

Taijiquan

The Art of Nurturing,
The Science of Power

YANG YANG, Ph.D.

About the Author

YANG YANG WAS BORN in 1961 in Henan Province near the Chen Village in China, from where all modern styles of Taiji can trace their heritage. Diagnosed with a congenital heart defect as a child, he began studying Taiji at the age of twelve, and credits his practice of Taiji for curing his heart condition and enabling him to pass the physical exam necessary for acceptance to universities in China.

Master Yang studied Taiji with local teachers for six years before leaving in 1979 to attend the China Textile University in Shanghai, where he earned an engineering degree. During the next few years, he met and studied with Gu Liuxin, Chen Zhaokui, and Feng Zhiqiang, all famous 18th-generation masters of the Chen Style of Taijiquan.

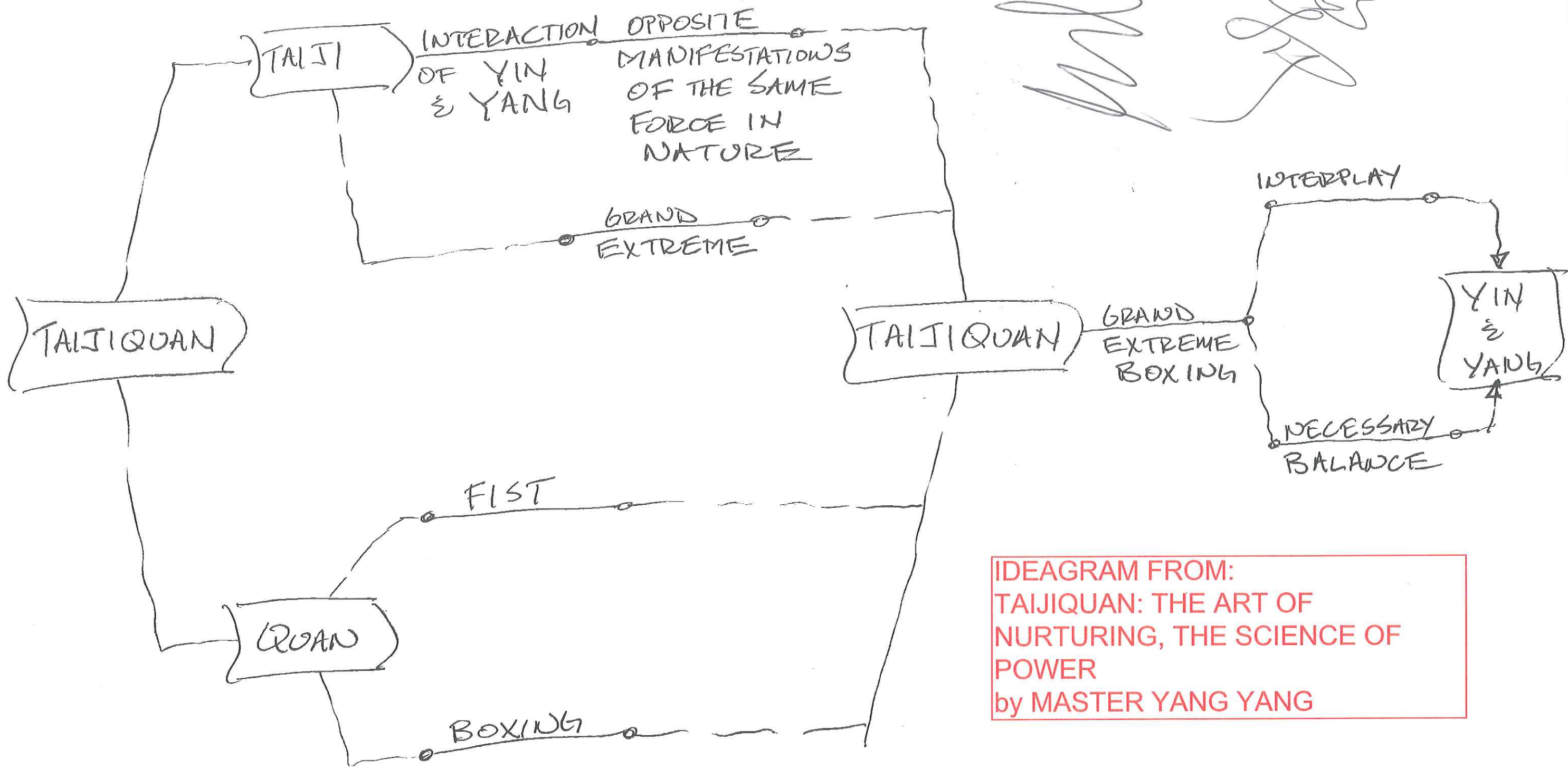
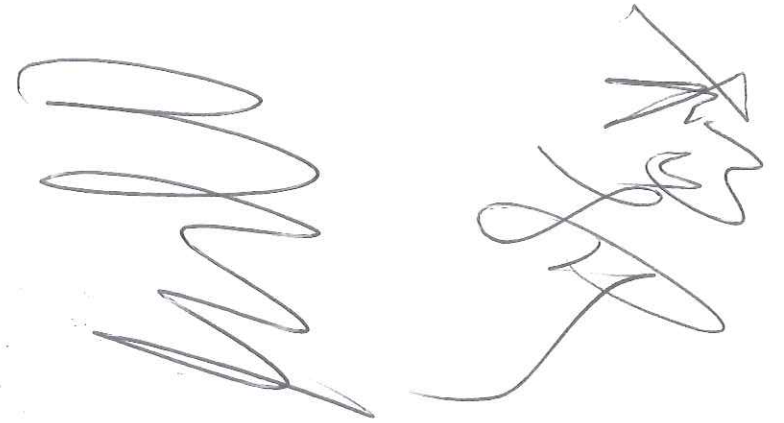
Winning first place in the Shanghai University Martial Arts Championships for three straight years (1981–1983) and being voted Best Overall Martial Artist (1983) earned Master Yang a job as an instructor with the Shanghai Chen Style Research Association. In order to continue his studies of Taiji with Grandmaster Feng Zhiqiang, however, he moved to Beijing in 1985. There he enrolled at the China University of Political Science and Law, from where he earned a law degree in 1987. The following year (1988) he was granted the formal title of disciple of Grandmaster Feng.

Master Yang practiced business law in China for several years before coming to the United States in 1993 and taking a master's degree in

economics at Illinois State University. In the years that followed, he frequently served as a seminar instructor and chief judge at national Taiji events, ultimately deciding to devote his career to the study and dissemination of traditional Taijiquan. During this time Yang recognized that Taiji would ultimately be acceptable to the medical community, and therefore mainstream Western culture, only when it is “demystified” and the benefits and mechanisms of Taiji practice are thoroughly examined and documented in Western scientific terms. Pursuant to this goal, in 2005 Master Yang completed a doctoral degree in kinesiology at the University of Illinois, Champaign-Urbana, where he remains as an adjunct professor. His research focuses directly on the mechanisms and benefits of traditional Taiji and Qigong practice, and he frequently lectures at academic and clinical research institutions and conferences to raise awareness of traditional Taiji and Qigong training.

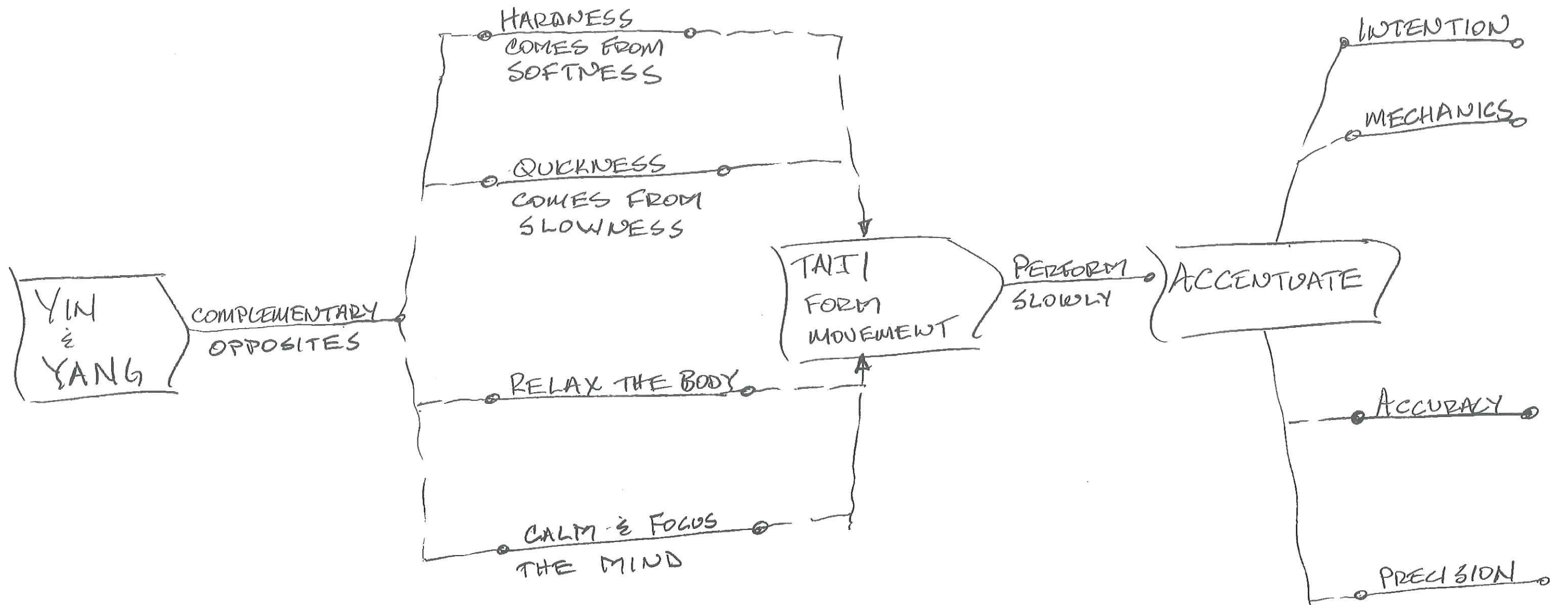
Dr. Yang's dual expertise—as a master practitioner trained in the Chinese tradition and as a scientific researcher—enables him to clarify what are often obscure points of theory and practice. His study also allowed him to distill the essence of various aspects of traditional Taiji training into an evidence-based program suitable for persons of all ages and physical abilities.

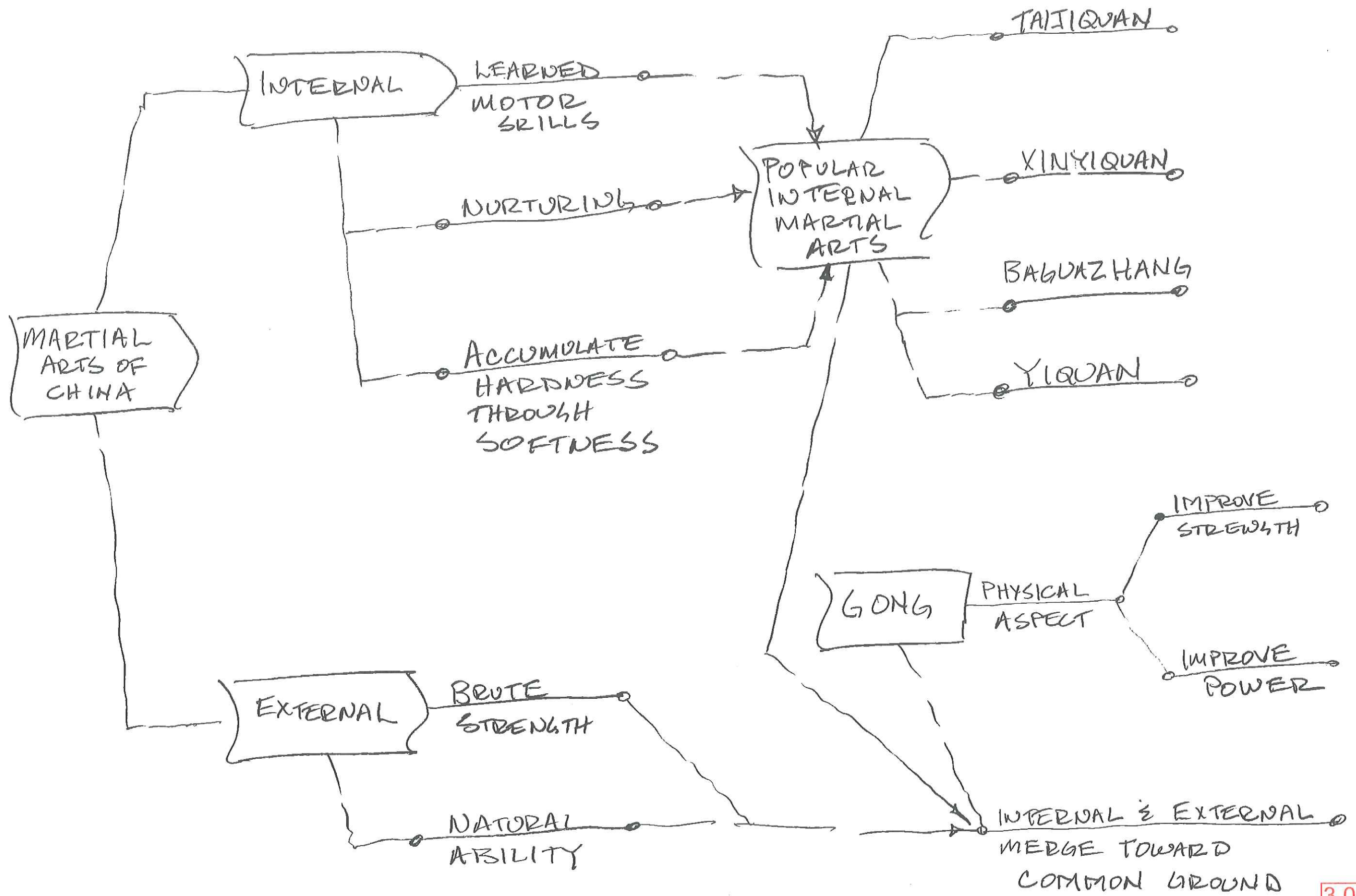
Dr. Yang is currently the Director of the Center for Taiji and Qigong Studies™ with offices in Champaign, IL and New York, NY. Master Yang's Taiji studies now span more than 35 years.

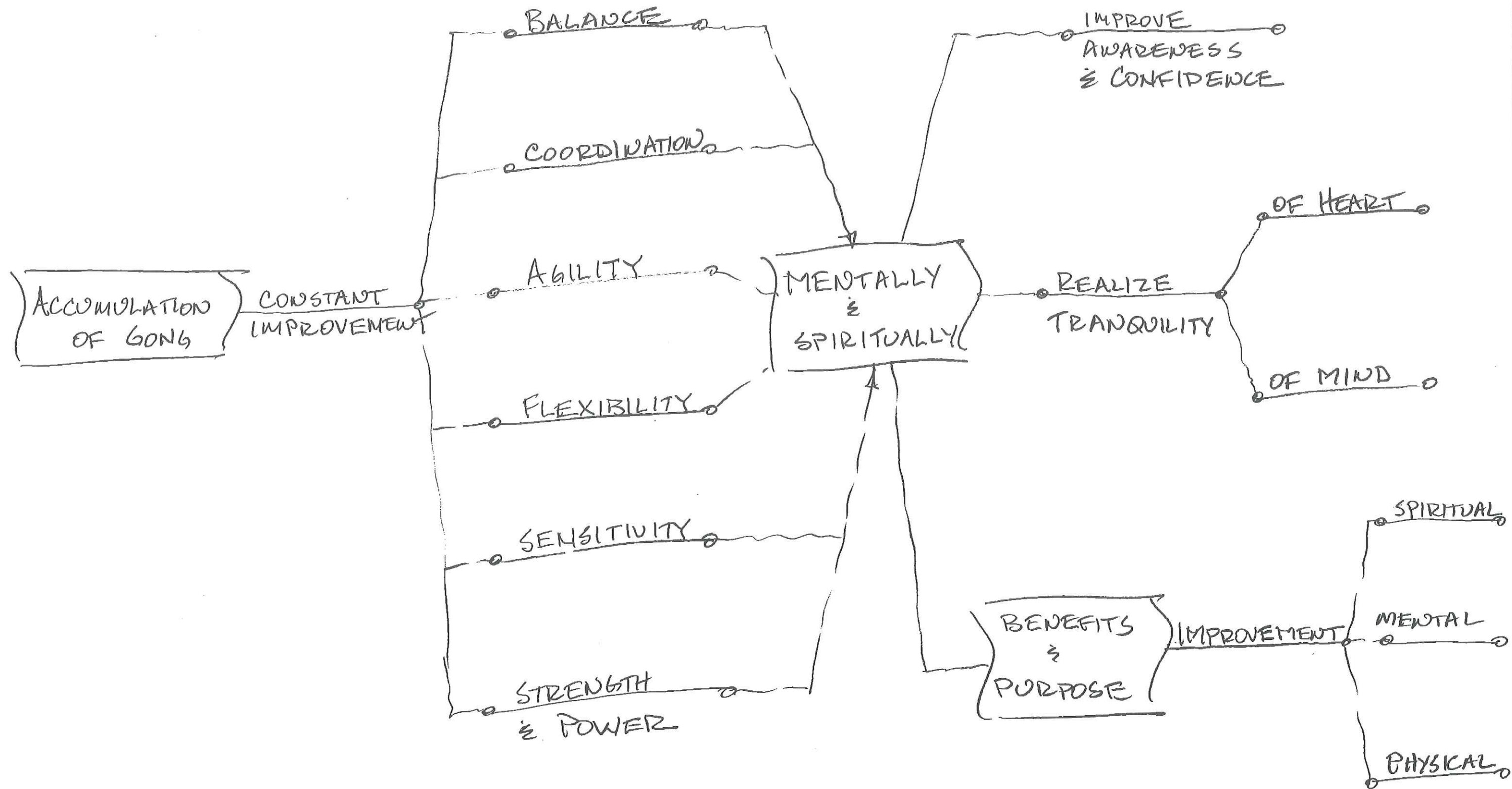


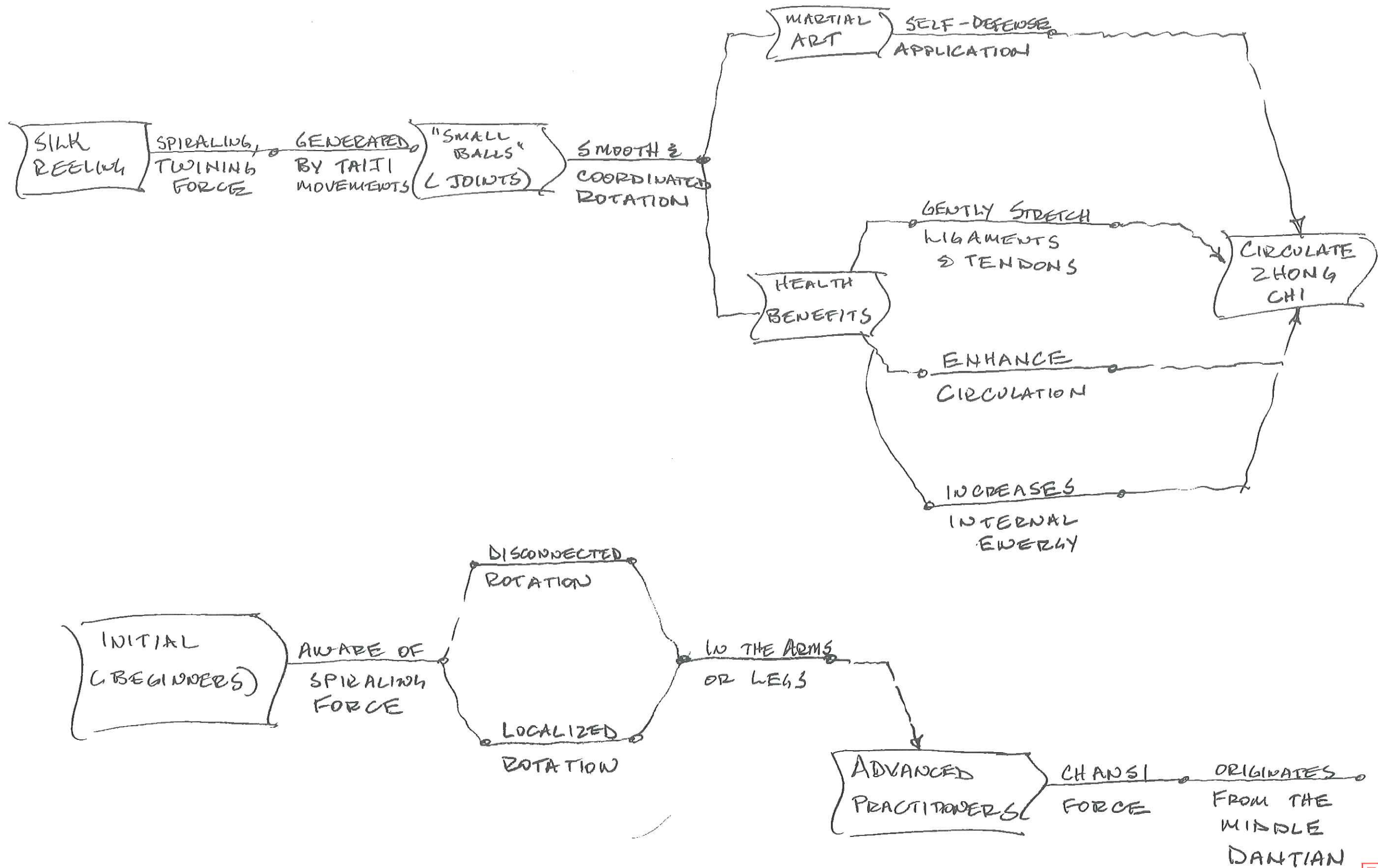
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TAIJIQUAN: THE ART OF
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by MASTER YANG YANG

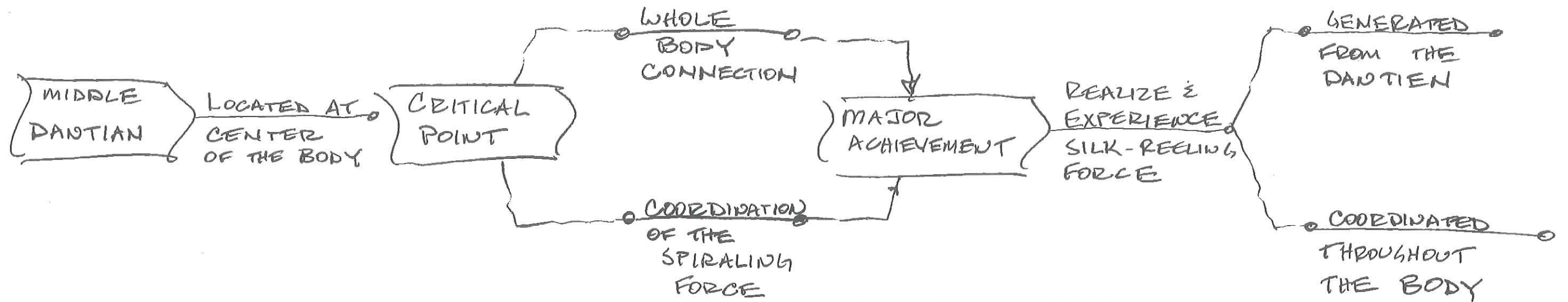
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JULY, 2016











WHEN I LEARNED THIS "ROTATING BALL" CONCEPT WAS THE PRIMARY VISUAL INSTRUCTION THAT I WAS GIVEN - AND HAVE FOLLOWED FOR ALL OF MY PRACTICE

