—Grandmaster Sun Yongtian		
9:45-10:15 a.m.	Morning Break, TaiChiMobile Service		
10:15-11:45 a.m.	Tai Chi Chuan Grandmasters' Workshops		
	Location TBA		Location TBA
	A-1 Yang Family Style, Part 2 (9-16) Grandmaster Yang Zhenduo		B-1 Wu Family Style, Part 1 (1-8) Grandmaster Ma Hailong
11:00-1:00 p.m.	The Commons Dining Hall is open for lunch.		The Commons Center, Dining Hall
1:00 p.m.	TaiChiMobile Service begins transport from The Commons Center		
1:00-1:30 p.m.	Academic Sessions: Poster Presentations		Blair School of Music/Ingram Auditorium
	A poster session presents Tai Chi Chuan and Qigong research, programs, or projects in a visual form. These are displayed on the perimeter of Blair's entryways throughout the Symposium. From 1:00-1:30 each day, presenters are available to respond to questions about their poster and research project.		
1:30-3:00 p.m.	Academic Sessions: Oral Presentations		Blair School of Music/Ingram Auditorium
	Daily presentations by medical, research, academic, and practitioner experts.		
1:30-3:00 p.m.	Location TBA		Location TBA
	1. Leadership Characteristics of Chinese Martial Arts Training <i>CJ Rhoads, PhD</i> <i>Pennsylvania, USA</i>		1. Rising from Stillness: 13 Moves of Wheelchair Tai Chi Chuan <i>Zibin Guo PhD</i> <i>Tennessee, USA</i>
	2. An International Model for Training and Certifying Tai Chi Instructors <i>Roque Severino</i> <i>Brazil</i>		2. Tai Chi as an Empowerment Tool for Living with HIV/AIDS <i>Nicola Briggs</i> <i>New York, USA</i>
	3. How Tai Chi Benefits Performance in Other Sports <i>Bill Walsh</i> <i>Matt Miller, MD</i> <i>New York, USA</i>		3. Hun Yuan Taiji: A System of Self Cultivation and Unification <i>J. Justin Meehan</i> <i>Missouri, USA</i>
	1. Characteristics of Quadriceps Muscle Action During Tai Chi Chuan Movement <i>Ge Wu, PhD</i> <i>Vermont, USA</i>		
	2. Deconstructing Tai Chi: Biomechanics, Kinesiology, Therapeutic and Functional Applications <i>Tricia Yu MA</i> <i>Kristine Hallisy PT, MS, OCS, CMPT</i> <i>New Mexico, USA</i>		
	3. Using Physics to Explore Taiji's Yin and Yang Forces <i>Chun Man Sit</i> <i>Kansas, USA</i>		
3:00-3:30 p.m.	Afternoon Break, TaiChiMobile Service		
3:30-5:00 p.m.	Tai Chi Chuan Grandmasters' Workshops		
	Location TBA		Location TBA
	A-2 Wu/Hao Family Style, Part 1 (1-8) Grandmaster Wu Wenhan		B-2 Chen Family Style, Part 2 (9-16) Grandmaster Chen Zhenglei
5:00-7:00 p.m.	Registration		The Commons Center, Lobby
5:00-6:15 p.m.	The Commons Dining Hall is open for dinner.		The Commons Center, Dining Hall
6:00-7:00 p.m.	Networking Station		The Commons Center, Lobby
7:00 p.m.	TaiChiMobile begins transport from The Commons Center		
7:30-9:30 p.m.	Grand Showcase		Location TBA
	Grand Showcase and Masters Demonstrations. Extraordinary performances by the Grandmasters and lineage holders of Tai Chi Chuan, other faculty, traditional Chinese music, American Country and Western music, Chinese children's dance, special group performances, more, more, more....		

Friday July 10

6:15-7:00 a.m.	Morning Sunrise Practice		Peabody Esplanade
7:00-9:00 a.m.	Registration, Check-in, Hospitality, Information Central		The Commons Center
7:00-9:00 a.m.	The Commons Dining Hall is open for breakfast.		The Commons Center, Dining Hall
7:30 a.m.- 6:30 p.m.	Silk Road Bazaar The Symposium's trade show, featuring vendors of interesting cultural merchandise, music, DVDs, books, instructional materials and study aids, memorabilia and treasures of all kinds.		The Commons Center, Multi-Purpose Room
7:30-8:00 a.m.	Orientation A brief introduction to the Symposium structure and information about campus locations (no tour).		The Commons Center, Lobby
8:15 a.m.	TaiChiMobile Service begins transport from The Commons Center		
8:45-9:45 a.m.	Grandmaster's Morning Keynote Address		Blair School of Music/Ingram Auditorium
	"Yang Family Style Tai Chi Chuan"—Grandmaster Yang Zhenduo		
9:45-10:15 a.m.	Morning Break, TaiChiMobile Service		
10:15-11:45 a.m.	Tai Chi Chuan Grandmasters' Workshops		
	Location TBA		Location TBA
	A-1 Wu/Hao Family Style, Part 2 (9-16) Grandmaster Wu Wenhan	B-1 Sun Family Style, Part 2 (9-16) Grandmaster Sun Yongtian	
11:00-1:00 p.m.	The Commons Dining Hall is open for lunch.		The Commons Center, Dining Hall
1:00 p.m.	TaiChiMobile Service begins transport from The Commons Center		
1:00-1:30 p.m.	Academic Sessions: Poster Presentations		Blair School of Music/Ingram Auditorium
	A poster session presents Tai Chi Chuan and Qigong research, programs, or projects in a visual form. These are displayed on the perimeter of Blair's entryways throughout the Symposium. From 1:00-1:30 each day, presenters are available to respond to questions about their poster and research project.		
1:30-3:00 p.m.	Academic Sessions: Oral Presentations		Blair School of Music/Ingram Auditorium
	Daily presentations by medical, research, academic, and practitioner experts.		
1:30-3:00 p.m.	Location TBA	Location TBA	Location TBA
	1. The Four Treasures: Knee Safety in Taijiquan <i>Jay Dunbar, PhD</i> <i>North Carolina, USA</i>	1. Taiji and the Recreational Therapist <i>Larry Y. Brown MS, CTRS, CAS</i> <i>Tennessee, USA</i>	1. The Interface of Taiji/Qigong and Other Centering Practices with a Busy Traditional Western Medical Practice <i>Robert D. Sheeler, MD</i> <i>Minnesota, USA</i>
	2. Tai Chi is Effective in Treating Knee Osteoarthritis: A Randomized Controlled Trial <i>Chenchen Wang MD, MSc</i> <i>Massachusetts, USA</i>	2. Efficacy of Taiji in Alleviating Traumatic Stress Anxiety Disorders <i>Bruce Leeson, PhD</i> <i>Georgia, USA</i> <i>Teri Morgan, BA, MA</i> <i>Missouri, USA</i>	2. Discussion of Results of a Qualitative Taiji/Qigong Study with Older Adults <i>Sharon DeCelle, MS, PT</i> <i>Illinois, USA</i>
	3. Taiji Practice and the Treatment of Arthritis <i>Nisha Manek, MD, MRCP (UK)</i> <i>Minnesota, USA</i>	3. Psychoanalysis and Tai Chi Chuan at Public Brazilian Hospital's Chinese Traditional Medicine Department <i>Anna Maria Rosa da Fonseca Saraiva, MD, Brazil</i>	3. Educational Analysis of Present-Day Tai Chi Passed Down Through Generations <i>Peter G. Grossenbacher</i> <i>Shing-Juan Liau</i> <i>Colorado, USA</i>
3:00-3:30 p.m.	Afternoon Break, TaiChiMobile Service		
3:30-5:00 p.m.	Tai Chi Chuan Grandmasters' Workshops		
	Location TBA		Location TBA
	A-2 Chen Family Style, Part 2 (9-16) Grandmaster Chen Zhenglei	B-2 Wu Family Style, Part 2 (9-16) Grandmaster Ma Hailong	
5:00-6:15 p.m.	The Commons Dining Hall is open for dinner.		The Commons Center, Dining Hall
7:00 p.m.	TaiChiMobile begins transport from The Commons Center		
7:30-9:30 p.m.	Friendship Party: Grand Finale		Location TBA
	Celebrating our week of meeting friends old and new, we've planned an evening of FUN and relaxation. All participants, faculty, staff, guests, and friends are invited to this Grand Finale. The theme is country music and old-time square dancing, contemporary line-dancing, and general boot-scootin'. A professional caller will teach us what to do for the dances, the music will set your feet tapping, and the rest is just party time!		