

Taiji Science Forum PROCEEDING

会刊

The Frist

Taiji Science Forum

& World Intangible

cultural heritage

Taiji Masters Exhibition

首届

国际太极科学

网络论坛暨

世界太极非遗传承人

网络展演



Guest Speakers 嘉宾



Taiji Science Forum 论坛



Masters Exhibition 展演



HEALTH, WELLNESS
SCIENCE RESEARCH
AND EXERCISE

康养/科学研究和运动



World Taiji Science Federation

世界太极科学联合会

The Taiji Science Federation is composed of American, European institutions and Chinese universities, scientific research institutions and health and wellness associations, as well as other individual medical health experts, researchers and professors. The Federation is committed to contribute to "Taiji Science" event and research as its leading mission; using scientific experiment data analysis, in cooperation with America taiji organizations and groups to promote medical Taiji, Qigong, other wellness prescriptions, formulating medical Taiji standards, certification and education program. With the assistance of scientific research international exchanges, forums, and festivals, it promotes Taiji science, culture, and wellness on a global scale.

世界太极科学联合会，是由美、欧及中国高等院校、科研机构 and 行业协会等机构以及国际医疗养生专家和学者、教授组成，在美国加州注册的非营利机构。致力于以“太极科学研究”为引领，通过科学实验数据支撑，推动医疗太极和养生处方，制定医疗太极行业标准、师资证照和教育培训等；并以科研交流、论坛节会、赛事活动为辅助，在全球范围内推动太极科学研究和健康养生文化传播。



The Journal of Taiji Science (JTS), Includes both print (ISSN 2832-0611) and electronic (ISSN 2832-062X) formats. Is a peer-reviewed, open access, indexed journal that publishes original research articles as well as review articles, in all areas of psychological health wellness, Sport, medical and Exercise. We welcome contributions from all fields there in, including the humanities. Journals are published used English language.

《太极科学杂志》包括印刷版（刊号ISSN 2832-0611）和电子版（刊号 ISSN 2832-062X），两种形式。是一份同行评议、开放获取、索引的英文期刊，专注在心理健康、体育、医学和锻炼领域发表原创研究文章和评论文章，也欢迎包括人文学科在内的其它领域的原创文章。

President of JTS
Editor-in-Chief 主编
Dr. Shudong Li

Editor-in-Chief 主编
Dr. Derek Cunningham
World Taiji Science Federation

First International Taiji Science Online Forum
& World Intangible Cultural Heritage Taiji Masters Online Exhibition
首届国际太极科学网络论坛暨世界太极非遗传承人网络展演

HOST主办

World Taiji Science Federation

December 4-5, 2021

世界太极科学联合会
2021年12月4日-5日



ABOUT FORUM

关于论坛

This event was hosted by the "World Taiji Science Federation" and is a large-scale international forum co-hosted by the "University of Illinois-Champaign", "Hangzhou Normal University" and "World Taijiqian Website". Distinguished guests such as members of the International Olympic Committee, deans and academicians of internationally renowned colleges and universities, five Chinese 9th Duan martial arts grandmasters, inheritors of Taiji from various genres, and Taiji world champions was presented together. Lecturers and performance guests came from 32 well-known universities in 20 countries and regions that include China, the United States, Canada, Mexico, Brazil, Argentina, the United Kingdom, France, Germany, Belgium, Bulgaria, Japan, Australia, New Zealand, Chile, Singapore, Malaysia, Hong Kong, Macau, Taiwan, etc. With nearly a hundred experts, scholars, and Taiji intangible cultural heritage inheritors' participation, it is a major event in the field of International Taiji science.

本次活动是由“世界太极科学联合会”发起主办，“美国伊利诺伊大学”、“杭州师范大学”和“世界太极拳网”联合主办的大型国际论坛活动。国际奥委会委员，国际知名院校院长、院士，5位中国九段武术泰斗和各流派太极非遗传承人及世界冠军等国际重量级嘉宾将联袂出席。主讲和展演嘉宾包括来自中国、美国、加拿大、墨西哥、巴西、阿根廷、英国、法国、德国、比利时、保加利亚、日本、澳大利亚、新西兰、智利、新加坡、马来西亚、中国香港、中国澳门和中国台湾等20个国家和地区的32所知名高校，有近百名专家学者和太极拳非物质文化遗产传承人参与，是国际太极科学领域的一大盛事。



Co-Host
Hangzhou Normal University
University of Illinois Urbana-Champaign
World Taijiqian Net



UNIVERSITY OF
ILLINOIS
URBANA-CHAMPAIGN



共同主办
杭州师范大学
美国伊利诺伊大学-香槟分校
世界太极拳网




Official Sponsor
官方赞助商
KungFudirect.com
美国功夫直销网

The largest supplier of Chinese martial arts equipment and clothing in Pan American
泛美洲地区最大武术用品经销商



Purpose of this Forum

会议目的



Leading with science.
Linking through culture.
Practicing Taiji globally.
Sharing health and happiness!

以科学为引领
以文化为纽带
全球同练太极
共享快乐健康



Organizing Committee

大会组委会

Co- Chairman of the Forum

大会共同主席

Weimo Zhu 朱为模 ; Wu Zhou 周武; Gongbao Yu 余功保

Director of Organizing Committee

组委会主任

Dr. Shudong Li 李书东博士

Deputy Director of Organizing Committee

组委会副主任

Dr. Xue Xin 薛欣博士

Members of the Organizing Committee

组委会委员

Blase Iuliano

Jie Gu 顾杰

Tao Kang 康涛

Wen Ke 柯文

Feye Yip 李晖

Huiru Wang 王会儒

Yoko Akiyama 秋山阳子

Huiqing Yang 杨慧馨

Lingling Yu 于玲玲

Serena Li

Chao Liu 刘超

Maolin Zhang 张茂林

Ying Zhao 赵影

Media contact

媒体联络

Chengfei Qian 钱承飞

GUEST SPEAKERS

嘉宾介绍





I would like to extend my warm congratulations to the first International



Lingwei Li
李玲蔚
(China 中国)

GUEST SPEAKERS 致辞贵宾

Ms. Lingwei Li: Member of the International Olympic Committee, Vice Chairman of the Chinese Olympic Committee. The former outstanding athlete of the Chinese national badminton team has won 13 world championships. Currently working at Hangzhou Normal University.

李玲蔚女士: 国际奥委会委员, 中国奥委会副主席, 原中国羽毛球国家队优秀运动员, 共获得过13次世界冠军。现任职于杭州师范大学。



致辞贵宾 GUEST SPEAKERS



李泽泉书记
Dr. Li, Zequan

杭州师范大学代表致辞

杭州师范大学纪委书记、哲学博士、
Representative from Hangzhou Normal U
resident of Hangzhou Normal University. Doctor o



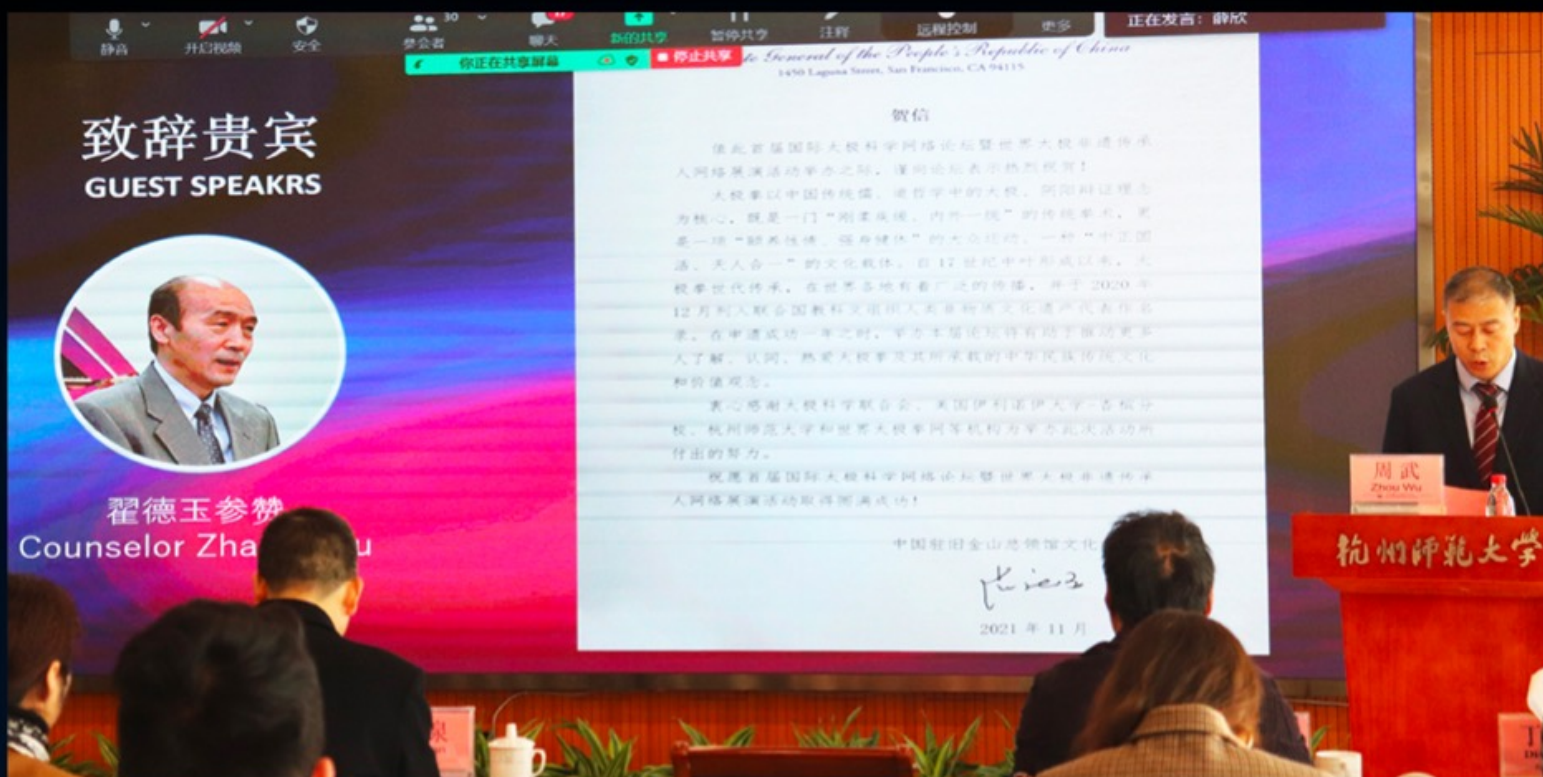
GUEST SPEAKERS 致辞贵宾

Dr. Zequan Li: Vice President of Hangzhou Normal University. Doctor of Philosophy, researcher, concurrently vice president of Zhejiang Provincial Ethics Society, part-time lecturer of Zhejiang Provincial Committee Lecturer Group, part-time professor of Zhejiang Provincial School, and distinguished expert of high-end think tank of Zhejiang Academy of Social Sciences.

杭州师范大学纪委书记、哲学博士、研究员，兼任浙江省伦理学会副会长、全国党建研究会特邀研究员、浙江省委讲师团兼职讲师、浙江省委党校兼职教授、浙江省社会科学院高端智库特聘专家。



Zequan Li
李泽泉
(China 中国)



Deyu Zhai
翟德玉
(USA 美国)

GUEST SPEAKERS 致辞贵宾

Mr. Zhaide Yu: Cultural Counselor of the People's Republic of China in San Francisco.

翟德玉参赞: 中华人民共和国驻旧金山总领馆文化参赞。



“气功”和“太极”这两种兼具运动的冥想活动源于中国古代哲学，

GUEST SPEAKERS 致辞贵宾

Dr. Wojtek Chodzko Zajko: Dean of the Graduate College at the University of Illinois. He served on the World Health Organization committee that developed the WHO Guidelines for Physical Activity among Older Persons. He currently serves as chair of the Executive Committee of the AAU Association of Graduate Schools and is chair of the ETS Graduate Education Advisory Council.

沃伊泰克·乔兹科·扎伊科博士: 伊利诺伊大学研究生院院长，曾在世界卫生组织委员会任职，该委员会制定了世界卫生组织老年人体育活动指南。是《衰老与体力活动杂志》的创始主编，目前担任 AAU 研究生院协会执行委员会主席和 ETS 研究生教育咨询委员会主席。



Wojtek Chodzko Zajko
沃伊泰克·乔兹科·扎伊科
(USA 美国)



Weimo Zhu
朱为模
(USA 美国)

GUEST SPEAKERS 致辞贵宾

Dr. Weimo Zhu: Professor in the Department of Kinesiology and Community Health at the University of Illinois at Urbana-Champaign, He was the editor-in-chief of the Research Quarterly for Exercise and Sport and was the associate editors of Journal of Physical Activity and Health and Frontiers in Physiology.

朱为模院士: 美国运动科学院院士, 曾担任美国体育测量与评价协会主席, 美国总统体质与竞技体育委员会科学顾问。曾任美国著名《锻炼与运动研究季刊》主编。《体力活动与健康期刊》、《生理前沿》副主编, 并现任10多本英文体育杂志的编委。现任美国国家健康体质测验的科学顾问。



GUEST SPEAKERS 致辞贵宾

Mr. Anthony Goh: Vice Chairman of the International Wushu Federation (IWUF), Chairman of the Pan-American Wushu Federation (PAWF), Chairman of the United States of America Wushu-Kungfu Federation. He is the main administrator of the international Wushu development Team and an important promoter of Wushu entering the Olympics.

吴廷贵先生: 国际武术联合会副主席，泛美洲武术联合会主席，美国武术联合会主席。是国际武术发展的主要管理者和武术进奥运的重要推动者。



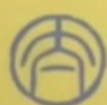
Anthony Goh
吴廷贵
(USA 美国)



世界太极网络学院
WORLD TAIJI ACADEMY



太学堂
WORLD TAIJI ACADEMY



世界太极网络
WORLD TAIJI A



太学堂
WORLD TAIJI ACADEMY



太学堂
WORLD TAIJI A

世界太极网络学院
WORLD TAIJI ACADEMY



Gongbao Yu
余功保
(China 中国)

GUEST SPEAKERS 致辞贵宾

Mr. Gongbao Yu: Editor-in-chief of World Tai Chi Net, a famous Tai Chi cultural scholar. The editor-in-chief and publisher of the Chinese Taijiquan Dictionary has given hundreds of lectures on Taiji cultural activities. Founded China's first Chinese martial arts association of colleges and universities: Peking University Wushu Association and served as the chairman.

余功保老师: 世界太极网总编, 著名太极文化学者, 研究家。中国太极拳词典的主编出版者, 举行过上百场的太极文化活动演讲。创办了中国第一个中国高等学校武术协会: 北大武协并担任主席。



我非常高兴这是这么一个大型的活动

Victor Henderson

GUEST SPEAKERS 致辞贵宾

Dr. Victor Henderson: Professor of Epidemiology & Population Health and of Neurology & Neurological Sciences, He directs the NIH Stanford Alzheimer's Disease Research Center and co-directs the master's degree program in Epidemiology & Clinical Research. He is an Honorary Skou Professor at Aarhus University in Denmark.

维克多·亨德森教授: 美国知名流行病学与人口健康教授, 神经学与神经科学教授, 美国国家卫生研究院 (NIH) 院士, 阿尔茨海默病研究中心主任, 并共同指导流行病学与临床研究硕士学位项目。他是丹麦奥胡斯大学的Skou 荣誉教授。



Victor Henderson
维克多·亨德森教授
(USA 美国)



GUEST SPEAKERS 致辞贵宾



Zhenglei Chen
陈正雷
(China zhong)

Grandmaster Zhenglei Chen was the 19th generation of the Chen family, the 11th generation descendant of Taijiquan, member of the Chinese Sports Science Association, rated as one of the "Top Ten Famous Martial Arts Masters in Contemporary China", Chinese Wushu 9th Duan, The first batch of national-level intangible cultural heritage projects-outstanding inheritors of Chen style Taijiquan.

陈正雷大师: 陈家沟陈氏十九世、太极拳第十一代嫡宗传人、历届中国武术协会委员、中国体育科学学会委员、“中国当代十大武术名师”之一、中国武术9段、中国武术研究院专家委员会专家, 和首批国家级非物质文化遗产项目--陈氏太极拳杰出传承人。



首届国际太极科学网络论坛 暨世界太极非遗传承人展演

First International Taiji Science online Forum
& World Intangible Cultural Heritage
Taiji Master Exhibition



共同主办
伊利诺伊大学香槟分校
杭州师范大学
世界太极拳网

CO-HOST
University of Illinois - Champagne
Hangzhou Normal University
World Taijiqian Website



FORUM HOST 大会主持

Dr. Shudong Li: Secretary-General of the Taiji Science Federation, Director of the Event Organizing Committee, Broad of Acupuncture of California, Vice Chairman of USAWKF, 20th generation successor of Chen Style Taiji. He was the vice chairman of the International Health Qigong Federation, The initiator of the "Medical Taiji" is the representative of the Chen Style Taiji.

李书东博士: 太极科学联合会秘书长, 论坛组委会主任, 加州政府针灸局委员, 美国武术联合会副主席, 体育博士, 国际级武术裁判和陈式太极拳第二十代传人。曾任国际健身气功联合会副主席和斯坦福大学兼职教授。医疗养生太极拳发起人, 是美国陈式太极拳代表人物。



Shudong Li
李书东
(USA 美国)



大会主持人 FORUM HOST

杭州师范大学体育学院院长，教授
博士研究生导师

Dean of the School of Physical Education and Health
Hangzhou Normal University

Professor

Doctoral tutor



Wu Zhou
周武
(China 中国)

FORUM HOST 大会主持

Dean of the School of Physical Education and Health, Hangzhou Normal University, Hangzhou, China. Dr. Zhou presided 1 National Social Science Funded project, hosted 7 provincial and ministerial projects, He was voted as the academic leader of the "333" project in JiangSu province, the young academic leader of the provincial QingLan project. 杭州师范大学体育学院，院长、教授、博士研究生导师。主持国家社科基金项目1项，主持与参与完成7项省部课题，获省部级成果奖1项。入选江苏省“333”工程学术带头人，省青蓝工程中青年学术带头人，省优秀青年骨干教师等人才项目。



首届国际太极科学网络论坛 暨世界太极非遗传承人展演

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杭州师范大学
世界太极拳网



主办 HOST
太极科学联合会
Taiji Science Federation

ST
University of Illinois - Champagne
Hangzhou Normal University
Taijiqian Website



Xin Xue
薛欣
(China 中国)

FORUM HOST 大会主持

Dr. Xin Xue: PhD, professor, doctoral supervisor. School of Physical Education, Hangzhou Normal University, Deputy director of the Forum Organizing Committee, a leader in the discipline and specialty of traditional national sports. Wushu Sanda National Referee., the national referee of Health Qigong, and the national social instructor of Health Qigong. Standing director and deputy director of the professional committee of Zhejiang Health Qigong Association. 薛欣博士: 教授, 博士研究生导师、大会组委会副主任、杭州师范大学体育学院民族传统体育学科专业带头人、武术六段、武术散打国家级裁判、健身气功七段、健身气功国家级裁判、健身气功国家级社会指导员、浙江省健身气功协会常务理事和专业委员会副主任。

INTERPRETER 大会翻译

Dr. Yiyin Ding: PhD in Sociology of Sport, Deputy Director of Department of Traditional National Sports, School of Physical Education and Health, Hangzhou Normal University
丁一吟博士: 杭州师范大学体育学院 民族与传统体育专业部副主任兼党支部书记, 大会组委会主持和翻译。



Yiyin Ding
丁一吟
(China 中国)

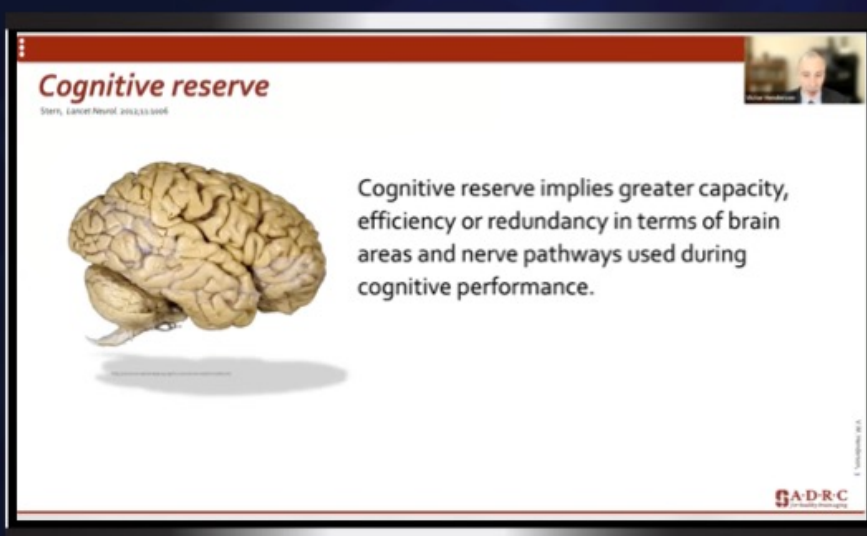
FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Wu Zhou
周武
(China 中国)



1. A qualitative study on the motivation of Taiji Standing meditation exercise and physical management behavior of middle-aged and elderly people.
中老年人太极拳锻炼动机与身体管理行为的质性研究



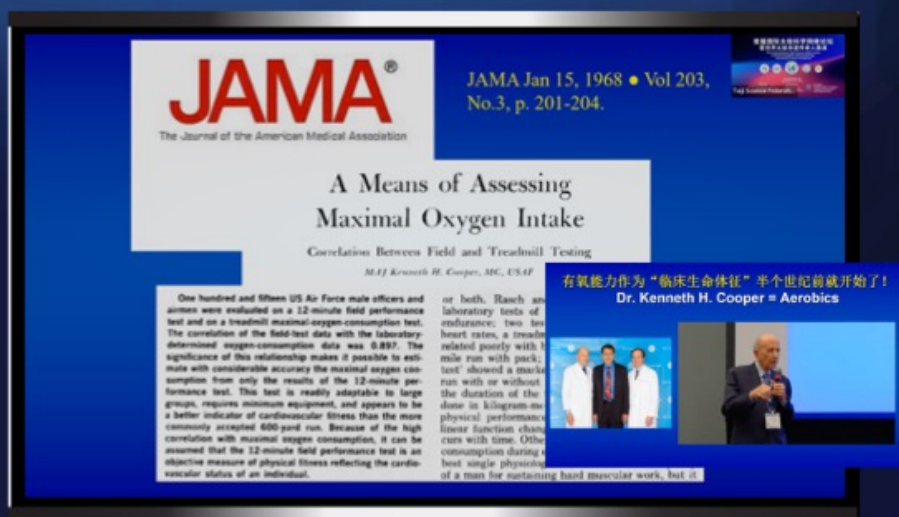
Victor Henderson
维克多·亨德森教授
(USA 美国)

2. Taiji and Mental Ability in healthy Older Adults
健康老年人的太极拳和心智能力

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



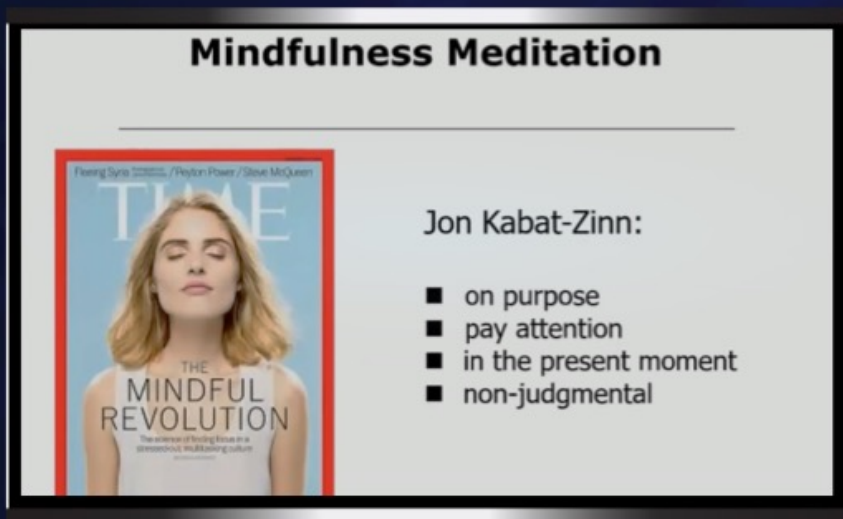
Weimo Zhu
朱为模
(USA 美国)



3. Science of "Taiji Is Medicine": Lessons Learned and To be Learned

“太极拳是良药”的过来和未来科学之路

美国运动科学院院士，曾担任美国体育测量与评价协会主席，美国总统体质与竞技体育委员会科学顾问。曾任美国著名《锻炼与运动研究季刊》主编。《体力活动与健康期刊》、《生理前沿》副主编，并现任10多本英文体育杂志的编委。现任美国国家健康体质测验的科学顾问。 Professor in the Department of Kinesiology and Community Health at the University of Illinois at Urbana-Champaign, He was the editor-in-chief of the Research Quarterly for Exercise and Sport and was the associate editors of Journal of Physical Activity and Health and Frontiers in Physiology.



Albert Yeung
楊世賢
(USA 美国)

5. Qigong and Taiji for treatment of depression 气功和太极治疗抑郁症

Dr. Albert Yeung: Director of Primary Care Research at the Depression Clinical and Research Program at Massachusetts General Hospital (MGH) and Associate Professor of Psychiatry at Harvard Medical School. 楊世賢博士: 是麻省總醫院 (MGH) 的抑鬱症臨床和研究項目基礎醫療研究主任，哈佛醫學院精神科副教授。他從台灣大學取得醫學學位。他還獲得哈佛大學公共衛生學院流行病學碩士學位和科學博士學位。他在MGH完成了精神醫學的住院醫師培訓。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



William Douglas
威廉·道格拉斯
(USA 美国)

So, we increased coherence in Global Consciousness ... what's the big deal?



6. New Science Reveals Tai Chi, Qigong, and Mind Body Practices Have World Changing Potential. 新科学揭示太极、气功和身心练习具有改变世界的潜力

Mr. William Douglass: Founder of World Tai Chi & Qigong Day (WTCQD), celebrated annually in 100s of cities in over 80 nations on the "last Saturday of April" each year. He is the author of "The Tao of Tai Chi: The Making of a New Science," and "The Complete Idiot's Guide to Tai Chi & Qigong" (4th edition Penguin Publishing).

威廉·道格拉斯: 世界太极气功日 (WTCQD) 的创始人, 每年在80多个国家的100多个城市的“4月最后一个星期六”庆祝。他是《太极道: 创造一门新科学》和《太极与气功傻瓜指南》(企鹅出版社第四版)的作者。



Musculoskeletal Control by Taijiquan 太极拳的肌肉骨骼控制

- On the Space Station, Moon, Mars, or in microgravity, Taijiquan movements for musculoskeletal involve both **closed kinetic chain (CKC)** and **open kinetic chain (OKC)** motions
- 在太空站、月球、火星或微重力环境中, 太极拳的肌肉骨骼控制涉及**闭合动力链 (CKC)** 和**开放动力链 (OKC)** 运动
- Closed kinetic chain (CKC) motion is conducted by wearing comfortable harnesses attached to the floor that can apply a force equal to the body weight, or by simply fixing the feet to the floor for few footsteps as appropriate to create resistance in microgravity
- 闭合动力链 (CKC) 运动是通过穿着舒适的安全带固定在地板上, 可以施加等于体重的力, 或简单地将脚固定在地板上适当的步位, 以在微重力下产生阻力

Open kinetic chain conducted by diaphragmatic breathing
开放动力通过链膜隔呼吸

Internal forces and kinetic energy transferred through body segments
内劲和动能通过体节逐步传递

Richard Boyer's Joint By Joint Approach



Julian Chu
朱殿蓉
(USA 美国)

7. Biomechanical Aspects of Taijiquan Countermeasure against Health Threats during Spaceflight 太极拳对抗航天健康威胁的生物力学分析

Dr. Julian Chu has been teaching Yang-Style Taijiquan, traditional Yang-Style Taiji Weapons (Sword, Saber, Staff), and Push Hands in U.S. over 40 years.

朱殿蓉博士: 曾在田纳西河谷管理局工作, 然后在陆军部工作了43年, 分别担任研究员和国家项目经理。曾在多个专业期刊的委员会任职。他获得了许多成就奖, 包括两枚美国陆军立功勋章和两枚美国高级平民勋章。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Zhenglei Chen
陈正雷
(China 中国)



8. Chen Style Taiji Introduction and Master's Demonstration

太极介绍和展演 - 陈氏太极拳

Grandmaster Zhenglei Chen was the 19th generation of the Chen family, the 11th generation descendant of Taijiquan, member of the Chinese Sports Science Association, rated as "One of the 'Top Ten Famous Martial Arts Masters in Contemporary China'", Chinese Wushu 9th Duan, The first batch of national-level intangible cultural heritage projects-outstanding inheritors of Chen style Taijiquan.

陈正雷大师: 陈家沟陈氏十九世、太极拳第十一代嫡宗传人, 历届中国武术协会委员, 中国体育科学学会委员, "中国当代十大武术名师" 之一, 中国武术9段, 中国武术研究院专家委员会专家。首批国家级非物质文化遗产项目--陈氏太极拳杰出传承人。



Juan Chen
陈娟
(China 中国)

Master Juan Chen demonstrated the traditional Chen Style Taijiquan with her father Grandmaster Zhenglei Chen
陈娟老师在她的父亲陈正雷大师报告之后, 演示传统陈式太极拳

Master Juan Chen she is a family of Chen Style Tai Chi. She is the first batch of disciples of the top ten Chinese Martial Arts Grandmasters Zhenglei Chen, and the 12th generation descendant of Chen Style Taijiquan.

陈娟老师: 生于武术世家, 她2000年6月毕业于北京体育大学武术系。中国陈家沟太极拳馆高级教练, 国家一级武术裁判、持牌体育经纪人。现任广东省南方陈氏太极拳会馆、系中国当代十大武术名师陈正雷大师之女, 也是首批入室弟子、陈氏太极拳第十二代嫡宗传人。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Youbin Zhao
赵幼斌
(China 中国)



9. Yang Style Taiji Introduction and Master Demonstration

太极介绍和展演 - 杨式太极拳

Grandmaster Youbin Zhao: He was born in Yongnian County, Hebei Province. From the age of seven, he followed his father Bin Zhao to practice Taijiquan. Bin Zhao is the grandson of grandmaster Yang Chengfu. Youbin is the first batch of national-level intangible cultural heritage projects-outstanding inheritors of Yang style Taijiquan.

赵幼斌大师: 杨氏太极拳世家。七岁起随父赵斌习拳, 赵斌是杨澄甫宗师之侄外孙, 为杨氏太极拳第四代亲族传人, 一代太极名宿。赵幼斌是太极拳十大家族中赵斌家族的掌门人。国家级太极非遗传承人。



Liang Zhao
赵亮
(China 中国)

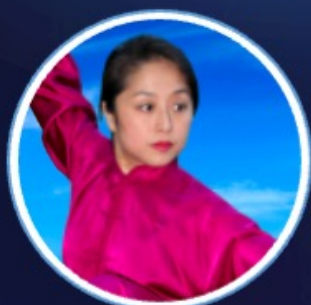
Yang Style Taiji Introduction and Master's Demonstration

太极介绍和展演 - 杨式太极拳

Master Liang Zhao: The sixth generation of Yang's Taijiquan; Seven Duan Master of Chinese Wushu, Deputy director of Shanxi Yongnian Yang Style Taijiquan Taijiquan Promotion Center; President of Yang's Taijiquan society in Xi'an Yongnian.

赵亮老师: 杨氏太极拳第六代; 中国武术七段大师, 山西永年杨式太极拳太极拳推广中心副主任; 西安永年杨氏太极拳学会会长; 西安高新区武术协会名誉会长 深圳市武术协会杨氏太极拳专业委员会副会长; 国际杨永年太极拳协会会长; 香港赵友斌杨氏太极拳协会名誉会长兼总教练; 美国太极拳学会名誉顾问兼总教练、名誉会长、顾问。数十人太极拳组织的大师和讲师 包括《中国武术》、《武当》等杂志。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Jiamin Gao
高佳敏
(USA 美国)



10. World Champion Gao Jiamin Taijiquan introduction and Demonstration 太极介绍和展演: 世界冠军高佳敏太极拳展示

Master Jiamin Gao: China's first "Asian Wushu Championship" women's Tai Chi champion, the first collection of "World Championships, Asian Games, East Asian Games, Asian Championships, National Games" "Five major event champions in one, the only "Grand Slam" Wushu athlete.

高佳敏老师: 中国第一位“亚洲武术锦标赛”女子太极拳冠军、第一位集“世锦赛、亚运会、东亚运动会、亚锦赛、全运会”五个重大赛事冠军于一身, 唯一大满贯的武术运动员。



Gongbao Yu
余功保
(China 中国)

12. The structure of Taijiquan from a scientific perspective 科学视角下的太极拳结构

Gongbao Yu: Editor-in-chief of World Taiji Net, a famous Taiji cultural scholar. The editor-in-chief and publisher of the Chinese Taijiquan Dictionary has given hundreds of lectures on Taiji cultural activities. Founded China's first Chinese martial arts association of colleges and universities: Peking University Wushu Association and served as the chairman.

余功保老师: 世界太极拳网总编, 著名太极文化学者, 研究家。

中国太极拳词典的主编出版者, 举行过上百场的太极文化活动演讲。创办了中国第一个中国高等学校武术协会: 北大武协并担任主席。

Panel Discussion (1)

主题讨论 (1)



11. International development of Taijiquan 太极拳的国际推广



李书东博士
Dr. Shudong Li
(USA 美国)



罗恩·扎伊德曼校长
Dr. Ron Zaidman
(USA 美国)



马克斯·阿尔维斯
Marcus Alves
(Brazil 巴西)

"Round Table" Summit

圆桌会议



贾斯汀·埃格特 (和风)
Justin Eggert
(USA 美国)



威廉·道格拉斯
William Douglas
(USA 美国)

Panel Discussion (1)

主题讨论 (1)



2021 First International Taiji Science
Online Forum

OPPORTUNITIES

Talking about technology:

Videoconference platforms:

- Meetings
- Forums
- Courses
- Duan Wei Exams

Exploring these tools:

- Allow people stay connected
- Reach greater number of people
- Improve technical skills
- Promote Taiji and Health Qigong efficiently



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Dr. Ron Zaidman
President and Co-founder of
Five Branches University,
Graduate School of Traditional
Chinese Medicine with
campuses in Santa Cruz and
San Jose California.
罗恩·扎伊德曼校长
加州中医药大学校长兼联合
创始人，罗恩先生获得了斯
坦福大学的MBA学位，任针
灸和东方医学学院理事会，
成员；针灸和东方医学认证
委员会现场考察，主席；加
州针灸和传统医学协会顾问。



Marcus Alves:
Member of Judge Committee
of International Wushu
Federation, Secretary General
of Pan American Wushu
Federation and Secretary
General of Brazilian Wushu
Federation.
马克斯·阿尔维斯
国际武术联合会裁判委员会
委员，泛美洲武术协会秘
书长，巴西武术联合会秘书
长。



Justin Eggert
Broad of Member and Director
or License Committee of United
States of America Wushu-
Kungfu Federation,
international level Wushu
referee. He has participated in
the World Wushu
Championships as the leader,
coach and referee of the US
National Wushu Team for many
times
贾斯汀·埃格特（和风）
美国武术联合会理事，国际级
武术裁判，多次作为美国国
家武术队领队、教练和裁判
参加世界武术锦标赛。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Tianjun Liu
刘天君
(China 中国)

气功是调身、调息、调心三
调合一的身心锻炼技能。

Qigong is the skill of mind-body exercise
that integrates the three adjustments of
body, breath and mind into one.

13. Taiji and Qigong 太极与气功

Dr. Tianjun Liu: Professor, Doctoral Supervisor, Director of Qigong Laboratory Clinical Department, School of Acupuncture and Moxibustion, Beijing University of Chinese Medicine, Honorary President of Chinese Medical Qigong Association Standing Director of World Medical Qigong Association.

刘天君博士: 北京中医药大学针灸学院临床系教授, 主任医师, 博士生导师, 气功实验室主任, 中国医学气功学会名誉会长, 世界医学气功学会常务理事, 中国心理学会心理督导师, 中国心理卫生协会心理督导师, 中国认知行为专业委员会顾问。



Deyin Li
李德印
(China 中国)

14. The first set of Contemporary Taijiquan – "simplified Taijiquan"

新中国第一套武术规定套路—简化太极拳述评

Grandmaster Deyin Li: Born in a family of Taiji, Chinese Wushu 9th Duan Grandmaster, professor, director of the military sports teaching and research section of Renmin University, and member of the academic committee of the school.

李德印大师: 出身武术世家, 中国武术九段, 人民大学军体教研室教授、主任、校学术委员会委员。享受国务院特殊津贴。曾任北京市武术协会副主席, 北京市大学生武术协会主席, 中国武术协会委员, 中国体育科学学会武术分会委员。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Zhongcan Cui
崔仲三
(China 中国)



15. Yang Style Taiji Introduction and Master Demonstration 太极介绍和展演 - 杨式太极拳

Grandmaster Zhongsan Cui: He was born in a Tai Chi family and practiced traditional Yang style Tai Chi with his grandfather since he was a child. He has been practicing traditional Yang style Tai Chi for more than 40 years. His grandfather Lizhi Cui, Yishi Hao, was the introductory disciple of Taijiquan master Chengfu Yang, the fourth generation of authentic heirs under Luchan Yang's school.

崔仲三大师: 出身太极世家, 自幼随祖父习练传统杨氏太极拳, 至今已有40余年。他的祖父崔立志, 号毅士, 是太极宗师杨澄甫的入门弟子, 杨露蝉门下第四代正宗传人, 北京永年太极拳社创办人, 在武术界享有北崔南傅(钟文)之美誉。



Jürgen Mittag
于尔根·米塔格
(Germany 德国)

16. "Sport and Health in Germany and Europe: "Developments, Structures and Constraints" "德国和欧洲的体育与健康：发展、结构和制约因素"

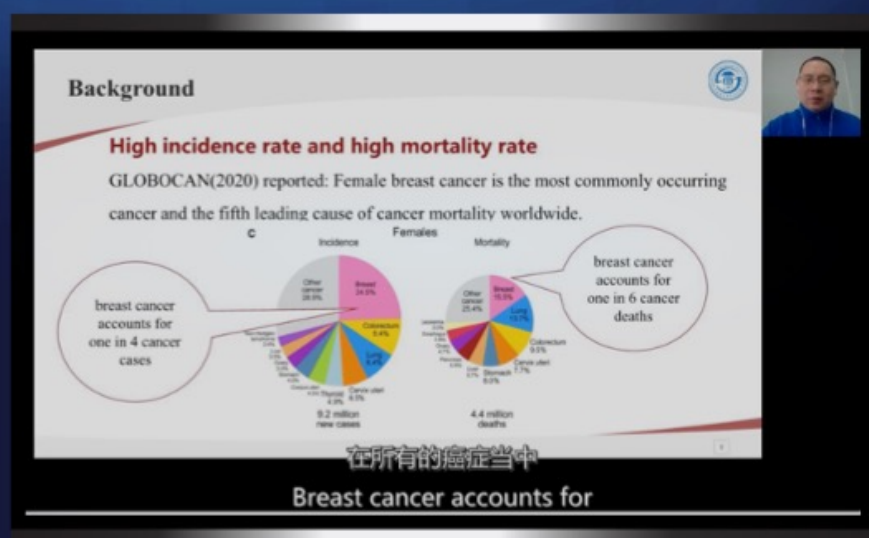
Dr. Jürgen Mittag: Honorary Board member of the foundation "Library of the Ruhr". Dean and professor of European Sport Development and Leisure Studies at German Sport University Cologne; Appointment of Jean Monnet Professor (European Commission).

于尔根·米塔格院长: 欧盟让·莫内教授, 德国科隆体育大学欧洲体育发展与休闲研究学院教授、院长。德国历史社会科学研究量化及方法学学会副主席; Historical Social Research (HSR) 联合主编; 欧洲联盟协会波鸿地区主席。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



王会儒
Prof. Wang, Huiru
(中国 China)



17. “Facilitators and Barriers of Baduanjin for Breast Cancer Survivors undergoing Chemotherapy”.

乳腺癌幸存者化疗期间练习八段锦的益处与障碍

Professor of the Department of Physical Education, master's tutor, master's tutor, director of the “Sports, Medicine, Health and Care Integrated Development Research Center” of the Yangtze River Delta Institute of Health, of Shanghai Jiao Tong University.

上海交通大学体育系教授，硕士研究生导师，上海交通大学健康长三角研究院“体医养康护融合发展研究中心”主任，中国体育科学学会武术与民族传统体育分会委员，中国康复医学会体育保健康复专委会科普专业组常委，上海体育科学学会运动康复分会委员。



太极拳干预研究现状分析

干预内容

1. 24式太极拳（简化太极拳），占比三分之一。
2. 杨式太极拳
3. 吴式、孙式太极拳
4. 8式太极拳、16式太极拳、八法五步
5. 改良版太极拳：坐式太极拳、单势太极拳动作（云手）、太极拳组合动作、太极拳与气功冥想相结合。



Huiqing Yang
杨慧馨
(China 中国)

18. Practice and Reflection on the Research of Taijiquan Intervention 太极拳干预研究的实践与反思


Dr. Huiqing Yang: Dean of the National Traditional Sports College of Harbin Institute of Physical Education. Doctoral supervisor, leader of traditional national sports disciplines, leader of echelon of martial arts theory and methods. Concurrently serving as a standing committee member of the Heilongjiang Provincial Rehabilitation Medicine Association, a vice chairman of the Sports Sociology Branch of the Heilongjiang Sports Science Society.

杨慧馨博士: 哈尔滨体育学院民族传统体育学院院长，博士生导师，民族传统体育学学科群带头人，武术理论与方法学科梯队带头人。兼任黑龙江省康复医学会常务委员，黑龙江省体育科学学会体育社会学分会副主任委员。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍




Maolin Zhang
张茂林
(China 中国)



山东体育学院
Shandong Sport University

前言 Instruction

益生菌 Probiotics



改变肠道菌群平衡而对宿主显示保健的活微生物。
Probiotics refers to alive microbes which show health care to the host through changes the balance of intestinal flora.

肠嗜酸杆菌、乳酸杆菌、双歧杆菌等。
Bacillus acidophilus, lactobacillus and Bifidobacterium.

功效：减重、降血脂、营养、改善肠胃功能、增强机体免疫力、抗肿瘤、抗氧化等。
Functions: weight loss, cholesterol-lowering, nutrition, improving gastrointestinal function, enhancing immunity, anti-tumor, antioxidant, etc.

益生菌与肥胖的发生关系及益生菌在预防和肥胖中的作用和机制？
The relationship between probiotics and obesity and the role and mechanism of probiotics in the prevention and obesity.

19. Correlation study of Taijiquan Exercise on intestinal probiotics and blood lipid metabolism in obese elderly 太极拳锻炼对肥胖老年人肠道益生菌和血脂代谢影响的相关性研究

Dr. Maolin Zhang: Deputy Dean of Wushu College of Shandong Sport University, Master's Supervisor, Famous Teacher of Shandong University Teaching, International Referee of Dragon Dance and Lion Dance, National Social Sports Instructor, concurrently member of Scientific Research Committee of China Wushu Association.

张茂林博士: 山东体育学院武术学院副院长，硕士生导师，山东省高校教学名师，舞龙舞狮国际级裁判，国家级社会体育指导员，兼任中国武术协会科研委员会委员、山东省龙狮运动协会常务副会长。



背景介绍

太极拳 (Tai Chi Chuan, TCC) 是由中国传统武术发展而来的全身心锻炼方法。起源于河南温县，陈王廷 (1600-1680) 所创。尽管源于攻防技击，但太极拳在健康促进方面展现了十足的潜力。通过缓慢、柔和、优雅的动作，以及深呼吸和放松，太极习练者能达到身心的统一与平衡，从而促进免疫功能。

大量研究通过测量炎症标志物水平，并对比类似治疗方法（如健康教育 (HE)、冥想和失眠认知行为疗法 (CBT-I)），证实了太极疗法具有更便捷、更有效的特点，充分展现了太极疗法的临床潜力。





Tao Kang
康涛
(China 中国)

20. Effects of Tai Chi therapies on the immune system: Focusing on inflammatory biomarkers 太极疗法对免疫系统的影响：关注炎症生物标志物

Dr. Tao Kang is a senior researcher at the School of Management, Sun Yat-Sen University. Main research directions: sports and public health, health management and services, health education and communication.

康涛博士: 中山大学管理学院高级研究员。担任中国康复医学会居家康复专委会委员、中国健康管理协会分会委员、广东省人口文化促进会健康管理及医疗产业分会副主任委员、广东省临床医学学会整合康复专业委员会委员，主持完成了包括国家社科项目在内的各级各类课题研究12项。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



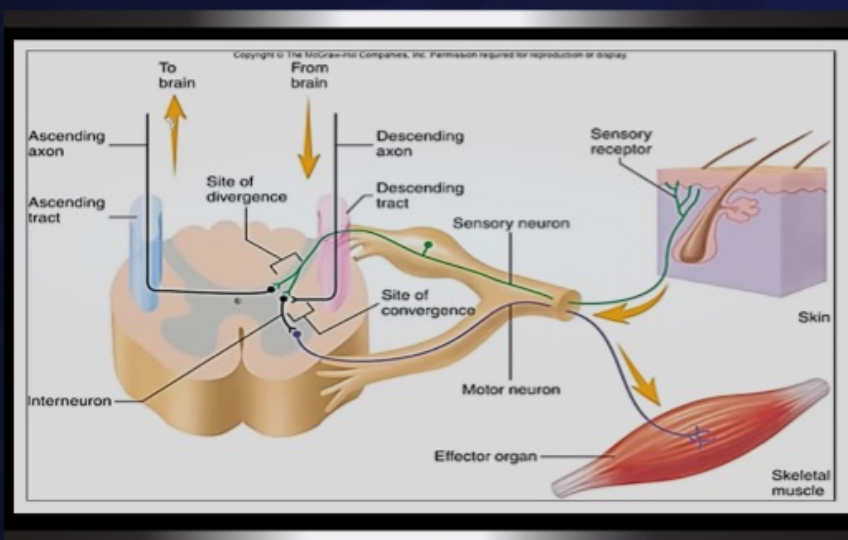
Tiancai Zhu
朱天才
(China 中国)



21. Chen Style Taiji Introduction and Master Demonstration 太极介绍和展演 -陈式太极拳

Grandmaster Tiancai Zhu was the 19th generation grandson of the Chen family of Chenjiagou, the 19th generation successor of Chen's Taijiquan, representative of the first batch of national intangible cultural heritage items (Chen's Taijiquan) Inheritor, Chinese martial arts 9 dan Grandmaster.

朱天才大师是陈家沟陈氏第十九代外孙，陈氏太极拳第十九代传人，首批国家级非物质文化遗产项目（陈氏太极拳）代表性传承人，中国武术九段，中国高级武术教练。被誉为陈氏太极拳“四大金刚”之一。



Drougas Vasileios
德鲁加斯·瓦西里奥斯
(Greece 希腊)

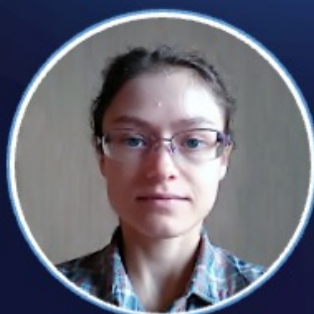
22. Study of the changes of the parameters of the perception of space and time in Tai Chi Chuan 太极拳时空知觉参数变化的研究

Dr. Bill Drougas MSc. PhD.

Professor of Physics and Doctor of Neurophysiology University of Ioannina Greece Master 13th Generation in Chen Style Tai Chi Chuan Lineage Head of the Cheng Dao Academy of Tai Chi Chuan and Qi Gong.

德鲁加斯·瓦西里奥斯博士：希腊约阿尼纳大学物理学教授和神经生理学博士陈式太极拳第十三代传人，宗道太极拳与气功学院院长。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



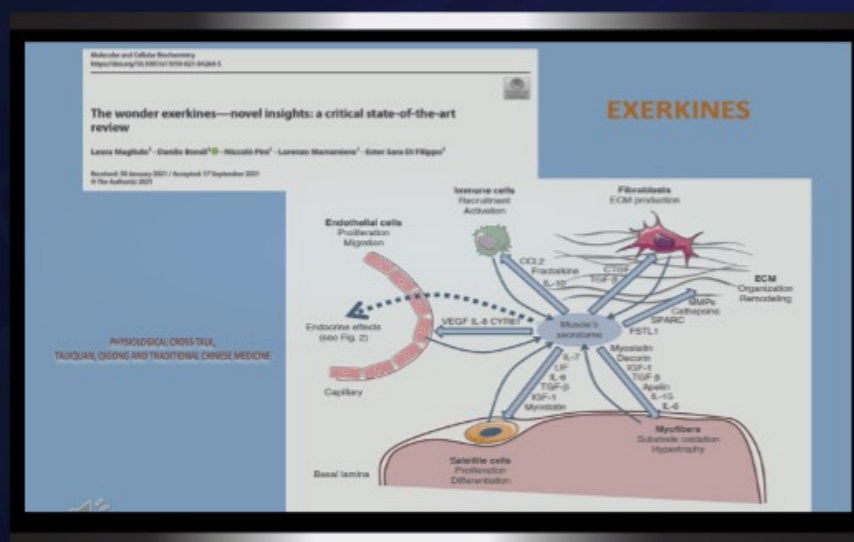
Borislava Lecheva
鲍里斯拉瓦·莱切瓦
(Bulgaria 保加利亚)



23. Taijiquan in Bulgaria – Development and Future Perspectives 保加利亚太极拳—发展与未来展望

Borislava Lecheva: The 5th World Taijiquan Health Conference 2014, Hangzhou, China: 24 Taijiquan – silver; 32 Taijijian – silver. Wushu teacher at the Confucius Institute at the University of Veliko Tarnovo.

鲍里斯拉瓦·莱切瓦: 2014 年第五届世界太极拳健康大会，中国杭州：24 太极拳 – 银奖；32 太极剑——银牌，现任保加利亚大特尔诺沃大学担任武术教练。



Robson Campos Gutierrez
罗布森·古铁雷
(Brazil 巴西)

24. Taijiquan, Qigong and Traditional Chinese Medicine -Physiological Cross Talk 太极拳、气功和中医药的生理学探讨

Dr. Robson Campos Gutierrez: Visiting Lecturer in Neurophysiology and Exercise Physiology at the Federal University of São Paulo, Paulist School of Medicine, Brazil – UNIFESP.

罗布森·古铁雷博士: 巴西圣保罗联邦大学保利斯塔医学院医学院神经生理学和运动生理学客座讲师—UNIFESP。UNIFESP组织学和结构生物学讲师；解剖学特邀讲师。自1987年以来担任中医医生。曾任世界中医药学会联合会前副主席。

Panel Discussion (2)

主题讨论 (2)

25. "The role and development direction of Taiji, Health Qigong and other health preservation exercise under the "new normal"

新常态”下太极、健身气功等传统体育健康养生促进作用及发展方向



刘天君
Tianjun Liu



虞定海
Dinghai Yu



石爱桥
Aiqiao Shi



胡晓飞
Xiaofei Hu

Prof. Dinghai Yu: Former dean and professor of the Wushu College of Shanghai Sports University. He was awarded National Excellent Teacher Award by the National Education Commission and the Ministry of Personnel; National Sports Science and Technology Advanced Worker by the National Sports Bureau.

虞定海教授: 上海体育学院教授、博士生导师。曾任武术学院院长, 上海体育学院学术委员会委员、中国健身气功协会常委、中国武术协会委员、上海市武术协会副主席、上海市健身气功协会副主席、中国武术九段、国家级武术裁判。

Prof. Aiqiao Shi: Former dean and professor of Wushu College of Wuhan Sports University. 9-duan Level of Health Qigong Master, leader of the discipline of traditional national sports major in health preservation, and expert of Hubei Provincial Government subsidy.

石爱桥教授: 前武汉体育学院武术学院院长, 博士生导师, 健身气功九段、民族传统体育专业养生方向学科带头人、国家体育总局教材委员会委员、中国体育科学学会武术与民族传统体育分会副主任委员、中国健身气功协会常委。

Prof. Xiaofei Hu: Professor and doctoral supervisor of Beijing Sports University, special expert of "sports prescription training" of the Chinese Sports Science Association, board member of the International Health Qigong Federation.

胡晓飞教授: 北京体育大学教授、博导, 恒源祥集团博士后科研工作站学术导师, 北京市高校名师, 中国体育科学学会“运动处方师培训”特聘专家, 国际健身气功联合会技委会副主任, 中国健身气功协会常委、推广委员会副主任, 健身气功国际A级裁判。

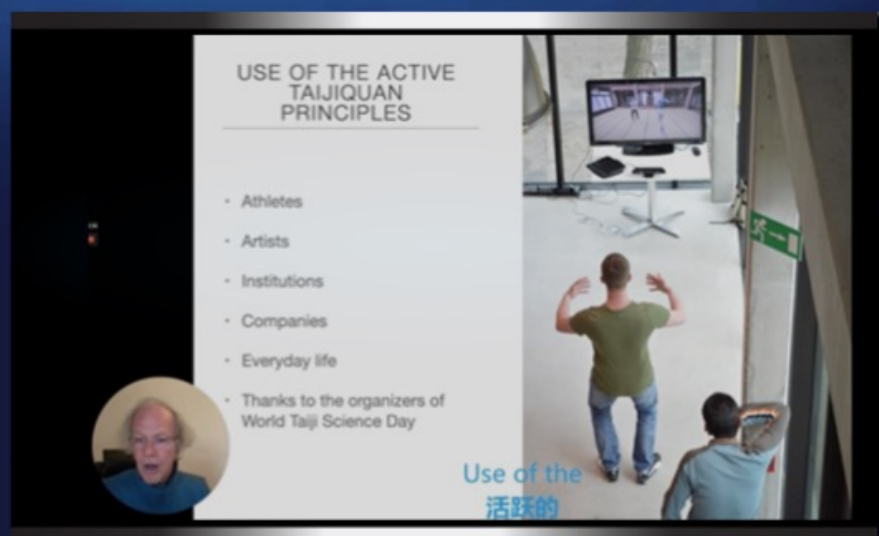
Professor Tianjun Liu: Professor and Chief Physician of Clinical Department, School of Acupuncture and Moxibustion, Beijing University of Chinese Medicine, Honorary President of Chinese Medical Qigong Society, Executive Director of World Medical Qigong Society.

刘天君教授: 北京中医药大学针灸学院临床系教授, 主任医师, 博士生导师, 气功实验室主任 中国医学气功学会 名誉会长 世界医学气功学会 常务理事 中国心理学会 心理督导师, 国心理卫生协会 心理督导师 中国认知行为专业委员会 顾问。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Eric Caulier
埃里克·考利尔
(Belgium 比利时)



26. Application of Taijiquan's Principle In Enterprises – Take Ergonomics As an Example 太极拳原理在企业中的应用——以人体工程学为例

Dr. Eric Caulier, PhD in anthropology, is an associate member of LAPCOS (Côte d'Azur University) and a founding member of CoSoCo (Consciousness, Care and Cognition).

埃里克·考利尔博士: 人类学博士 Eric Caulier 是 LAPCOS (蔚蓝海岸大学) 成员和 CoSoCo (意识、关怀和认知) 的创始成员。他学习了五种主要的太极拳 (中国武术协会第6段)



Yongxing Guan
管永星
(China 中国)

27. The comprehension of studying "Tao De Jing" and practicing "Wudang Taijiquan" 研习《道德经》与习练“武当太极拳”的体悟

Yongxing Guan: Graduated from China Taoist University, currently serves as deputy director of Wudang Taoist Cultural Development Center and deputy head of Wudang Taoist Kungfu Group.

管永星老师: 毕业于中国道教大学, 现任武当道教文化发展中心副主任、武当道教功夫团副团长。2016年8月回到武当山道教协会, 负责道教协会武当太极公益推广活动。2017年起担任中国道教协会会长秘书。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Chi-hsiu Weng
翁启修
(USA 美国)



28. The Implementation of Taijiquan for Security and Wellness 太極拳實踐於保持安全與全適

Dr. Shi-Hsiu Weng: He is the president of US Collegiate Taiji Federation and Vice President of the World Shuai Jiao Federation, Professor at San Jose State University and the Honorary Dean of College of Taijii at University of East-West Medicine, California.

翁启修博士，体育学博士，美国高校太极联合会主席，美国加州圣荷西州立大学教授，国际医药大学太极学院名誉院长。功夫跤世界聯盟副主席，泛美洲摔角聯盟主席，全美摔角協會主席，曾任過台灣中國文化大學國術組主任，國立體育學院體育研究所所長及大專院校國術委員會主任委員。



Zhanjun Wang
王战军
(China 中国)

29. Taiji Energy with Actual Combat 太极传人介绍展演 - 太极内功与实战

Master Zhanjun Wang: A new generation of Tai Chi champions, the National Wushu Championships Tai Chi Push Hands re-elected champions, CCTV Martial Arts Championships six martial arts championships, Guinness World Record Dantian trembling holder, once represented traditional Chinese martial arts to defeat Japan's largest level of Sumo Yokozuna Akutaro.

王战军老师：太极拳新一代领军人物、全国武术锦标赛太极拳推手蝉联冠军、央视武林大会六大门派总冠军，吉尼斯世界纪录丹田颤抖的保持者、曾代表中国传统武术击败日本最大级别相扑横纲 曙太郎。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Jun Yang
杨军
(China 中国)



30. Understanding Taijiquan Theory - Empty and Full 太极传人介绍展演 - 太极拳之虚实

Master Jun Yang: He is the sixth-generation grandson of Luchan Yang, the founder of Yang style Taijiquan, He started to practice Yang Family Taijiquan under the guidance of his grandfather Zhenduo Yang since he was a child and started teaching around the world with his grandfather when he was a teenager.

杨军，杨氏太极拳创始人杨露禅第六代孙（来孙），祖籍河北永年广府镇大名府。自幼在祖父杨振铎的教导下开始习练家传杨氏太极拳，十几岁便随祖父开始在世界各地教学，深得家传技艺的真传，乃振铎先生的衣钵传人。



Sitan Chen
陈思坦
(USA 美国)

31. World Champion Sitan Chen, Taijiquan introduction and Demonstration 世界冠军陈思坦太极拳展示

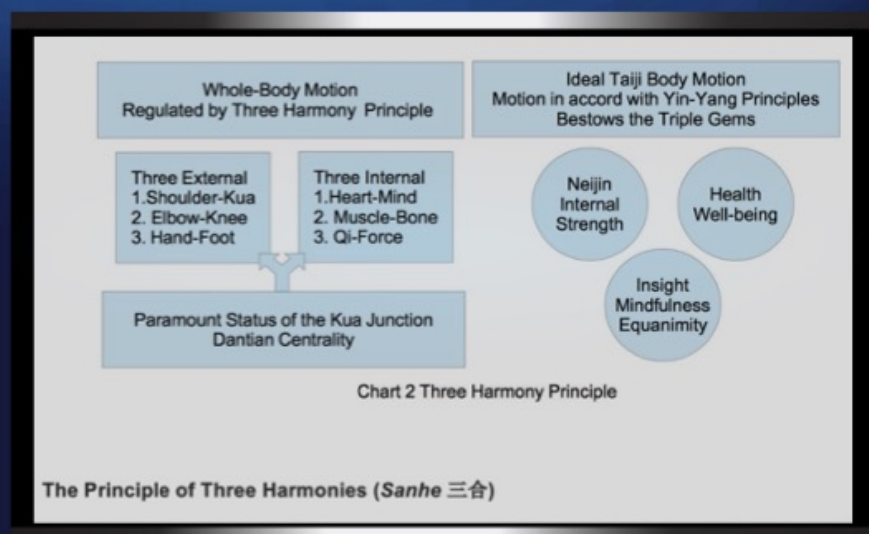
Master Sitan Chen: The first champion of three major events including the "World Championships, Asian Games and National Games", and the "Grand Slam" men's martial arts Taijiquan player, won the highest honor awarded by the national Sports Bureau of China, "Sports Honor Medal"

陈思坦老师：第一位集“世锦赛、亚运会、全国运动会”三大重要赛事冠军，“大满贯”男子武术太极拳选手，第一套国际武术竞赛套路“42式太极拳录像示范”，荣获中国国家体育总局授予的最高荣誉，“体育运动荣誉奖章”，并当选“中华武林百杰”，被评为“37位全球最具影响力太极人物”，被海内外誉为“太极王子”

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



C.P. Ong
王宗平
(USA 美国)



32. The Science of the Principle of Three Harmonies in Taijiquan and Sports 太极拳和体育三合原理的科学研究

Dr. C.P. Ong. He received his Ph.D. in Mathematics from U.C. Berkeley in 1973. Scientist of the Year 2016 Awarded at World Congress on Qigong, Taiji and TCM) Scientist of the Year 2016 . Executive Vice President of United States of America Wushu-Kungfu Federation

王宗平博士, 柏克莱大学数学博士、独立研究员, 曾主持和参加第八届世界功夫锦标赛研讨会、美国国家标准与技术研究院 (NIST) 2017 亚裔美国人太平洋岛民遗产庆典等多次国际太极气功养生论坛了, 现任美国武术联合会常务副主席。



Eric Y. Tao
陶翼青
(USA 美国)

33. Comparing the Eastern and the Western Diet Regiments 辟谷及生酮-分析东西方的饮食养生方式

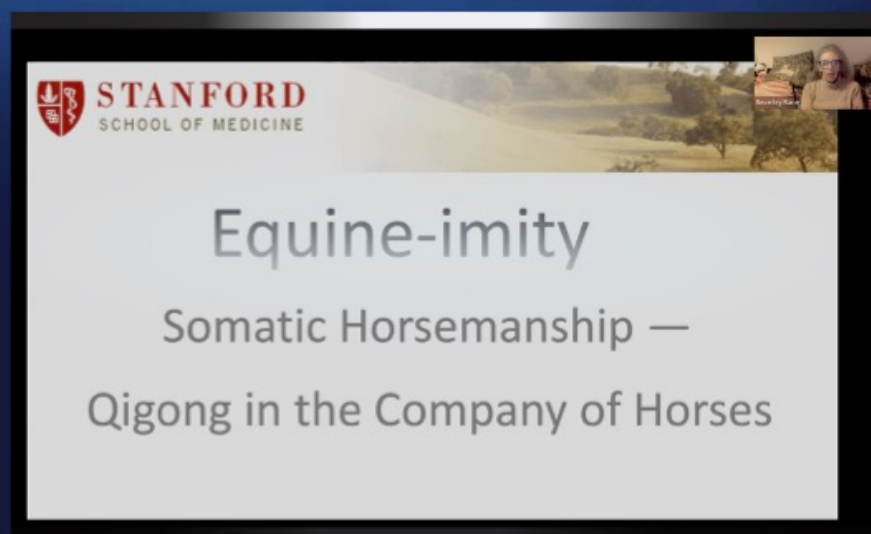
Dr. Eric Y. Tao: Monterey Bay University Corporation, Phillips Graduate University, President of the University of East West Medicine, also a full professor of innovation and computer science at the California State University Monterey Bay since 1998*

陶翼青博士: 现任美国国际医药大学校长, 同时兼任加州州大蒙特湾分校终身教授及美国联邦政府所支持的创新及经济发展学院院长, 参与许多教育机构及高科技创新公司的咨询或董事会-包括 Monterey Bay University Corporation, Phillips Graduate University, 还曾任西部大学联盟委员会的委员。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



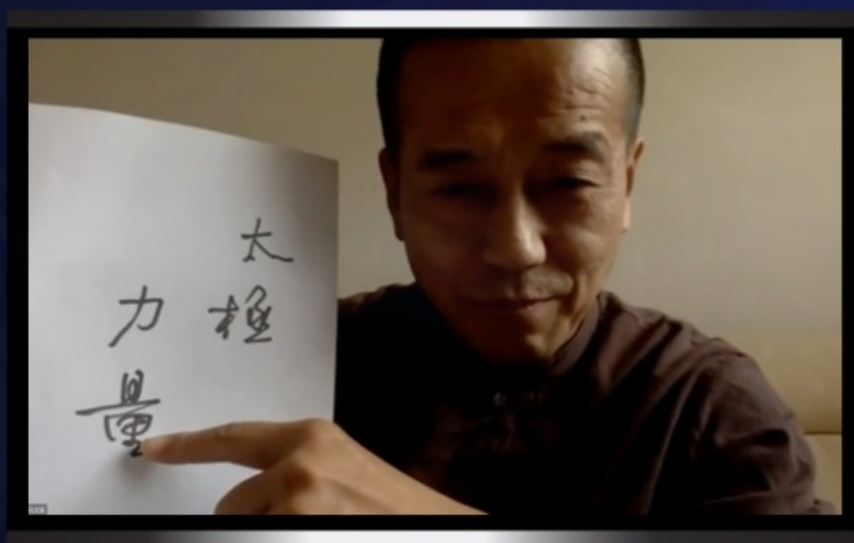
Beverley Kane
甘宝丽
(USA 美国)



34. Stanford Equine-imity—Qigong with Horses 斯坦福马术—马上气功

Professor Beverley Kane, MD, is Adjunct Clinical Assistant Professor of Medicine at Stanford. She is Program Director for Stanford Medical Taiji. Her recently published book, based on the Stanford class, is Equine-imity—Stress Reduction and Emotional Self-Regulation in the Company of Horses. <http://equine-imity.com>.

甘宝丽医学博士，是斯坦福大学的兼职临床医学助理教授。她是斯坦福医学太极拳的项目主任。她最近出版的书是基于斯坦福大学的课程，是马匹——通过骑马的减压和情绪自我调节。



Wenguo Ma
马文国
(China 中国)

35. The power, wisdom and affection of Taiji 太极的力量、智慧与深情

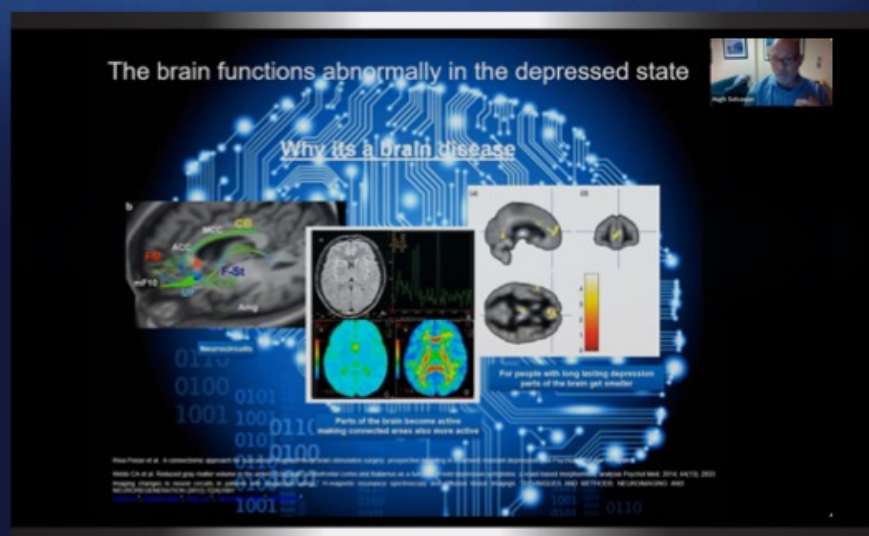
Dr. Wenguo Ma is a highly respected Professor and Wushu Doctor. He is the former Director of the Wushu Department for the prestigious Xi'an Institute of Physical Education. This institution is highly regarded for its development of many talented individuals in various athletic fields. He is also a member of the Standing Committee for the China Wushu Association, Vice-Chairman of the Shaanxi Wushu Association and Vice-Chairman of the Shaanxi Boxing Association.

马文国博士：原西安体育学院武术系主任、教授和武术博士，中国武术协会常务委员会委员，陕西武术协会副主席，陕西拳击协会副主席。他系统学习和研究国内和国外各种流派武道，进行了系统研究。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Dr. Brent Sovolson
布伦特·索沃森博士
(USA 美国)



36. Qigong Practice and Depression 气功练习与抑郁症

Dr. Brent Sovolson: Clinical professor at Stanford University School of Medicine, focusing on psychiatry, electroconvulsive therapy, and transcranial magnetic stimulation. From 2003 to 2010, he served as the medical director of interventional psychiatry. On June 18, 2001, he won the Stanford Department of Psychiatry Academic Teaching Award and won George D Gulevic MD Award Stanford Department of Psychiatry on June 21, 1997.

布伦特·索沃森博士：斯坦福大学医学院临床教授，专注入精神病学、电惊厥疗法、经颅磁刺激。2003-2010年任介入精神治疗医学主任，2001年6月18日荣获斯坦福精神病学系学术教学奖和 George D Gulevic 医学博士奖。



演讲嘉宾 FORUM SPEAKERS



罗杰·詹克博士
Dr. Roger Jahnke
(美国 USA)

36. 太极和气功—证据基础、经济学、传播
Taiji and Qigong – Evidence Base, Economics, Dissemination

曾于1982年至2012年期间担任加利福尼亚州圣塔芭芭拉健康行动中西医结合诊所的主任。中医博士，著有《内在的医治者》和《医治的希望》书籍
Doctor of Traditional Chinese Medicine Director – Health Action Synergies Director, Institute of Integral Qigong and Taiji
Doctor of Traditional Chinese Medicine



罗杰·詹克博士
Dr. Roger Jahnke

37. Taiji and Qigong – Evidence Base, Economics, Dissemination

太极和气功—证据基础、经济学、传播

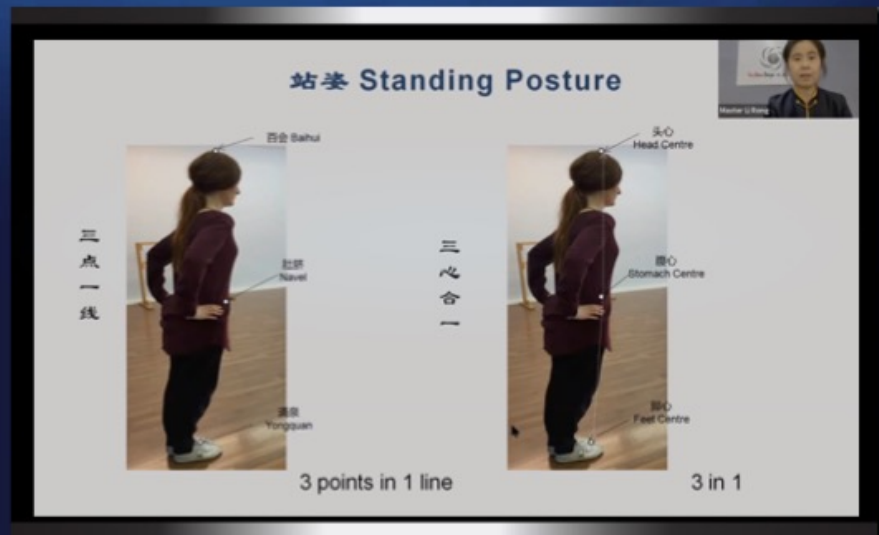
曾于1982年至2012年期间担任加利福尼亚州圣塔芭芭拉健康行动中西医结合诊所的主任。中医博士，著有《内在的医治者》和《医治的希望》书籍

Doctor of Traditional Chinese Medicine Director – Health Action Synergies Director, Institute of Integral Qigong and Taiji Doctor of Traditional Chinese Medicine.

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Rong Li
李蓉
(Canada 加拿大)



38 Sanxing Taiji Optimal Health 太极拳介绍和展演: 三星太极大健康

Master Rong Li: The founder of Sanxing Taiji. She is a Canadian Chinese, and disseminator of Wushu Qigong health preservation. She is the President of Canada Sanxing Taiji Culture College; Presidents of Sanxing Taiji International Exchange Association; Standing Director of the 5 Yun 6 Qi Professional Committee of the World Federation of Chinese Medicine Societies.

李蓉老师: 三星太极创始人李蓉是加拿大华人, 武术气功养生传播者。加拿大三星太极文化学院院长; 三星太极国际交流协会会长; 世界中医药学会联合会五运六气专业委员会常务理事。



Amin Wu
吴阿敏
(USA 美国)

39. Taijiquan exercise for women's health 太极拳锻炼与女性健康

Master Amin Wu: She Had obtained Weapon and Push Hands and All-around champion of Taiji in China. She has repeatedly won the champion of women's Wu style Taijiquan and the Women's Taiji Push Hands Championship at the China National Wushu Championships. She is the fifth-Generation successor of Wu style Taijiquan.

吴阿敏老师: 中国全国太极拳、械、推手全能冠军。多次蝉联中国全国武术锦标赛女子吴式太极拳冠军。多次蝉联中国全国武术锦标赛女子太极推手冠军。吴式太极拳第五代代表性传承人。毕业于北京体育大学武术系, 精研各式太极拳、械、健身气功、导引养生功等。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



40. 强化太极科学论坛平台功能推动高校学术科研合作 Strengthen the platform function of Taiji Science Forum to promote academic research cooperation in universities

朱为模院士：美国运动科学院院士，伊利诺伊大学教授
Weimo Zhu: Fellow of the National Academy of Kinesiology, Professor,
University of Illinois.

周武院长：杭州师范大学体育学院院长，教授
Wu Zhou: Dean of the School of Physical Education, Hangzhou
Normal University.

王会儒主任：上海交通大学 体医养康护融合发展研究中心主任，
教授
Huiru Wang: Director of the Care Integrated Development Research
Center of Shanghai Jiao Tong University

杨慧馨院长：哈尔滨体育学院民族传统体育学院院长，教授
Huiqing Yang: Dean of the traditional ethnic sports college, Harbin
Sports University.

张茂林副院长：山东体育学院武术学院副院长，教授
Maolin Zhang: Vice Dean of the Wushu College of Shandong Sports.

高娃院长：内蒙古师范大学体育学院院长，教授
Wa Gao: Dean of the School of Physical Education, Inner
Mongolia Normal University.

林强院长：浙江工业大学理学院院长，教授
Qiang Lin: Dean of the Faculty of Science, Zhejiang
University of Technology.

罗恩·扎伊德曼：美国加州中医药大学校长
Ron Zaidman: President of Five Branches University

杨世贤主任：麻省总医院（MGH）基础医疗研究主
任，哈佛医学院教授
Albert Yeung: Director of Primary Care Research at the
Depression Clinical of Harvard Medical School.

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Dr. Qiang Lin: Dean of the Faculty of Science, Zhejiang University of Technology, doctoral supervisor, winner of the Outstanding Youth Fund of the National Natural Science Foundation of China and the Humboldt Fund of Germany. Professor Lin practiced Tai Chi for many years, and I have a special liking for Tai Chi culture.

林强博士: 现任浙江工业大学理学院院长、教授、博士生导师, 中国国家自然科学基金杰出青年基金、德国洪堡基金获得者。练习太极多年, 对太极文化情有独钟, 近年来利用现代科学手段开展了太极运动对人体机能的影响方面的研究。



Dr. Wa Gao: Dean, Professor and Master Tutor of the School of Physical Education, Inner Mongolia Normal University. Mainly study the teaching and teaching of Mongolian traditional sports. Director of Traditional Sports Branch.

高娃博士: 内蒙古师范大学体育学院院长、教授、硕士生导师。主要致力于蒙古族传统体育的教学和研究。中国民族体育专委会理事, 中国老年运动健康研究会理事, 内蒙古体育科学学会民族传统体育分会主任。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Qingquan Fu
傅清泉
(USA 美国)



41. Yang Style Taiji Introduction and Master Demonstration 太极介绍和展演 - 杨式太极拳

Master Qingquan Fu is the family inheritor of Yang-style Taijiquan, a national intangible cultural heritage. Since the age of 5, he has received strict teaching and instruction from his grandfather Zhongwen Fu and his father Shengyuan Fu. He is the one of main representative of Yang-style Taiji.

太极传人-傅清泉老师: 傅清泉老师是国家非物质文化遗产杨式太极拳亲族传承人。自5岁起受祖父傅钟文、父亲傅声远两位宗师的严格教诲和训导, 深得太极真传, 年少时屡次荣获国内外比赛冠军, 享有“太极少帅”美誉, 是杨式太极拳的主要代表人物。



Fang Lu
路芳
(China 中国)

42. The Reflection on the Global Promotion of Modern Yoga to the Promotion of Taiji

现代瑜伽在全球的推广传播及其对太极拳推广传播的启示

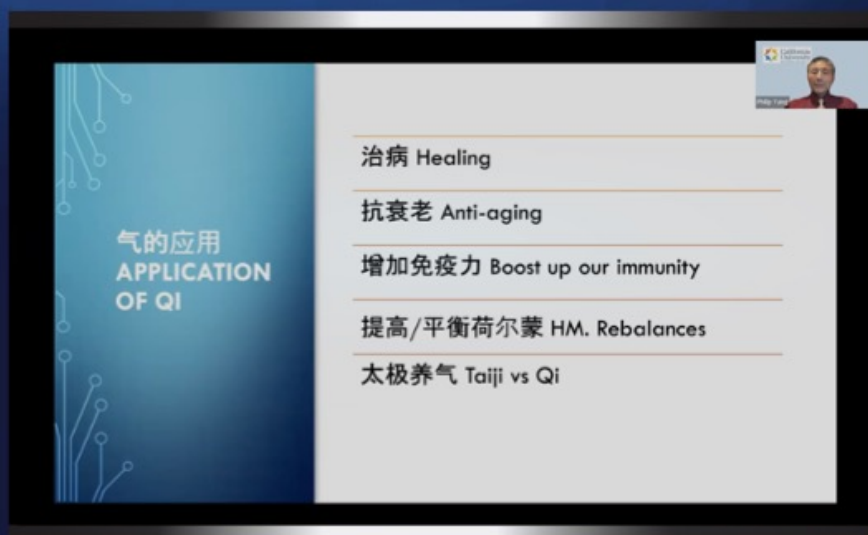
Dr. Fang Lu Currently teaching at the China-India Yoga College (International Tai Chi College), Yunnan Nationalities University, professor, master tutor, PhD in Anthropology, Xiamen University. Former Vice Dean of the China-India Yoga School and South Asia College of Yunnan Nationalities University.

路芳博士: 现任教于云南民族大学中印瑜伽学院(国际太极学院), 教授, 硕士生导师, 厦门大学人类学博士, 曾任云南民族大学中印瑜伽学院、南亚学院副院长。国家体育总局社体中心健身瑜伽教学组成员、健身瑜伽晋段官培训教师。印度辨喜瑜伽大学博士论文盲审专家。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



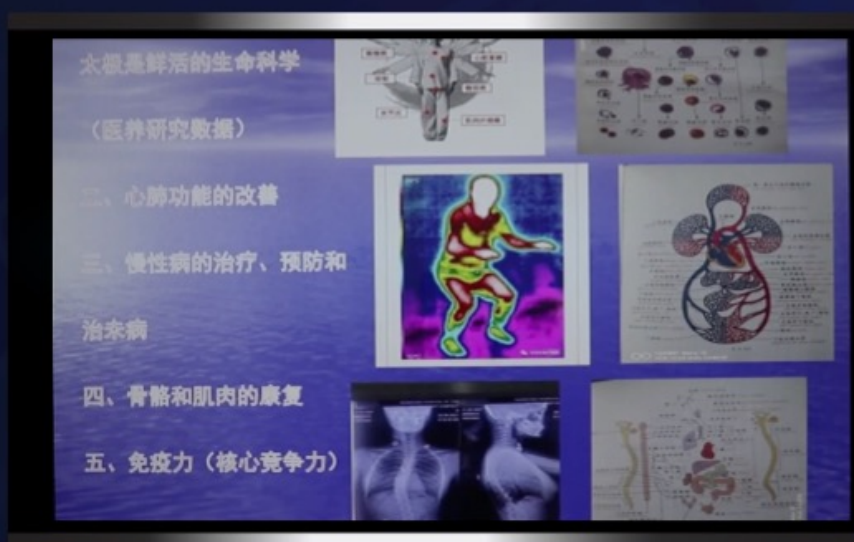
Philip Yang
杨磊
(USA 美国)



43. Message from Qi 真气传语

Dr. Philip Yang graduated from a local Normal Institute in China and possesses a master's and doctor's degree of Oriental Medicine in the US. He is a licensed acupuncturist in California.

杨磊博士毕业于中国当地一所师范学院，在美国拥有东方医学硕士和博士学位，他是加利福尼亚州的执业针灸师。



Yongan Ren
任永安
(China 中国)

44. Taiji Medical Care 医养太极

Dr. Yongan Ren: Professor and PhD supervisor of Shandong Medical University. Served as an expert of the China CERNET Expert Committee, an expert of the National Medical Project Review Committee. China Expert of Guiding Skills Professional Committee, Executive Director of "Science and Management" of Shandong Provincial Department of Science and Technology.

任永安博士: 山东省医科大学教授，博士生导师，曾任中国CERNET专家委员会专家、国家医学项目评审委员会专家。指导技能专业委员会中国专家、山东省科技厅“科学与管理”执行主任。

演讲题目和嘉宾介绍



Zhan Ping
平展
(USA 美国)



45. Taiji movements @ Silicon Valley High Tech 太极与硅谷科技

Dr. Zhan Ping: He is currently the system architect of Apple and has also served as the chief system architect of many Fortune 500 companies such as Intel, Samsung, and Amazon. He love Taiji and is committed to the promotion of Taiji health in high-tech companies to serve the fitness and health needs of scientific and technological elites.

平展博士: 现任苹果公司架构师, 也曾任多个世界五百强公司如英特尔、三星、亚马逊的首席架构师。热爱太极运动, 致力于太极养生运动在高科技公司的推广, 服务科技精英的健身养生需求。



Zili Xu
许自力
(China 中国)

46. Study on the mechanism of Tai Chi exercise strengthening fascia from the perspective of spatial structure
从空间结构的视角看太极运动强健筋膜的作用机理

Dr. Zili Xu: Lecturer, School of Architecture, South China University of Technology. Master Tutor
Distinguished Professor of the Ministry of Education University Teachers Network Training Center, Young
Member of the Cultural Landscape Sub-Committee of the Chinese Society of Landscape Architecture.

许自立博士: 华南理工大学建筑学院讲师, 硕士生导师 教育部高校教师网络培训中心特聘教授, 中国风景园林学会文化景观分会青年委员。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍

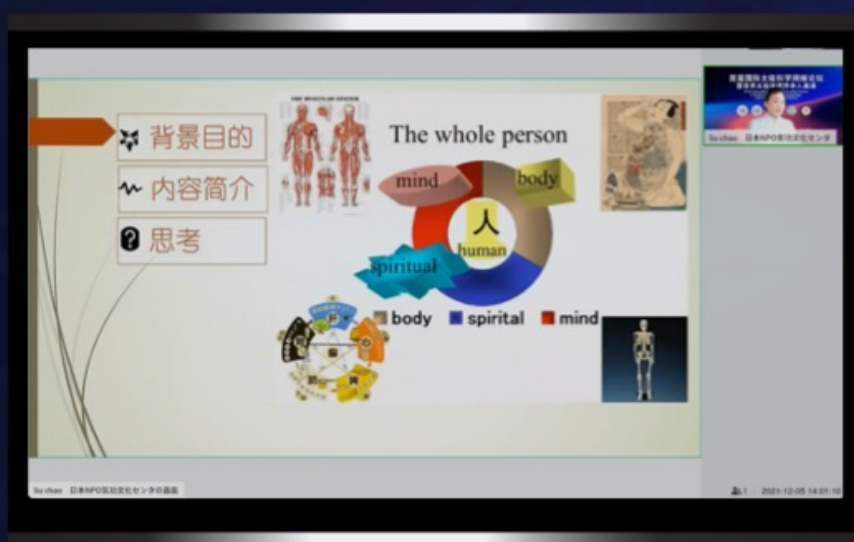


Suibin Liu
刘绥滨
(China 中国)



47. Application and promotion of Jujia Taiji for the prevention and control of Covid-19 居家太极在防控新冠肺炎中的应用与推广

Grandmaster Suibin Liu: Born in a martial arts family, When he was young, he followed more than a dozen famous masters, hermits and Taoists to practice martial arts and Taoism, graduated from Chongqing Medical University, he has been a doctor for 12 years, and he has spread Qingcheng Wushu, for more than 30 years. 刘绥滨大师，出身武林世家，年轻时跟随十余位名师、隐士、道士修习武道，毕业于重庆医科大学，从医12年，而他传授青城武术，三十多年。



Chao Liu
刘超
(Japan 日本)

48. Quantification of breathing-related measurement in static and exercise states, and the effect of breathing on ECG and PPG values 静态和练功态的呼吸相关检测的量化以及呼吸对ECG和PPG值的影响

Dr. Chao Liu: Founder and director of NPO Qigong Culture Center & Japan Health Qigong International Union, and researcher of Tokyo Denki University. She was a member of the 1st Scientific Committee of IHQF, and a visiting professor at the School of Acupuncture, Moxibustion and Tuina, Beijing University of Chinese Medicine. 刘超博士：日本NPO气功文化中心和全日本健身气功国际联盟的创始人，现任理事长及东京电机大学研究员。曾任第一届健身气功国际联合会科学委员会委员。曾任北京中医药大学针灸学院客座教授，著有数十篇国际论文和气功相关杂志文章，主要是气功功态的生理效应及电生理方面的研究。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Qilin Xing
邢启林
(China 中国)



到青少年乃至老年
and old age

49. Practice and Origin of Tian Zhen Taiji Culture 天真太极文化实践与探源

Grandmaster Xing Qilin is the fourth-generation disciples of Li's Taijiquan. He has practiced Taiji since he was a child. From the age of 5, he has followed the third-generation heir of Li's Taiji to learn palace health Taiji and received traditional martial arts training. In 1977, Mr. Xing Qilin was admitted to the Wushu Department of Tianjin Sport University, and then to Beijing Sport University for further studies.

邢启林大师是李氏太极第四代传人，自幼习武，5岁起跟随李氏太极第三代传人学习宫廷养生太极，1977年，邢启林先生考入天津体育大学武术系，后又入北京体育大学深造。30岁后，邢启林先生遍访名山，跟随隐居山林、乡间的高僧大儒修习。

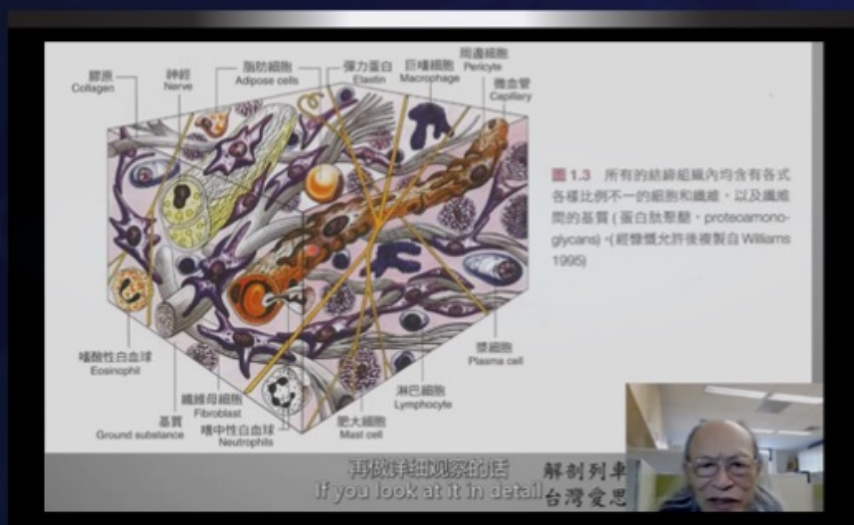


图 1.3 所有的結締組織內均含有各式
各種比例不一的細胞和纖維，以及纖維
間的基質 (蛋白聚糖，proteoglycans)。(經
修圖後允許複製自 Williams 1995)

再做详细观察的话 解剖列车
If you look at it in detail 台湾愛思



Zhangbo Chen
陈章波
(China Taiwan 中华台北)

50. Acquiring delicate force and energy control with Tai Chi therapeutic movements and the applications to healthy aging 論太極勁的成因及其養生應用

Dr. Zhangbo Chen: 2010 to present, Emeritus Research Fellow, Biodiversity Research Center, Academia Sinica 2008-date Founder and Managing Supervisor, Taiwan Wetland Society; 2007-date Founder and Managing Supervisor, Huajiang Wetland Guardian Alliance.

陈章波博士：2010年至今，中央研究院生物多样性研究中心名誉研究员；2008-至今 台湾湿地学会创办人及常务监事；2007-至今 华江湿地守护者联盟创始人、常务监事。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Wen Ke
柯文
(France 法国)



51. Physical and spirit health 、metamorphosis of way of thinking - Nine Turns and Three Circles Method of Taiji Qidao 身心健康 思维蜕变 生命圆满—太极气道九转三圆心法

Dr. Ke Wen, international health culture expert, scholar and writer, executive member of the International Health Qigong Federation, Ph.D. in Traditional Sports from Shanghai Sport University, inheritor of Wudang martial arts culture. She successively published four books in France.

柯文博士，国际养生文化专家、学者及作家，国际健身气功联合会执委，上海体育学院传统体育学博士，武当武术文化传承人。先后在法出版了四部著作《进入气功世界及它的哲学理论》，《静之道——用心感悟中国文化与智慧》，《中医财富对当今世界的影响》以及《道家智慧与生命文化——“清静经”的现代诠释及现实意义》。



Haofeng Huang
黄浩峰
(China 中国)

52. Feasibility analysis of comprehensive methods of Taijiquan to treat als 太极拳综合方法调理“渐冻症”的可行性分析

Master Huaofeng Huang: Du Style Taijiquan successor. In the early 1980s, under the tutelage of the hermit Du Xiaoyue, he fully inherited the essence of Taiji, Taoism and other fields from the descendants of the past generations. He is now the second batch of representative inheritors of intangible cultural heritage in Taizhou, the first batch of outstanding folk literary talents in Zhejiang Province, one hundred outstanding Taiji figures in China, and outstanding promoters of Chinese Taiji." etc.

黄浩峰老师：杜式太极拳衣钵传人。师从杜啸岳隐士，全面传承了历代传人在太极拳、道医等领域的精华。现为台州市第二批非遗代表性传承人、中华百名优秀太极人物、中华太极优秀推广人，其业绩入编《当代武林名家大典》《武当武术名人志》等。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Lingling Yu
于玲玲
(China 中国)



53. An Experimental Study of the Interventional Effects of Health Qigong Exercise on College Students with Different Personality Types 健身气功对不同人格大学生心理健康干预的实验研究

Dr. Lingling Yu: Associate professor, master supervisor, senior visiting scholar of sports health preservation of Beijing University of physical education. China Health Qigong 7 Duan Master, Health Qigong national referee, national social sports instructor, director of Inner Mongolia sports education society, Deputy Secretary General of Inner Mongolia Health Qigong Association.

于玲玲博士：副教授，硕士生导师，北京体育大学体育养生高访学者。中国健身气功七段，健身气功国家级裁判、国家级社会体育指导员，内蒙古体育教育学会理事，内蒙古健身气功协会副秘书长，内蒙古学生体育协会教学部主任，内蒙古自治区高校优秀教师，自治区教学成果奖获得者。



Chunyang Tian
田春阳
(China 中国)

54. Wu Dao Yuan "The Martial arts thought of Wu Style Taiji Tian Sect" 太极介绍-展演-武道元《武式田派太极拳》武学思想

Dr. Chunyang Tian: Du Style Taijiquan Chairman of China Culture, Sports, and Tourism Industry (Macau) Investment Planning Co., Ltd., President of the World Leisure Sports Association Macau Branch, President of the Macau Sports Culture Industry Promotion Association, Macau (Civil and Martial Arts) China ISSN2075-4760 President.

田春阳博士：中国文化体育旅游产业（澳门）投资策划有限公司董事长、世界休闲体育协会澳门分会会长、澳门体育文化产业促进会会长、澳门（文武）中国 ISSN2075-4760 总裁。

FORUM SPEAKERS AND TOPIC 演讲题目和嘉宾介绍



Feye Yip
李晖
(UK 英国)

太极拳习练要领与健身功效

- 太极拳中棚劲习练要领对现代生活中矫正身形非常有效。长时间在电脑和手机工作的朋友会很容易产生颈椎腰椎的问题。打太极拳要求虚领顶劲，下颌微收，沉肩坠肘，特别适合于有肩颈痛的朋友练习，长期练习可以有效的缓解和预防颈椎病。同时还要求尾闾中正，松腰坠脊，松膝收臀，这对腰椎是非常有效的放松和锻炼，可以缓解和预防腰椎病。
- 同时由于太极拳要求逐步如猫行，轻提轻落，带来的直接好处强化骨骼与肌肉系统。

gently lift and drop, which brings direct benefits
轻提轻落，带来的直接好处

54. Taijiquan key practice essentials and their health benefits 太极介绍-展演 - 太极拳习练要领与健身功效

Master Feye Yip: She followed her father's the 9 Duan Chinese Wushu Grandmaster Li Deyin to learn taijiquan since she was a child. She is currently the Vice President of the International Health Qigong Federation and President of British Deyin Tai Chi Academy.

李晖老师: 她自幼跟随其父著名太极拳家，中国武术九段大师李德印学习太极拳。现任国际健身气功联合会副主席，英国健身气功协会会长，英国中华艺术文化中心主任，国际太极拳气功联合会副主席，英国德印太极学院院长。



演讲嘉宾 FORUM SPEAKERS



牛爱军教授
Prof. Niu, Aijun
(中国 China)

25. 论吴普在五禽戏传承中的作用及华佗五禽戏原貌的探究和应用
On Wu Pu's Role in the Inheritance of Wu Qin Xi and the Exploration and Application of Hua Tuo Wu Qin Xi's Original Features

上海体育学院民族传统体育专业博士研究生毕业，复旦大学历史学博士后；目前任教于深圳信息职业技术学院。2015年获“全国体育事业突出贡献奖”。
Graduated with a doctoral degree in traditional ethnic sports from Shanghai Sports University, and a post-doctorate in history at Fudan University; currently teaches at Shenzhen Vocational and Technical College of Information Technology. In 2015, he won the "National Sports Outstanding Contribution Award".



牛爱军教授
Prof. Niu, Aijun

55. On Wu Pu's Role in the Inheritance of Wu Qin Xi and the Exploration and Application of Hua Tuo Wu Qin Xi's Original Features

论吴普在五禽戏传承中的作用及华佗五禽戏原貌的探究和应用

上海体育学院民族传统体育专业博士研究生毕业，复旦大学历史学博士后；目前任教于深圳信息职业技术学院。2015年获“全国体育事业突出贡献奖”。

Graduated with a doctoral degree in traditional ethnic sports from Shanghai Sports University, and a post-doctorate in history at Fudan University; currently teaches at Shenzhen Vocational and Technical College of Information Technology. In 2015, he won the "National Sports Outstanding Contribution Award".

嘉宾贺函

Consulate General of the People's Republic of China

1450 Laguna Street, San Francisco, CA 94115

贺 信

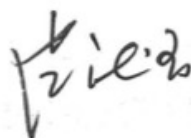
欣闻“2021 国际太极功夫网络大赛”即将开幕，谨此表示最热烈的祝贺！

太极拳是中华优秀传统文化的瑰宝，于 2020 年 12 月列入联合国教科文组织人类非物质文化遗产代表作名录。太极拳蕴含的阴阳循环、天人合一的中国传统哲学思想和养生观念，丰富着人们对宇宙、自然和人体运行规律的认知，集颐养性情、强身健体于一体，涵养着人们平和、包容、友善的心性，推动着人与人和谐共处，是连接不同种族、不同民族、不同语言、不同国家的桥梁和文化纽带。目前，太极拳在 150 多个国家和地区的习练者达数亿人之多。

在此，衷心感谢美国太极养生基金会、美国太极科学联合会为举办此次活动所付出的辛勤努力。

祝“2021 国际太极功夫网络大赛”圆满成功！

中国驻旧金山总领馆文化参赞



2021 年 7 月

CONGRATULATORY LETTER FORM FORUM GUESTS

嘉宾贺函



Pan American Wushu Federation (PAWF)

6313 Harford Road, Baltimore, Maryland 21214, USA

Tel: +1 (410) 444-6666 Fax: +1 (410) 426-5524

Distinguished speakers and honored guests,

It's my great honor to extend my warm welcome and congratulations to the First International Taiji Science Online Forum and World Intangible Culture Heritage Taiji Masters Online Exhibition. The Forum has invited international experts in the fields of medicine, sports, and health, as well as representatives from major traditional Taiji styles.



Taijiquan is not only a traditional martial art that combines strength and softness, both internal and external, but also an excellent fitness regimen based on the dialectical theory of yin and yang in Chinese philosophy and Traditional Chinese Medicine. Taiji is a beautiful practice that remains beneficial in modern times and gives us the perfect opportunity for exchanges in philosophy and science in eastern and western cultures. It also provides an all-around interactive international platform for sports, medicine, and health.

On December 17, 2020, Taijiquan was inscribed by the United Nations Educational, Scientific, and Cultural Organization on the Representative List of the Intangible Cultural Heritage of Humanity. In addition, on January 8th, 2021, the International Olympic Committee announced that wushu, which includes Taijiquan will make its debut as an official sport at the 2026 Dakar Youth Olympic Games. This growing recognition of Taiji will provide new opportunities for the global development and dissemination of Taiji principles, practices, and scientific research.

On behalf of the Pan American Wushu Federation and United States of America Wushu-Kungfu Federation, I would like to commend the Taiji Science Federation, the University of Illinois at Urbana-Champaign, Hangzhou Normal University of China, and the World Taijiquan web hosts for their tireless commitment in organizing this event. I wish all the best to speakers, Taiji masters, and our international audience for your enjoyment of our event and success in all your endeavors.

Sincerely,

Anthony Goh
President, Pan American Wushu Federation Inc
President, United States of America Wushu-Kungfu Federation Inc

CONGRATULATORY LETTER FORM FORUM GUESTS

嘉宾贺函



Chinese American Semiconductor Professional Association (CASPA)

1159 Sonora Court, Suite 105, Sunnyvale CA 94086, USA

Email: office@caspa.com; Website: <http://www.caspa.com> Tel: (408) 940-4600

Distinguished speakers and honored guests,

Congratulations to the First International Taiji Science Online Forum and World Intangible Culture Heritage Taiji Masters Online Exhibition. Thanks for Shudong Li's leadership to bring this event to us.

It is a great forum to see the international experts in the fields of medicine, sports, and health, as well as representatives from major traditional Taiji styles.

It is great to know that on January 8th, 2021, the International Olympic Committee announced that wushu, which includes Taijiquan, will make its debut as an official sport at the 2026 Dakar Youth Olympic Games.

On behalf of the CASPA(chinese-american Semiconductor professional association), I would like to thanks for the Taiji Science Federation, the University of Illinois at Urbana-Champaign, Hangzhou Normal University of China, and the World Taijiquan web hosts for their tireless commitment in organizing this event. This event will help growing recognition of Taiji and Chinese culture, which is beneficial for our Asian community.

I wish all the best to the speakers, Taiji masters, and the audience. I believe this will be a very successful event.

Sincerely,

haohuazhou

Haohua Zhou
President and Chairman of CASPA

Nov,29, 2021.

CONGRATULATORY LETTER FORM FORUM GUESTS

嘉宾贺函



美國中醫公會
American Association of Chinese Medicine and Acupuncture
Unity of former CCAA and UCPCM

777 Stockton Street, Suite 105, San Francisco, CA 94108 Tel: (415) 981-8384 Fax: (415) 981-8385

尊敬的李书东 博士

欣闻“首届太极科学网络论坛暨世界太极拳非遗传承人网络展演”将于今年12月初隆重举行，这不仅是国际武术界的盛事，也是当前全球合作防疫抗疫的大事，有着划时代的现实意义。我谨代表美国中医公会向大会的召开致以热烈的祝贺。

太极拳运动历史悠久，是中华民族修心养性，强身健体，防病祛病的重要法宝，为炎黄子孙的繁衍生息，成长壮大作出了不可磨灭的贡献。时至今日，太极拳运动已在世界各地广泛普及，传播甚广，深受世界各民族的喜爱和欢迎，造福全人类。

在新冠疫情尚未得到有效控制的当下，如何发挥太极拳在增强人体的免疫力和抗病力方面的作用，如何运用太极拳配合治疗新冠后遗症，帮助病人恢复健康，当是我们共同的意愿和责任。让我们一起研讨，一起探索，一起发现，让太极拳这朵中华文化的奇葩，绽放出更加耀眼的光彩！迎接挑战，为抗击新冠疫情再立新功！

预祝大会圆满成功！代表们满载而归！

此致，

美国中医公会 会长 胡军 敬上

2021.9.5



CONGRATULATORY LETTER FORM FORUM GUESTS

嘉宾贺函



美國中華婦女聯合會

US Chinese Women Cultural Organization

4648 Delores Ct. Union City, CA 94587, USA (510) 449-9354

www.uschinesewomen.org hedajie@yahoo.com

尊敬的 太极科学联合会

新春伊始，牛运当头，恭贺由贵会主办的 2021 首届国际太极科学网络论坛盛大召开。

近年来，太极拳以其深厚的文化底蕴和良好的养生价值，更加广泛地在世界范围推广开来，成为一种适合当今人类不论男女老幼追求身心健康的养生之道。对于祖传的遗产精华，我们既要继承借鉴，更要相互交流，创新发展。在此我谨祝此次网络论坛取得圆满成功，并使在全球范围内推动太极科学研究和健康养生文化传播更上层楼。

美国中华妇女联合会 何孔华 敬贺

2021.3.3 于美国旧金山



2022 INTERNATIONAL TAIJI SCIENCE FORUM

第二届中国国际太极科学论坛暨世界太极非遗传承人展演

& WORLD INTANGIBLE CULTURAL HERITAGE TAIJI MASTERS EXHIBITION



Inner Mongolia Normal University 内蒙古师范大学

HOSTED BY 主办:
TAIJI SCIENCE FEDERATION (WTJSF) 太极科学联合会

ORGANIZED BY 承办:
Inner Mongolia Normal University 内蒙古师范大学

Co-ORGANIZERS 协办单位
World Taijiquan Website 世界太极拳网
Hangzhou Normal University 杭州师范大学
University of Illinois - Champagne 美国伊利诺伊大学-香槟分校
Five Branches University 美国加州中医药大学
California University Silicon Valley 加州大学硅谷

Venue: Live streaming & Zoom meeting Platform By WTJSF
地点: 太极科学联合会 网络直播平台 and ZOOM 会议平台

DATE 日期: Dec 3 - Dec 4, 2022

Register : Registration end Before October 30th, 2022 报名截止
Forum@WTJSF.org also cc Clubtaichi@yahoo.com

www.WTJSF.org

Wechat: USAHQF

Wechat



Co-ORGANIZERS 协办单位



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2022 INTERNATIONAL TAIJI SCIENCE FORUM

& WORLD INTANGIBLE CULTURAL HERITAGE TAIJI MASTERS EXHIBITION

第二届国际太极科学论坛暨世界太极非遗传承人展



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& World Intangible Cultural Heritage
Taiji Masters Online Exhibition



2021年12月4日-5日
December 4th-5th 2021

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Video Invitation by Liu Wanjiu, Vice President of Inner Mongolia Normal University

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