



# EQUILIBRIUS®

Centro de Tai Chi Chuan, Acupuntura e Cultura Oriental



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EQUILIBRIUS® Quarterly Newsletter

YANG FAMILY TAI CHI CHUAN



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**2014**

**D**ear students, practitioners and Yang Family Tai Chi Chuan Instructors,

This is our second EQUILIBRIUS® digital newsletter. Following the steps and examples of the Yang Family Tai Chi Chuan Masters, we are engaged in the task of promoting and teaching Tai Chi Chuan,

in order to help people improve their health, so they can live more joyfully, with inner peace and longevity.

In accordance with the "principle of softness", we practice, study and strive to gradually evolve in the Art of Tai Chi Chuan, so we can become better persons in all aspects of the word.

The way we practice, teach and promote Yang Family Tai Chi Chuan respects the standards, methods and teachings of the Masters of this invaluable lineage.

There is a Chinese proverb that states: "Between Heaven and Earth, all Tai Chi Chuan practitioners are one big family".

Prof. Fernando De Lazzari

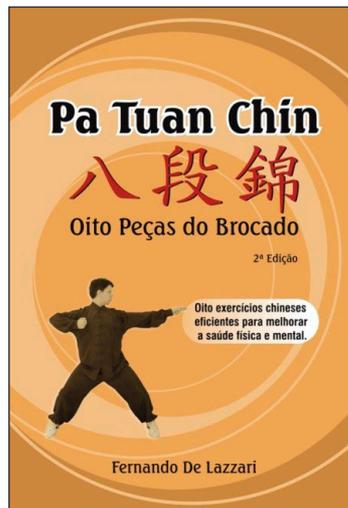
Image: Grandmaster Yang Zhenduo and Master Yang Jun - Google®

## New Edition of the PA TUAN CHIN book

**T**he book *PA TUAN CHIN – Oito Peças do Brocado*, written by Prof. Fernando De Lazzari, will be available in May, in its second and revised edition.

This eight exercise sequence was created by General Yue Fei (1103-1142), and has been helping many people in the last 850 years. They are recommended by Traditional Chinese Medicine Doctors as a way of maintaining or regaining physical and mental health, and are also a basic training for different styles of Chinese Martial Arts.

Allied with deep breathing, the practice of Pa Tuan Chin helps in the body's flexibility, strengthens the Chi (vital energy) and improves the circulation of this energy through the meridians. It also contributes to the strengthening of muscles and tendons, improves blood



## 八段錦

circulation and stimulates the immune system.

The book contains valuable information and relevant teachings, which will help in the understanding and learning of this Art. The illustrations, photos and detailed information will help executing each exercise correctly, in order to enjoy its benefits.

Through the practice of Pa Tuan Chin and the knowledge of eastern teachings, we can learn to live in a healthier, happier and peaceful way. People of all ages can benefit from these simple and efficient eight exercises.

**TO BUY:** Call (55-16) 3911-1236 or send an e-mail to [taichichuan@taichichuan.com.br](mailto:taichichuan@taichichuan.com.br)  
**Price:** R\$ 35,00 (Members of the International Association have a 10% discount – OBS: shipping is not included in this price)





## The Importance of the Style and Family Tradition in Tai Chi Chuan

To practice Tai Chi Chuan is to integrate oneself in a new family, with a centennial history and lineage. I encountered an ethical rigour, a deep respect for ancestry and the acknowledgment of the importance of standards.

The word tradition comes from the latin *traditio* – “to deliver, to teach something to another person, to give something valuable to someone”. When we talk of the Form or of a Traditional Style, this implies a knowledge, an heritage and a responsibility from the past which was received and will be transmitted.

There are five Traditional Tai Chi Chuan Styles in China, whose names carry the surname of a family.

These Tai Chi Chuan Families don't use their surname as a matter of ego or appropriation. They are related to the Style which each family came to develop through time – and denotes the transmission of this Style, in accordance to the teachings of their Masters and predecessors.

Each of them has in its predecessor their origin, derivation and evolution. But all the Styles have the same theoretical fundamentals. Tai Chi Chuan's history also connects these Families through Codes of Moral Conduct (Wu De).

Master Yang Chengfu says: *“There is only one school of Taijiquan. There are not two ways of learning. The former worthies developed these methods.”* But why is it important to know these things? In practice, what is it good for?

Because this knowledge is not only in ancient writings –

*“I would not dare use my art for self-promotion. I only wish to convey the will of my forebears to rouse the people to help the world.”*

MASTER YANG CHENGFU  
(The Essence and Applications of Taijiquan)

such as Chen Family's Canon, or Yang Family's Teachings – but is also taught by their own Masters – living persons. This knowledge is an inheritance of their fathers, grandfathers and greatgrandfathers, who had a direct and unbreakable relationship with each other.

The Masters are not statues or paintings, are not simply short passages of an ancient text, but individuals, who, nowadays, we can get to know. They are present in Seminars and Symposiums; they open the doors of their schools for the apprentice.

As we train and study a certain Style, its essence and standards have to be preserved. The source cannot have impurities and distortions – if we deliberately deviate ourselves from the origin, we will be diluting its purity, diminishing its substantiality, taking away its primary force.

To preserve the tradition of these teachings is what the Moral of Action is about: respect what we've learned from our Teachers and Masters, comprehend that, as Instructors, we are responsible for the transmission of a knowledge that has to be incorruptible.

Each Family's Tai Chi Chuan Forms are ramparts and living

essence of the Style. It's connections, transitions, movements – its characteristics, each Style preserves its standards, and requires that they be as much close to the ideal, so its kept pure and untainted.

Whoever chooses to follow the path of Tai Chi Chuan won't feel restricted, won't become impatient if they have to repeat the same movement dozens of times, won't feel frustrated when the Professor corrects them, won't think they're wasting time doing the same thing, won't practice as an obligation.

On the contrary, at each new repetition, will feel they improved, will learn another method, assimilate another concept, will understand the essence of a Principle, will willfully decide to repeat and correct themselves, will find the necessary time for the practice. And furthermore, will definitely find someone to answer questions, because the Professors have their Masters present and participating.

A Tai Chi Chuan Instructor is a representative of a Family tradition, and therefore honors, with humbleness, respect and loyalty, the responsibility of maintaining the standards and characteristics of the Style which they are dedicated to.

For newcomers, students and Tai Chi Chuan practitioners, this only brings benefits: solidity, trust, credibility – a rich, unbreakable and cristaline source of teachings and practices which, through the passing of time, are proving to be of inestimable value.

Respectfully,  
Cynthia S. Levy



## TIPS FROM MASTER YANG JUN

### Yin Yang and Tai Chi Chuan

Throughout the three days of the International Yang Family Tai Chi Chuan Seminar, held at Ribeirão Preto in november 2013, Master Yang Jun told many stories, tales and, most of all, shared many invaluable teachings about Tai Chi Chuan's principles and fundamentals. But there was a major topic – Yin Yang, the essence of this Art.

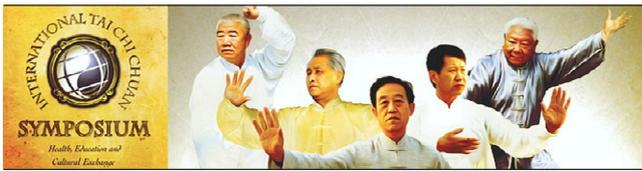
See the important points taught by Master Yang Jun:  
"How can we distinguish Yin Yang?"

*"We shouldn't use different units to compare."*



- 1 • From the position of the body  
(up / down; left / right; front / back)
- 2 • From the movement  
(left / right; open / close – here we also have to consider the weight: full / empty)
- 3 • From the energy  
(store / release)

We get confused when we can't separate Yin Yang. Between them there can be conflict. This happens when there's no balance. We shouldn't use different units to compare. They are continuously alternating between one another – when one reaches its limits, its unavoidable that the other comes around."



**THERE'S STILL TIME TO REGISTER!**  
July 6<sup>th</sup>-11<sup>th</sup> - Spalding University - KY - U.S.A.  
Official Website: [www.taichisymposium.com](http://www.taichisymposium.com)  
More information: [www.taichichuan.com.br](http://www.taichichuan.com.br)

## Courses – Events – Special Activities

### Tai Chi Chuan Instructor's Graduation Course

Professional Graduation Course recognized by the *International Yang Family Tai Chi Chuan Association*.  
*Organizing a new group.*

### Pa Tuan Chin Course

(Eight Pieces of the Brocade)  
Date: May 10<sup>th</sup>, 2014.

### Tai Chi Saber Intensive Course

Only for Instructors and Tai Chi Chuan students.  
Date: September 6<sup>th</sup> and 7<sup>th</sup>, 2014.

### Meditation Course

Starts: May 8<sup>th</sup>, 2014.

### Introduction to Do-In and Traditional Chinese Medicine Fundamentals Course

Starts: May 24<sup>th</sup>, 2014.

### Instructors Reunion & Advanced Tai Chi Chuan Training

Date: June 7<sup>th</sup>, 2014.

### II Internacional Tai Chi Chuan Symposium

Date: July, 6<sup>th</sup>-11<sup>th</sup>, 2014.

## Where to Practice

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This is a quarterly electronic publication by

EQUILIBRIUS® – Centro de Tai Chi Chuan, Acupuntura e Cultura Oriental  
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