2022 INTERNATIONAL TAIJI SCIENCE FORUM
第二届国际太极科学论坛暨世界太极非物质文化遗产太极拳大师特展
& WORLD INTANGIBLE CULTURAL HERITAGE TAIJI MASTERS EXHIBITION

Forum Date 论坛日期

CA, USA PST Time: Friday and Saturday, Dec 2nd –3rd.
北京时间: Dec 3rd – 4th 星期六和星期天

Opening Ceremony 开幕式
CA, USA PST Time: Friday, Dec 2nd, 4:00 pm– 5:00 pm
北京时间: 星期六 12月3日, 8:00 am - 9:00 am

联系我们 CONTACT US
001 4085828260 / Forum@wtjsf.org
www.wtjsf.org

WeChat 世太网直播

Official Sponsor
KungFudirect.com
美国功夫直销网独家赞助
This event, founded in 2011, 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 Taijiquan Website”. Distinguished guests such as members of the International Olympic Committee, deans and academicians of internationally renowned colleges and universities, five Chinese 9th Dan (the highest rank) martial arts grandmasters, Taiji inheritors of from various genres, and world Taijiquan champions were 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 intangible cultural heritage inheritors' participation, it is a major event in the field of International Taiji science. The Second International Taiji Science Forum & World Intangible Cultural Heritage Taiji Masters Exhibitions will be organized by Inner Mongolia Normal University.

《国际太极科学论坛暨世界太极非遗传承人展演》源于2021年，是由世界太极科学联合会发起主办，并联合美国伊利诺伊大学、杭州师范大学和世界太极拳网共同主办。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。

今年《第二届国际太极科学论坛暨世界太极非遗传承人展演》将由世界太极科学联合会主办，内蒙古师范大学承办，杭州师范大学、美国伊利诺伊大学—香槟分校和世界太极拳网联合协办。论坛定于北京时间的12月3-4日通过网络平台举行。
ORGANIZING COMMITTEE
组委会主要成员

Co-Chairman
Prof: Zhou Wu
共同主席周武教授

Co-Chairman
Prof: Zhu Weimo
共同主席朱为模院士

Co-Chairwoman
Prof: Gao Wa
共同主席高娃教授

Co-Chairman
Prof: Yu Gongbao
共同主席余功保主编

Deputy Director
Prof: Xue Xin
组委会副主任
薛欣教授

Executive Chairman
Dr. Li Shudong
大会执行主席
李书东博士

Deputy Director
Prof: Yu Lingling
组委会副主任
于玲玲教授
Opening Ceremony

Schedule in English
Friday Dec 2, 2022, 16:00-17:00 (CA, USA-PST TIME)

<table>
<thead>
<tr>
<th>No</th>
<th>VIP</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Host Speech: (3min)</td>
<td>P11</td>
</tr>
<tr>
<td>2</td>
<td>Representative LOC: President Lishulin, Inner Mongolia Normal University.</td>
<td>P11</td>
</tr>
<tr>
<td>2</td>
<td>Representative Host: Li Shudong  Secretary General of World Taiji Science Federation</td>
<td>P11</td>
</tr>
<tr>
<td>2</td>
<td>VIP Speech ( 3Min)</td>
<td>P12</td>
</tr>
<tr>
<td>1</td>
<td>Li Lingwei: Member of International Olympic Committee, Vice President of China Olympic Committee</td>
<td>P12</td>
</tr>
<tr>
<td>2</td>
<td>Zhang Jianmin: Consul General of the People’s Republic of China in San Francisco</td>
<td>P12</td>
</tr>
<tr>
<td>3</td>
<td>Judy May Chu: U.S. Congresswoman</td>
<td>P13</td>
</tr>
<tr>
<td>5</td>
<td>Wojtek Chodzko Zajko: Dean of the Graduate College at the University of Illinois.</td>
<td>P14</td>
</tr>
<tr>
<td>6</td>
<td>Peter Wayne: Director of the Osher Center at Harvard Medical School</td>
<td>P14</td>
</tr>
<tr>
<td>7</td>
<td>Georgeann Venis: Former Director College of Natural Sciences, Colorado State University</td>
<td>P15</td>
</tr>
<tr>
<td>8</td>
<td>Douglas Coatsworth: Associate Dean of Behavioral Health of Research University of Tennessee</td>
<td>P15</td>
</tr>
<tr>
<td>9</td>
<td>William Douglass: Founder of World Tai Chi &amp; Qigong Day (WTCQD)</td>
<td>P16</td>
</tr>
<tr>
<td>10</td>
<td>Ron Zaidman: President and Co-founder of Five Branches University</td>
<td>P16</td>
</tr>
<tr>
<td>11</td>
<td>Huijun.Z.Ring: Adjunct Professor of Stanford University</td>
<td>P17</td>
</tr>
<tr>
<td>12</td>
<td>Kimberly Burke: Director, Adult Fitness Health and Exercise Science at Colorado State University</td>
<td>P17</td>
</tr>
<tr>
<td>13</td>
<td>Zhu Weimo: Professor of University of Illinois, Co-Chairman of this Forum</td>
<td>P18</td>
</tr>
<tr>
<td>14</td>
<td>Yu Gongbao: Editor-in-chief of World Tai Chi Net Inc, Co-Chairman of this Forum</td>
<td>P18</td>
</tr>
<tr>
<td>15</td>
<td>Zhou Wu: Dean of Physical Education Of Hangzhou Normal University, Co-Chairs of this Forum</td>
<td>P19</td>
</tr>
<tr>
<td>16</td>
<td>Gao Wa: Dean of Physical Education, Inner Mongolia Normal University, Co-Chairwoman of this Forum</td>
<td>P19</td>
</tr>
<tr>
<td>17</td>
<td>Ma Xuezi: Dean, Professor, Ph.D. Supervisor of the China Wushu Academy of Beijing Sport University</td>
<td>P20</td>
</tr>
<tr>
<td>18</td>
<td>Li Hongri: President of Zhejiang Health Qigong Association</td>
<td>P20</td>
</tr>
<tr>
<td>19</td>
<td>Chen Zhenglei: Grandmaster of Chen Style Taijiquan, 19th generation of the Chen family</td>
<td>P21</td>
</tr>
<tr>
<td>20</td>
<td>Zhao Youbin: Grandmaster of Yang Style Taijiquan, 5th generation of the Yang Style Taijiquan</td>
<td>P21</td>
</tr>
</tbody>
</table>
## 开幕式

### 中文时间表

2022年12月3日，星期六，8:00-9:00（北京时间）

<table>
<thead>
<tr>
<th>序号</th>
<th>致辞嘉宾</th>
<th>页</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>主办致辞（3分钟）</td>
<td>P11</td>
</tr>
<tr>
<td>2</td>
<td>承办单位代表致辞：李树林，内蒙古师范大学校长</td>
<td>P11</td>
</tr>
<tr>
<td>3</td>
<td>主办单位代表致辞：李书东，世界太极科学联合会秘书长，大会组委会执行主席</td>
<td>P11</td>
</tr>
<tr>
<td>4</td>
<td>贵宾致辞（3分钟）</td>
<td>P12</td>
</tr>
<tr>
<td>5</td>
<td>李玲蔚：国际奥林匹克委员会委员，国际奥协执委会委员，中国奥委会副主席。</td>
<td>P12</td>
</tr>
<tr>
<td>6</td>
<td>张建敏：中华人民共和国驻旧金山总领事</td>
<td>P12</td>
</tr>
<tr>
<td>7</td>
<td>赵美心：美国国会众议员</td>
<td>P13</td>
</tr>
<tr>
<td>8</td>
<td>金伯利·伯克：科罗拉多州立大学，成人健身部主任</td>
<td>P13</td>
</tr>
<tr>
<td>9</td>
<td>余功保：世界太极拳网创办人，著名太极学者</td>
<td>P16</td>
</tr>
<tr>
<td>10</td>
<td>罗恩·扎伊德曼校长：加州中医药大学校长兼联合创始人</td>
<td>P16</td>
</tr>
<tr>
<td>11</td>
<td>周慧君：斯坦福大学客座教授</td>
<td>P17</td>
</tr>
<tr>
<td>12</td>
<td>金伯利·伯克：科罗拉多州立大学，成人健身部主任</td>
<td>P17</td>
</tr>
<tr>
<td>13</td>
<td>王子平：世界太极气功研究会副会长，世界太极气功日（WTCQD）创始人</td>
<td>P17</td>
</tr>
<tr>
<td>14</td>
<td>美国运动科学院院士，伊利诺伊大学终身教授，本届论坛共同主席</td>
<td>P18</td>
</tr>
<tr>
<td>15</td>
<td>世界太极拳网创办人，著名太极学者，本届论坛共同主席</td>
<td>P18</td>
</tr>
<tr>
<td>16</td>
<td>吴月：中国太极拳研究院院长</td>
<td>P19</td>
</tr>
<tr>
<td>17</td>
<td>高娃：内蒙古师范大学体育学院院长，本届论坛共同主席</td>
<td>P19</td>
</tr>
<tr>
<td>18</td>
<td>马学智：北京体育大学体育学院院长</td>
<td>P20</td>
</tr>
<tr>
<td>19</td>
<td>李红日：浙江省健身气功协会副主席，中国非物质文化遗产保护协会太极拳专委会副主任</td>
<td>P20</td>
</tr>
<tr>
<td>20</td>
<td>赵幼斌：杨式太极拳第五代传人，国家级太极非遗传承人</td>
<td>P21</td>
</tr>
</tbody>
</table>

### 国内外嘉宾所在城市24小时对应表（WTJSF组委会制）

<table>
<thead>
<tr>
<th>北京 Beijing</th>
<th>23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22</th>
</tr>
</thead>
<tbody>
<tr>
<td>纽约NewYork</td>
<td>10 11 12 13 14 15 16 17 18 19 20 21 22 23 0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>洛杉矶 San Jose</td>
<td>7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 0 1 2 3 4 5 6</td>
</tr>
<tr>
<td>伦敦 London</td>
<td>15 16 17 18 19 20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14</td>
</tr>
<tr>
<td>巴黎 Paris</td>
<td>16 17 18 19 20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15</td>
</tr>
<tr>
<td>巴西 Brasilia</td>
<td>12 13 14 15 16 17 18 19 20 21 22 23 0 1 2 3 4 5 6 7 8 9 10 11</td>
</tr>
</tbody>
</table>
DETAILED SCHEDULE

The order of presentation was arranged according to the time zone of the guests and their availability.

报告时间表

报告人

报告时间

单位

国家

Jin Xiang Bai

Friday, Dec 2, 17:00-17:25 (CA, USA)

Jishou University

China

Victor W. Henderson

Friday, Dec 2, 17:30-17:55 (CA, USA)

Stanford University

USA

Zhu Weimo

Friday, Dec 2, 18:00-18:25 (CA, USA)

University of Illinois

USA

Peter Weyan

Friday, Dec 2, 18:30-18:55 (CA, USA)

Harvard University

USA

Hugh Brent Solvason

Friday, Dec 2, 19:00-19:25 (CA, USA)

Stanford University

USA

Gloria Yeh

Friday, Dec 2, 19:30-19:55 (CA, USA)

Harvard University

USA

Judith A. Curry

Friday, Dec 2, 20:00-20:25 (CA, USA)

Georgia Institute of Technology

USA

Shin Lin

Friday, Dec 2, 20:30-20:55 (CA, USA)

University of California Irvine

USA

Lin Chen

Friday, Dec 2, 21:00-21:25 (CA, USA)

Harvard University

USA

Ch'i-hsue Daniel Weng

Friday, Dec 2, 21:30-21:55 (CA, USA)

San Jose State University

USA

Samuel Montalvo

Friday, Dec 2, 22:00-22:25 (CA, USA)

Stanford University

USA

Xue Xin, Xu Fei, Chen Jiesi

Friday, Dec 2, 22:30-22:55 (CA, USA)

Hangzhou Normal University

China

Wang Huiyu

Friday, Dec 2, 23:00-23:25 (CA, USA)

Shanghai Jiaotong University

China

Yang Huixun

Friday, Dec 2, 23:30-23:55 (CA, USA)

Harbin Sport University

China

Erik Caulier

Saturday, Dec 3, 1:30-1:55 (CA, USA)

Paris Sorbonne University

Belgium

Erik Vulov

Saturday, Dec 3, 1:55-2:20 (CA, USA)

Ludwig-Maximilians University

Germany

Gu jie, Li Huan Xu, Lu Jian Hui

Saturday, Dec 3, 2:20-2:45 (CA, USA)

General Motors, Handan University

China

Li De Zhao, Lin Qiang, Shijun, Shan Ying, Ruan Yang Tao

Saturday, Dec 3, 3:00-3:25 (CA, USA)

Zhejiang University of Technology

China

Li Huan Xu, Lin Qiang, Shijun, Shan Ying, Ruan Yang Tao

Saturday, Dec 3, 3:25-3:50 (CA, USA)

Beijing Sport University

China

Gloria Yeh

Saturday, Dec 3, 3:50-4:15 (CA, USA)

Neurophysiology University

Greece

Zhang Hong

Saturday, Dec 3, 4:15-4:40 (CA, USA)

Beijing Sport University

China

Shan Ying, Li De Zhao, Lin Qiang, Shijun, Shan Ying, Ruan Yang Tao

Saturday, Dec 3, 4:40-5:05 (CA, USA)

Neurophysiology University

Greece

Gu jie, Li Huan Xu, Lu Jian Hui

Saturday, Dec 3, 5:05-5:30 (CA, USA)

General Motors, Handan University

China

Vasileios Ag. Drougas

Saturday, Dec 3, 5:30-5:55 (CA, USA)

Neurophysiology University

Greece

Wang Xiaojun

Saturday, Dec 3, 5:55-6:20 (CA, USA)

Neurophysiology University

Greece

Vasileios Ag. Drougas

Saturday, Dec 3, 6:20-6:45 (CA, USA)

Neurophysiology University

Greece

Wang Xiaojun

Saturday, Dec 3, 6:45-7:10 (CA, USA)

Neurophysiology University

Greece

Vasileios Ag. Drougas

Saturday, Dec 3, 7:10-7:35 (CA, USA)

Neurophysiology University

Greece

Wang Xiaojun

Saturday, Dec 3, 7:35-8:00 (CA, USA)

Neurophysiology University

Greece

Vasileios Ag. Drougas

Saturday, Dec 3, 8:00-8:25 (CA, USA)

Neurophysiology University

Greece

Wang Xiaojun

Saturday, Dec 3, 8:25-8:50 (CA, USA)

Neurophysiology University

Greece

Vasileios Ag. Drougas

Saturday, Dec 3, 8:50-9:15 (CA, USA)

Neurophysiology University

Greece

Wang Xiaojun

Saturday, Dec 3, 9:15-9:40 (CA, USA)

Neurophysiology University

Greece

Vasileios Ag. Drougas

Saturday, Dec 3, 9:40-10:05 (CA, USA)

Neurophysiology University

Greece

Wang Xiaojun

Saturday, Dec 3, 10:05-10:30 (CA, USA)

Neurophysiology University

Greece

Vasileios Ag. Drougas

Saturday, Dec 3, 10:30-10:55 (CA, USA)

Neurophysiology University

Greece

Wang Xiaojun

Saturday, Dec 3, 10:55-11:20 (CA, USA)

Neurophysiology University

Greece

Vasileios Ag. Drougas

Saturday, Dec 3, 11:20-11:45 (CA, USA)

Neurophysiology University

Greece

Wang Xiaojun

Saturday, Dec 3, 11:45-12:10 (CA, USA)

Neurophysiology University

Greece

Vasileios Ag. Drougas

Saturday, Dec 3, 12:10-12:35 (CA, USA)

Neurophysiology University

Greece

Wang Xiaojun

Saturday, Dec 3, 12:35-12:55 (CA, USA)

Neurophysiology University

Greece
<table>
<thead>
<tr>
<th>NO</th>
<th>P44</th>
<th>SPEAKER</th>
<th>TIME</th>
<th>UNIT</th>
<th>COUNTRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>Alex Feng</td>
<td>Sat, Dec3, 13:00-13:25(CA, USA)</td>
<td>Zhi Dao Guan</td>
<td>USA</td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>Mohammad Reza Nejad</td>
<td>Sat, Dec3, 13:25-13:30(CA, USA)</td>
<td>IWUF</td>
<td>Iran</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>Borislava Lecheva</td>
<td>Sat, Dec3, 13:30-13:35(CA, USA)</td>
<td>University of Veliko Tarnovo</td>
<td>Bulgaria</td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>Shanny Rann</td>
<td>Sat, Dec3, 13:35-13:55(CA, USA)</td>
<td>Simon Fraser University</td>
<td>Canada</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>Shelley Kresyman</td>
<td>Sat, Dec3, 13:55-14:20(CA, USA)</td>
<td>University of Nevada</td>
<td>USA</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>William Douglas</td>
<td>Sat, Dec3, 14:20-14:50(CA, USA)</td>
<td>University of Kansas</td>
<td>USA</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Bryant Fong</td>
<td>Sat, Dec3, 14:50-15:05(CA, USA)</td>
<td>UC Berkeley</td>
<td>USA</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Zhang Hai Sheng</td>
<td>Sat, Dec3, 15:05-15:55(CA, USA)</td>
<td>Stanford University</td>
<td>USA</td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>Yu Gong Bao</td>
<td>Sat, Dec3, 16:00-16:25(CA, USA)</td>
<td>World Taijiquan Net Inc</td>
<td>China</td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>Shi Aiqiao, Hu Xiaofei, Liu Tianjun, Lishudong</td>
<td>Sat, Dec3, 16:30-17:00(CA, USA)</td>
<td>PANEL DISCUSSION</td>
<td>China and USA</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>T. Julian Chu, Li Deyin</td>
<td>Sat, Dec3, 17:00-17:35(CA, USA)</td>
<td>People's University</td>
<td>China and USA</td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>Zhang Mingke</td>
<td>Sat, Dec3, 17:35-18:00(CA, USA)</td>
<td>Inner Mongolia Normal University</td>
<td>China</td>
<td></td>
</tr>
<tr>
<td>32</td>
<td>Ma Wen Guo</td>
<td>Sat, Dec3, 18:00-18:25(CA, USA)</td>
<td>Xi'an Sport University</td>
<td>China</td>
<td></td>
</tr>
<tr>
<td>33</td>
<td>Dr. Si Hongyu, Ma Kaiting, Zhang Yihu</td>
<td>Sat, Dec3, 18:30-18:55(CA, USA)</td>
<td>Zheng Zhou University</td>
<td>China</td>
<td></td>
</tr>
<tr>
<td>34</td>
<td>Sun Xuemeng</td>
<td>Sat, Dec3, 19:00-19:20(CA, USA)</td>
<td>Heilongjiang Traditional Wushu Research Association</td>
<td>China</td>
<td></td>
</tr>
<tr>
<td>36</td>
<td>Chen Zhenglei</td>
<td>Sat, Dec4, 20:00-20:25(CA, USA)</td>
<td>Grandmaster of Chen Style Taiji</td>
<td>China</td>
<td></td>
</tr>
<tr>
<td>37</td>
<td>Zhao Youbin</td>
<td>Sat, Dec3, 20:25-20:40(CA, USA)</td>
<td>Grandmaster of Yang Style Taiji</td>
<td>China</td>
<td></td>
</tr>
<tr>
<td>38</td>
<td>Wang Yuhao</td>
<td>Sun, Dec4, 00:00-00:25(CA, USA)</td>
<td>University of Kansas</td>
<td>USA</td>
<td></td>
</tr>
<tr>
<td>39</td>
<td>Yang Zhanrui</td>
<td>Sun, Dec4, 00:25-01:00(CA, USA)</td>
<td>Stanford University</td>
<td>USA</td>
<td></td>
</tr>
<tr>
<td>40</td>
<td>Li Yufeng</td>
<td>Sun, Dec4, 01:00-01:25(CA, USA)</td>
<td>UC Berkeley</td>
<td>USA</td>
<td></td>
</tr>
<tr>
<td>41</td>
<td>Zhan Junwei</td>
<td>Sun, Dec4, 01:25-02:00(CA, USA)</td>
<td>University of Kansas</td>
<td>USA</td>
<td></td>
</tr>
<tr>
<td>42</td>
<td>Dong Jingshu</td>
<td>Sun, Dec4, 02:00-02:25(CA, USA)</td>
<td>Inner Mongolia Normal University</td>
<td>China</td>
<td></td>
</tr>
<tr>
<td>43</td>
<td>Li Xuehua</td>
<td>Sun, Dec4, 02:25-03:00(CA, USA)</td>
<td>Xi'an Sport University</td>
<td>China</td>
<td></td>
</tr>
<tr>
<td>44</td>
<td>Shen Zhizhong</td>
<td>Sun, Dec4, 03:00-03:25(CA, USA)</td>
<td>Zheng Zhou University</td>
<td>China</td>
<td></td>
</tr>
<tr>
<td>45</td>
<td>Yang Xiaoming</td>
<td>Sun, Dec4, 03:25-04:00(CA, USA)</td>
<td>Heilongjiang Traditional Wushu Research Association</td>
<td>China</td>
<td></td>
</tr>
<tr>
<td>46</td>
<td>Zhang Weidong</td>
<td>Sun, Dec4, 04:00-04:25(CA, USA)</td>
<td>The college of Ganen Taichi</td>
<td>China</td>
<td></td>
</tr>
<tr>
<td>47</td>
<td>Li Hong</td>
<td>Sun, Dec4, 04:25-05:00(CA, USA)</td>
<td>Grandmaster of Chen Style Taiji</td>
<td>China</td>
<td></td>
</tr>
<tr>
<td>48</td>
<td>Zhao Youbin</td>
<td>Sat, Dec5, 05:00-05:25(CA, USA)</td>
<td>Grandmaster of Yang Style Taiji</td>
<td>China</td>
<td></td>
</tr>
</tbody>
</table>
### DETAILED SCHEDULE
报告时间表

<table>
<thead>
<tr>
<th>NO</th>
<th>SPEAKER 报告人</th>
<th>TIME 时间</th>
<th>UNIT 单位</th>
<th>COUNTRY 国家</th>
</tr>
</thead>
<tbody>
<tr>
<td>38 P62</td>
<td>Cui Zhongsan 崔仲三</td>
<td>Sat, Dec3, 20:40-21:05(CA, USA)</td>
<td>Grandmaster of Yang Style Taiji 杨式太极拳传承人</td>
<td>China 中国</td>
</tr>
<tr>
<td>39 P63</td>
<td>Huo Peilin 霍培林</td>
<td>Sat, Dec3, 21:05-21:25(CA, USA)</td>
<td>Grandmaster of Sun Style Taiji 孙式太极拳传承人</td>
<td>China 中国</td>
</tr>
<tr>
<td>40 P64</td>
<td>Zhang Maoqing 张茂清</td>
<td>Sat, Dec3, 21:25-21:55(CA, USA)</td>
<td>University of Veliko Tarnovo</td>
<td>China 中国</td>
</tr>
<tr>
<td>41 P65</td>
<td>Zhang Quanliang 张全亮</td>
<td>Sat, Dec3, 22:00-22:25(CA, USA)</td>
<td>Grandmaster of Wu Style Taiji 吴式太极拳传承人</td>
<td>China 中国</td>
</tr>
<tr>
<td>44 P68</td>
<td>Zhao Liang 翟世宗</td>
<td>Sat, Dec3, 23:20-23:45(CA, USA)</td>
<td>Master of Yang Style Taiji 杨式太极拳传承人</td>
<td>China 中国</td>
</tr>
<tr>
<td>45 P69</td>
<td>Yan Sujie 阎素杰</td>
<td>Sat, Dec3, 23:45-0:15(CA, USA)</td>
<td>World Taiji Champion 太极拳世界冠军</td>
<td>China 中国</td>
</tr>
<tr>
<td>46 P70</td>
<td>Liu Yongqiang 刘永强</td>
<td>Sat, Dec3, 0:15-0:25(CA, USA)</td>
<td>Master of Chen Style Taijiquan 车式太极拳传承人</td>
<td>China 中国</td>
</tr>
<tr>
<td>47 P71</td>
<td>Huang Xueqing 黄雪晴</td>
<td>Sat, Dec4, 0:25-0:45(CA, USA)</td>
<td>Master of Chen Style Taijiquan 车式太极拳传承人</td>
<td>China 中国</td>
</tr>
<tr>
<td>48 P72</td>
<td>Liu Yongqiang 刘永强</td>
<td>Sat, Dec4, 0:45-1:20(CA, USA)</td>
<td>World Taiji Champion 太极拳世界冠军</td>
<td>China 中国</td>
</tr>
<tr>
<td>49 P73</td>
<td>Closing and Awards Ceremony 闭幕和颁奖</td>
<td>Sat, Dec4, 1:30-2:30(CA, USA)</td>
<td>Gao Wa, Yu Lingling, Xuexin, Li shudong 高娃, 于玲玲, 薛欣, 李书东</td>
<td>China 中国</td>
</tr>
</tbody>
</table>

### ZOOM CONFERENCE 会议嘉宾登陆

Zoom Login It is for Forum Speaker only, and the login information will be sent by email. For other viewers, please use (Page 2) our Youtube and WeChat live links to watch.

Zoom 登录信息仅供会议嘉宾使用，我们将通过邮件通知。
其它观众请使用（会刊第二页）我们的 Youtube 和微信直播链接观看。

Email：Forum@wtjsf.org

电话：001 4085828260

WeChat：USAHQF
This event has received much positive attention from celebrities and representatives in various fields worldwide, and many essential guests sent letters or video congratulations or attended in person. The event aims to encourage the World Taiji Science Federation to promote health wellness research and exercise and education promotion activities better to serve the community’s physical and mental health.

本次活动得到了国际范围多个领域知名人士和代表的积极关注，许多重要嘉宾纷纷致函祝贺、视频祝贺或亲自出席。鼓励世界太极科学联合会继续推动健身养生研究或教育推广活动，更好的为社区民众身心健康服务。
Day 1 Forum Moderator
第一天论坛主持人

Li Shudong
Gao Wa
Xue Xin
Yu lingling
Samuel Montalvo
Justin Eggert

李书东
高娃
薛欣
于玲玲
塞缪尔.蒙塔尔沃
和风
ORGANIZER REPRESENTATIVE SPEECH

李树林博士
内蒙古师范大学校长

主要研究成果：主持国家社科基金项目“内蒙古自治区铸牢中华民族共同体意识的理论与实践路径研究”、“民族自治地方行政成本研究”、“民族自治地方社会管理创新研究”等，主持内蒙古社科联重大课题《国家建设视野下民族区域自治的实践经验与现实发展研究》等，公开发表论文80余篇，部分入选首届、第三届、第四届中欧政府管理高层论坛。

Main research achievements: presided over the national social science fund project including “Inner Mongolia Autonomous Region Research on Theory and Implementation Approach to Consolidate the Sense of Community for the Chinese Nation” Administrative Cost Research in Ethnic Autonomous Areas,” “Research on Social Management Innovation in Ethnic Autonomous Areas;” presided over the completion of the key project of the Inner Mongolia Federation of Social Sciences “Research on Ethnic Autonomous Areas practice experience and development under the perspective of National Construction;” published more than 80 papers, some of which were included in the 1st, the 2nd, and the 3rd China-Europe Senior Forum on Government Management Proceeding.

HOST REPRESENTATIVE SPEECH

李书东博士
世界太极科学联合会秘书长

论坛执行主席兼世界太极科学联合会秘书长，陈式太极拳第20代传人，国际级武术裁判，斯坦佛大学医疗太极课程创始人。
Li Lingwei
Member of the International Olympic Committee
Member of the Executive Committee of the
International Olympic Association
Vice President of the China Olympic committee.

李玲蔚
国际奥委会委员
国际奥协执委会委员
中国奥委会副主席

Li Lingwei is a famous Chinese female badminton player, and a world champion, has won 48 gold medals in major international competitions in her sports career, including 13 world champions, making her the female athlete with the most world champions in China.

中国著名女羽毛球运动员，世界冠军，在她运动生涯中共获得四十八枚重大国际比赛金牌，其中世界冠军十三枚，成为中国获世界冠军最多的女运动员。

Zhang Jianmin
Consul General
of the People's Republic of China
in San Francisco

张建敏
中华人民共和国驻旧金山总领事

Consul General Zhang Jianmin, once served as Director-General of the Translation Department of the Ministry of Foreign Affairs of the People’s Republic of China, Director of the Translation Office of the Ministry of Foreign Affairs, and Chinese Ambassador Extraordinary and Plenipotentiary to the Czech Republic.

张建敏总领事，曾任外交部翻译室副主任，是国家领导人身边的翻译之一，曾先后为江泽民、朱镕基、胡锦涛、温家宝担任英语翻译。曾任中华人民共和国外交部翻译司司长，外交部翻译室主任和中国驻捷克共和国特命全权大使。
Judy May Chu is an American politician serving as the U.S. representative for California’s 27th congressional district since 2013. A member of the Democratic Party, she has held a seat in Congress since 2009, representing California’s 32nd congressional district until redistricting. She has long supported traditional health programs such as Chinese medicine, acupuncture, and Qigong.

赵美心是美国政治家，自2013年起担任加州第27选区的美国代表。作为民主党成员，她自2009年起担任国会议员，代表加州第32选区直至重新选区。她长期支持中医、针灸、太极和气功等传统养生项目。
DISTINGUISHED GUEST OF THE FORUM
论坛国际贵宾

Dr. Peter Wayne
Director of the Osher Center at Harvard Medical School
彼德·韦恩博士
哈佛大学整合医学中心主任

Dr. Peter Wayne is an Associate Professor of Medicine and the Director of the Osher Center for Integrative Medicine at Harvard Medical School and Brigham and Women’s Hospital. Dr. Wayne has served as a principal or co-investigator on more than 30 National Institutes of Health-funded studies and has authored more than 175 peer-reviewed articles. He is author of the Harvard Medical School Guide to Tai Chi, which received an Award of Excellence in Medical Communication by the American Medical Writers Association.

彼得·韦恩博士是哈佛医学院Osher综合医学中心主任。曾担任30多项美国国立卫生研究院资助的研究的负责人或共同研究员，并撰写了超过175篇同行评审文章。他是哈佛医学院太极指南的作者，该指南获得了美国医学作家协会颁发的医学传播卓越奖。
Georgeann Venis
Former Director College of Natural Sciences, Colorado State University

乔治安·威尼斯
自然科学学院院长
科罗拉多州立大学

Georgeann Venis worked for more than 30 years at Colorado State University as the Director of the College of Natural Sciences and as the former business manager of CSU's world-renowned Veterinary Teaching Hospital. Since her retirement, she continues to employ her extensive knowledge of project management, publications, media, public relations, event planning, and community outreach as a volunteer for several non-profit organizations. Venis began studying the principles principals of Qigong and Taijiquan four years ago in Fort Collins, CO, where she currently resides.

乔治安·威尼斯的渊博知识来自于为科罗拉多州立大学服务三十年。1995年进入自然科学学院院长办公室担任助理。后担任学院院长，她于今年6月退休。热衷于太极拳锻炼，已经学习了4年的太极拳。

Douglas Coatsworth, PhD
Associate Dean of Behavioral Health of Research
University of Tennessee

道格拉斯·科茨沃斯教授
田纳西大学行为健康和研究院副院长

Douglas Coatsworth, PhD is the Betsey R. Bush Endowed Professor in Behavioral Health and Associate Dean of Research in the College of Social Work at the University of Tennessee. Previously, he was professor of human development and family studies and the founding director of the Colorado State University Prevention Research Center (PRC).

道格拉斯·科茨沃斯博士是Betsey R. Bush捐贈的行为健康教授和田纳西大学社会工作学院的研究副院长。此前，他是人类发展和家庭研究教授以及科罗拉多州立大学预防研究中心 (PRC) 的创始主任。
DISTINGUISHED GUEST OF THE FORUM
论坛国际贵宾

William Douglas
Founder of
World Tai Chi & Qigong Day (WTCQD)


Dr. Ron Zaidman
President and Co-founder
of Five Branches University

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. Member of the Board of Directors of the School of Acupuncture and Oriental Medicine; Site visit of the Accreditation Board of Acupuncture and Oriental Medicine, Chairman; Consultant of the California Association of Acupuncture and Traditional Medicine.
Kimberly Burke
Director, Adult Fitness Health and Exercise Science at Colorado State University

Kimberly Burke: Instructor and Director, Adult Fitness Health and Exercise Science, in the Dept. of Health and Exercise Science. She has been researching and publishing articles on the benefits of Taiji.

Dr. Huijun Z. Ring
Adjunct Professor of Stanford University

Dr. Zhou Huijun, graduated from Wuhan University and then went to the United States to study, received a Ph.D. in molecular biology and genetics from Cornell University, and completed postdoctoral research in clinical molecular genetics at Stanford University. Finally, he was certified by the American Board of Medical Genetics (American Board of Medical Genetics) as a clinical molecular geneticist and a member of the American College of Medical Genetics (American College of Medical Genetics). (ABMG) Licensed Certified Specialist in Clinical Molecular Genetics.
Dr. Zhu Weimo
Professor in the Department of Kinesiology
At University of Illinois
Co-Chairs of this Forum

朱为模院士
美国运动科学院院士
伊利诺伊大学终身教授
本届论坛共同主席

Dr. Zhu Weimo is 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. He was on the editorial board of more than 10 English-language sports magazines and a scientific advisor to the National Health Fitness Test of the United States.

Mr. Yu Gongbao
Editor-in-chief of World Tai Chi Net Inc
Co-Chairs of this Forum

余功保
世界太极拳网创办人
本届论坛共同主席

Mr. Yu Gongbao is Editor-in-chief of “World Taiji Net” Inc, and a famous cultural scholar. Also, the editor-in-chief and publisher of the Chinese Taijiquan Dictionary. He has given hundreds of lectures on cultural activities. And he founded China’s first Chinese martial arts association in colleges and universities at 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，“北武协” 并担任主席。
Dr. Zhou Wu
Dean of Physical Education and Health
Of Hangzhou Normal University
Co-Chairs of this Forum

Dr. Zhou Wu is Dean of the School of Physical Education and Health, Hangzhou Normal University, Hangzhou, China. Dr. Zhou presided National Social Science Funded project and hosted seven provincial and ministerial projects. He was voted as the academic leader of the “333” project in Jiangsu province and the young academic leader of the regional QingLan (Excellence) project.

Co-Chairman of Forum
大会共同主席

Dean Gao Wa
Dean of Physical Education
Inner Mongolia Normal University
Co-Chairs of this Forum

Gao Wa is the dean, and professor of Institute of Physical Education of Inner Mongolia Normal University, and the doctoral supervisor of Wuhan Sports University. She has presided over 2 national social science funds, 7 provincial and ministerial key projects, and general projects. She won 5 provincial and ministerial teaching and research awards and published more than 40 papers. She serves as the director of the Chinese National Sports Committee, and the director of the Chinese Elderly Sports and Health Research Association.

Co-Chairman of Forum
大会共同主席
Dr. Ma Xuezhi
Dean, Professor, Ph.D. Supervisor of the China Wushu Academy of Beijing Sport University

马学智博士
北京体育大学中国武术学院院长

Dr. Ma Xue Zhi is Dean, Professor, and Ph.D. Supervisor, and of the China Wushu School of Beijing Sport University, and an international A-level Wushu referee. In 2012, 2014, and 2018, he served as the main examiner for promotion to international referee sponsored by the International Wushu Federation and the training examination for promotion to national referee sponsored by the Chinese Wushu Association. He participated in the Olympic Games, Youth Olympic Games, World Championships, World Cup, Asian Games, and South Asian Games as a Referee and competition organizer for events such as East Asia, Southeast Asia, National Games, Asian Championships, and Sanda.

马学智博士是北京体育大学中国武术学院分党委书记、院长, 教授, 博导, 国际A级武术裁判。2012、2014、2018年担任国际武联主办的晋升国际级裁判员和中国武协主办的晋升国家级裁判员培训主考, 参加了奥运会、青奥会、世锦赛、世界杯、亚运会、南亚运动会、东亚、东南亚、全运会、亚锦赛及散打国内外职业联赛等赛事的裁判及竞赛组织工作。

Li Hongri
President of Zhejiang Health Qigong Association

李红日
浙江省健身气功协会主席
浙江省银杏股太极研究院院长
中国非物质文化遗产保护协会太极拳专委会副主任

Graduated from Griffith University in Australia with a master’s degree in environmental engineering and an MBA, She has worked in state agencies, and is currently the president of Zhejiang Health Qigong Association, the president of Zhejiang Yinxing Gu Research Institute, and the deputy director of Special Committee of Taiji of the China Intangible Cultural Heritage Protection Association.

毕业于澳大利亚格里菲斯大学，获得环境工程学硕士，工商管理学硕士学位。曾就职国家机关，北京外企和浙江民企，现任浙江省健身气功协会会长，浙江省银杏股太极研究院院长，中国非物质文化遗产保护协会太极拳专委会副主任。中国陈式太极拳四大金刚之一王西安老师入室弟子，王西安拳法第二代传人、陈式太极拳第十二代传人。
REPRESENTATIVE OF THE INHERITANCE OF 太极非遗传承人代表致辞

Chen Zheng Lei
Grandmaster of Chen Style Taijiquan
19th generation of the Chen family

陈正雷大师
陈氏太极拳第十一代嫡宗传人
国家级太极非遗传承人

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

Zhao Youbin
Grandmaster of Yang Style Taijiquan
5th generation of the Yang Style Taijiquan

赵幼斌大师
杨式太极拳第五代传人
国家级太极非遗传承人

Grandmaster Zhao Youbin was born in Yongnian County, Hebei Province. From seven, he followed his father, Zhao Bin, to practice Taijiquan. Zhao Bin 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.
GUESTS SPEAKERS
报告嘉宾
Topic: Research on the Internet communication of culture from the perspective of information asymmetry

Abstract: In the era of new media, the Internet communication of culture is like a "double-edged sword." While promoting the inheritance of Taiji skills and cultural communication also arouses a series of negative public opinions about the network communication of Taiji culture. In this regard, using literature, logical reasoning, case analysis, and other methods, this paper explores the problem of Taijiquan cultural network communication from the perspective of information asymmetry. According to the study, the phenomenon of information asymmetry widely exists in the network communication of Taijiquan culture, which causes serious prejudice and misunderstanding of Taijiquan among the disseminator, the media, and the audience, and the resulting adverse selection, moral hazard and Dissemination hazards such as image damage are not conducive to the sustainable and healthy development of Taiji. Only by cultivating an elite group of Taijiquan, promoting Taijiquan to serve the people, thoroughly rectifying the chaos of Taijiquan dissemination, and working together to build a Taijiquan information platform can we actively deal with the problem of information asymmetry in the spread of Taijiquan culture on the Internet and ensure a harmonious and orderly society. Taijiquan cultural network communication needs to move ahead of the Internet and construct a new image of Taijiquan and establish the cultural confidence of the Chinese nation.

Bio: Professor Bai Jingxiang is a Level-2 Professor (Professors in China fall into 4 levels), a doctor of Management, a professor of sports, and a doctoral supervisor. He is also a member of the National College Physical Education Teaching Steering Committee of the Ministry of Education and the evaluation expert of the National Social Science Fund of China. He won the special allowance of the State Council. He is included among the Scholars with the highest contributions in China (2022) and he is the national candidate of the Ministry of Personnel’s “Tens of Millions of Talents Project In the 21st century,” and the candidate of the Ministry of Education’s “New Century Excellent Talents Support Program. He is the editor-in-chief of the Journal of Jishou University (Social Science Edition) (CSSCI source journal), the head of the first-level discipline doctoral program in kinesiology, the leader of the national teaching team, and the head of national first-class majors and first-class courses.

He has been engaging in the research of traditional ethnic sports for a long time and has president over 5 major, key, general, and youth projects of the National Social Science Foundation; he has authored such books as "Ancient Chinese Sports Records - Minority Part"; he has published 77 academic papers, and nine of them are included in Sports Science and four of them are transferred by Xinhua Digest; he has won 2 awards of the second prizes of the National Teaching Achievement Award (presided over 1) and 5 awards of the first prize of excellent social science achievements at provincial and ministerial level.
Abstract: Many cognitive abilities change with normal, or usual, aging. Declines in abilities related to memory and executive functions (for example, abstract reasoning and problem solving) are not limited to old age and occur throughout adulthood. Superimposed on normal cognitive aging are changes associated with neurological disease, which are primarily manifest later in life and include disorders such as Alzheimer’s disease, stroke, and Parkinson’s disease. The term cognitive reserve refers to the extent to which mental function can be maintained in the setting of aging or age-associated neurological disease affecting the brain. Education is a good marker of cognitive reserve, but other factors may contribute, including enriched childhood environment, mentally stimulating occupational and leisure activities, physical activity, and social engagement. Several studies have examined effects of on cognitive outcomes in various neurological conditions, suggesting an overall benefit. In addition, several clinical trials have examined the effects of on mental ability in healthy middle-age and older adults without neurological disease. Here too, there appears to be cognitive benefit. At Stanford University, we have completed a 6-month randomized controlled trial in which was one of four randomized interventions. Compared to a health-education control intervention, enhanced memory and executive functions after 6 months, although the benefit was not well sustained at 12 months. These results, which are largely consistent with findings from other relatively small randomized clinical trials, show that may remediate cognitive aging in older adults but that the full, sustained effect of may require regular contact with an instructor or a group setting. is a complex mind–body program that involves aerobic activity, learning, and mindfulness, and it usually occurs in a group setting, which can foster social engagement. The way in which may maintain or enhance mental ability is not known, but mental improvement is consistent with the concept of cognitive reserve.

Bio: Prof. Henderson is a professor in the Departments of Epidemiology & Population Health and Neurology & Neurological Sciences at Stanford University. He directs the Stanford Alzheimer’s Disease Research Center and co-directs the Stanford University master of science program in epidemiology and clinical research. His research interests emphasize risk factors for cognitive aging and Alzheimer’s disease, and therapeutic strategies to maintain and improve cognitive abilities affected by age. Prof. Henderson obtained his medical degree from Johns Hopkins University and trained at Duke University (internal medicine), Washington University (neurology), Boston University (behavioral neurology), and the University of Washington (epidemiology). He is Skou Honorary Professor at the University of Aarhus (Denmark), and he has been a visiting scientist at the Massachusetts Institute of Technology and visiting professor at the University of Melbourne (Australia). He has held leadership positions in professional organizations focused on midlife and late-life health, serves on editorial boards and scientific advisory boards, and has authored or co-authored more than 300 scientific articles and chapters.

Abstract:

Many cognitive abilities change with normal, or usual, aging. Declines in abilities related to memory and executive functions (for example, abstract reasoning and problem solving) are not limited to old age and occur throughout adulthood. Superimposed on normal cognitive aging are changes associated with neurological disease, which are primarily manifest later in life and include disorders such as Alzheimer’s disease, stroke, and Parkinson’s disease. The term cognitive reserve refers to the extent to which mental function can be maintained in the setting of aging or age-associated neurological disease affecting the brain. Education is a good marker of cognitive reserve, but other factors may contribute, including enriched childhood environment, mentally stimulating occupational and leisure activities, physical activity, and social engagement. Several studies have examined effects of on cognitive outcomes in various neurological conditions, suggesting an overall benefit. In addition, several clinical trials have examined the effects of on mental ability in healthy middle-age and older adults without neurological disease. Here too, there appears to be cognitive benefit. At Stanford University, we have completed a 6-month randomized controlled trial in which was one of four randomized interventions. Compared to a health-education control intervention, enhanced memory and executive functions after 6 months, although the benefit was not well sustained at 12 months. These results, which are largely consistent with findings from other relatively small randomized clinical trials, show that may remediate cognitive aging in older adults but that the full, sustained effect of may require regular contact with an instructor or a group setting. is a complex mind–body program that involves aerobic activity, learning, and mindfulness, and it usually occurs in a group setting, which can foster social engagement. The way in which may maintain or enhance mental ability is not known, but mental improvement is consistent with the concept of cognitive reserve.

Bio: Prof. Henderson is a professor in the Departments of Epidemiology & Population Health and Neurology & Neurological Sciences at Stanford University. He directs the Stanford Alzheimer’s Disease Research Center and co-directs the Stanford University master of science program in epidemiology and clinical research. His research interests emphasize risk factors for cognitive aging and Alzheimer’s disease, and therapeutic strategies to maintain and improve cognitive abilities affected by age. Prof. Henderson obtained his medical degree from Johns Hopkins University and trained at Duke University (internal medicine), Washington University (neurology), Boston University (behavioral neurology), and the University of Washington (epidemiology). He is Skou Honorary Professor at the University of Aarhus (Denmark), and he has been a visiting scientist at the Massachusetts Institute of Technology and visiting professor at the University of Melbourne (Australia). He has held leadership positions in professional organizations focused on midlife and late-life health, serves on editorial boards and scientific advisory boards, and has authored or co-authored more than 300 scientific articles and chapters.
Prof: Zhu Weimo  University of Illinois  USA

Topic: What is Taichi exercising for?! Aerobic capacity, balance, mind, Qi or something else?

Abstract: Taijiquan or Taichi, a Chinese body-mind exercise, is getting popular around the world now. Research studies have verified that Taichi is an excellent exercise for health care, prevention and treatment of diseases. The movement characteristics of Taichi include smooth, light and flexible, loose and soft, slow and even, orderly opening and closing, combining hardness and softness with moving like "flowing clouds and flowing water, continuous and continuous". This movement is natural and elegant, and you can experience the rhythm of music for yourself. In the high-level enjoyment, the disease will disappear and the body and mind will be healthy. Yet, there is currently a lack of solid scientific research to understand what exactly that Taichi is working for. Many fundamental scientific questions remain unanswered, such as:

- What is the difference in survival rate/survival period between patients who practice Taichi and those who do not?
- To what extent does Taichi practice and not practice Taichi affect the quality of life of normal people/patients?
- Why does Taichi sometimes have amazing effects on some patients, but not on others?
- What factors interact with Taichi?
- Where is the mechanism of Taichi?
- What is the optimal length of Taichi exercise? What is the best combination of various singles?
- What is the scientific basis for many specific requirements in Taichi training, such as the requirement of "sinking Qi into Dantian"?
- What are the main physical, psychological and social factors for long-term Taichi exercise?

This study and presentation aims to explore how to answer the above questions by reviewing the half century of the journey that aerobic capacity became a clinical vital sign.

Bio: An internationally known scholar in Kinesmetrics (Measurement and Evaluation in Kinesiology), Dr. Zhu's primary research interests are in the study and application of new measurement theories and statistical methods to the field of Kinesiology, especially in youth physical fitness, body-mind exercises, physical activity/inactivity and public health and exercise prescription. He has published more than 100 SCI/SSCI journal articles and his research was well supported by external grants, including NIH and RWJF. He was the editor-in-chief of the Research Quarterly for Exercise and Sport and the associate editors of Journal of Physical Activity and Health and Frontiers in Physiology. He is an active fellow of the National Academy of Kinesiology, American College of Sports Medicine, and Research Consortium of SHAPE America. He has served on the FITNESSGRAM Advisory Committee since 2002. Dr. Zhu received the "Measurement and Evaluation Lifetime Achievement Award", the highest award in Kinesmetrics, from SHAPE America in 2020.
**GUESTS SPEAKERS**

**農報男官**

<table>
<thead>
<tr>
<th>NO</th>
<th>Friday, Dec2, 18:30-18:55 (CA, USA PST)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Peter Wayne</td>
<td>Harvard University</td>
</tr>
<tr>
<td><strong>Topic</strong>: Tai Chi for Fall Prevention in Older Adults</td>
<td></td>
</tr>
<tr>
<td><strong>Abstract</strong>: Falls and fall-related injuries are very common in older adults and a significant public health concern globally. This presentation characterizes Tai Chi as a multimodal mind-body exercise well-suited to prevent falls. It reviews the evidence for Tai Chi in the prevention of falls and fractures, and discusses some of the physiological and psychological mechanisms associated with these clinical benefits.</td>
<td></td>
</tr>
<tr>
<td><strong>Bio</strong>: Dr. Wayne is an Associate Professor of Medicine and the Director of the Osher Center for Integrative Medicine at Harvard Medical School and Brigham and Women’s Hospital. The primary focus of his research is evaluating how mind-body and related complementary and integrative medicine practices clinically impact chronic health conditions, and understanding the physiological and psychological mechanisms underlying observed therapeutic effects. Dr. Wayne has served as a principal or co-investigator on more than 30 National Institutes of Health-funded studies and has authored more than 175 peer-reviewed articles. He has more than 40 years of training experience in Tai Chi and Qigong and is an internationally recognized teacher of these practices. He is the author of the Harvard Medical School Guide to Tai Chi, which received an Award of Excellence in Medical Communication from the American Medical Writers Association.</td>
<td></td>
</tr>
</tbody>
</table>

---

**12日3日,星期六，10:30-10:55(北京时间)**

<table>
<thead>
<tr>
<th>NO</th>
<th>10:30-10:55(北京时间)</th>
</tr>
</thead>
<tbody>
<tr>
<td>彼得.韦恩博士</td>
<td>哈佛大学</td>
</tr>
<tr>
<td><strong>题目</strong>：预防老年人跌倒的太极拳</td>
<td></td>
</tr>
<tr>
<td><strong>摘要</strong>：跌倒和跌倒相关的伤害在老年人中非常常见，并且是全球重大的公共卫生问题。本演示文稿将太极拳描述为一种非常适合预防跌倒的多模式身心锻炼。它回顾了太极拳在预防跌倒和骨折方面的证据，并讨论了与这些临床益处相关的一些生理和心理机制。</td>
<td></td>
</tr>
<tr>
<td><strong>简历</strong>：彼得.韦恩博士是哈佛医学院和布莱根妇女医院的医学副教授和 Osher 综合医学中心主任。他的主要研究重点是评估身心和相关补充医学和综合医学实践如何在临床上影响慢性健康状况，并了解观察到的治疗效果背后的生理和心理机制。彼得.韦恩博士曾担任 30 多项美国国立卫生研究院资助的研究的负责人或共同研究员，并撰写了超过 175 篇同行评审文章。他拥有超过 40 年的太极和气功培训经验，是国际公认的这些实践教师。他是哈佛医学院太极指南的作者，该指南获得了美国医学作家协会颁发的医学传播卓越奖。</td>
<td></td>
</tr>
<tr>
<td>NO</td>
<td>Friday Dec 2, 19:00-19:25 (CA, USA PST)</td>
</tr>
<tr>
<td>----</td>
<td>--------------------------------------</td>
</tr>
<tr>
<td></td>
<td>Prof: Hugh Brent Solvason</td>
</tr>
<tr>
<td></td>
<td>Stanford University</td>
</tr>
<tr>
<td></td>
<td>USA</td>
</tr>
<tr>
<td><strong>Topic:</strong></td>
<td>Taiji and Qigong as Adjunctive Treatments for Depression.</td>
</tr>
<tr>
<td><strong>Abstract:</strong></td>
<td>Examination of recent studies, some limitations in study design and challenges implementing Taiji and Qigong in clinical practice.</td>
</tr>
</tbody>
</table>

**Bio:** Dr. Brent Sovolson: Clinical Professor, Psychiatry and Behavioral Sciences at Stanford University School of Medicine, specializing in 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.

<table>
<thead>
<tr>
<th>NO</th>
<th>12月3日，星期六，上午 11:00 am-11:25 am (北京时间)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>布伦特·索沃森教授</td>
</tr>
<tr>
<td></td>
<td>斯坦福大学</td>
</tr>
<tr>
<td></td>
<td>美国</td>
</tr>
<tr>
<td><strong>题目：</strong></td>
<td>太极和气功作为抑郁症的辅助治疗。</td>
</tr>
<tr>
<td><strong>摘要：</strong></td>
<td>太极和气功作为抑郁症的辅助治疗。最近的研究检查、研究设计的一些局限性以及在临床实践中实施太极和气功的挑战。</td>
</tr>
</tbody>
</table>

**简历：** 布伦特·索沃森博士：斯坦福大学医学院临床教授，专注于精神病学、电痉挛疗法、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，1997年6月21日荣获George D Gulevic医学博士奖。
**GUESTS SPEAKERS**

**Dr. Gloria Y. Yeh**  
Harvard University  
USA

**Topic:** Tai Chi Exercise in Patient with COPD: Study protocol for a randomized controlled trial

**Abstract:** Chronic obstructive pulmonary disease (COPD) is a chronic, progressively debilitating condition that is prevalent in the US and worldwide. Patients suffer from progressive dyspnea and exercise intolerance. Physical exercise is beneficial, but conventional pulmonary rehabilitation programs are underutilized. There remains a need for novel interventions that improve symptoms, quality-of-life, and functional capacity. Tai chi is an increasingly popular mind-body exercise that includes physical exercise, breathing training, mindful awareness, and stress management—components that are essential to the self-management of COPD.

**Bio:** Dr. Gloria Yeh, Harvard University:  
Dr. Yeh is Associate Professor of Medicine at Harvard Medical School, and Director of Clinical Research at the Osher Center for Integrative Medicine at Harvard Medical School and Brigham and Women’s Hospital. Her research program is based in the, where she serves as the She is also the Director of Mind-Body Research in the Division of General Medicine at the Beth Israel Deaconess Medical Center, and Director of the Harvard Medical School Research Fellowship in Integrative Medicine. Her primary research focus is efficacy and mechanism of mind-body exercise in complex chronic illness. She is an internationally recognized leader in the field of mind-body research, including Tai Chi and mindful movement.

---

**Bio:** 叶荣君博士  
哈佛大学

**题目:** 慢性阻塞性肺病患者的太极拳锻炼：随机对照试验的研究

**摘要:** 慢性阻塞性肺病(COPD)是一种慢性、进行性衰弱的疾病。在美国和世界范围内普遍存在。患者往往有进行性呼吸困难和运动不耐受。体育锻炼是有益的，但传统的康复计划未得到充分利用。仍然需要新的干预措施来改善症状、生活质量及功能能力。太极拳是一种越来越受欢迎的身心锻炼，包括体育锻炼、呼吸训练、正念意识和压力管理——这些都是慢性阻塞性肺病自我管理必不可少的组成部分。

**简历:** 叶荣君博士是哈佛医学院名誉副教授，哈佛医学院 Osher 综合医学中心和布莱根妇女医院临床研究主任。其研究项目设在以色列列女执事医疗中心科医学部心身研究主任和哈佛医学院综合医学研究奖学金主任。其研究重点是身心锻炼在复杂慢性疾病中的功效和机制。她是国际公认的身心研究领域的领导者，包括太极拳和正念运动。
Abstract: This talk provides some reflections on my own engagement with practice and philosophy. The process of creativity, including scientific discovery, is illuminated by the interplay of Yin and Yang. Several different western frameworks arise at a similar interplay - thinking fast, thinking slow; hair brain, tortoise mind; and stochastic vs deterministic thinking. Effective use of this tension and interplay (including the randomness of monkey brain) in scientific understanding takes us beyond reductionism and causality to embracing complexity and feedbacks, uncertainty and ambiguity, and so providing the foundation for both creative flashes of insight and better decisions. With this context, my own experiences with climate science and the political debate surrounding climate change suggest some insights into approaching the science of Taiji and health.

Bio: Judith Curry received a Ph.D. in atmospheric science from the University of Chicago. She has held faculty positions at the Georgia Institute of Technology, the University of Colorado Boulder, Penn State University, and Purdue University. She currently holds the position of Professor Emerita at Georgia Tech. Curry is a leading global thinker on climate change. She has authored over 190 scientific papers, and is the author of three textbooks. She is currently the President of the Climate Forecast Applications Network. Curry is a leading global thinker on climate change. She is frequently called upon to give U.S. Congressional testimony. Her influential blog Climate Etc. (judithcurry.com) addresses leading-edge and controversial topics about climate change and the science-policy interface. Over the years, Curry has been profiled by the New York Times, Wall Street Journal, Discover Magazine, NPR, Scientific American, Quadrant and City Journal. Curry studied in the 1980s under Sifu Bruce Moran in Chicago, IL. She resumed studying in Reno, NV under Master Mohammed Reza Pourgholami Nejad.

Abstract:

Topic: Reflections on Taiji and Science

Bio: Judith Curry received a Ph.D. in atmospheric science from the University of Chicago. She has held faculty positions at the Georgia Institute of Technology, the University of Colorado Boulder, Penn State University, and Purdue University. She currently holds the position of Professor Emerita at Georgia Tech. Curry is a leading global thinker on climate change. She has authored over 190 scientific papers, and is the author of three textbooks. She is currently the President of the Climate Forecast Applications Network. Curry is a leading global thinker on climate change. She is frequently called upon to give U.S. Congressional testimony. Her influential blog Climate Etc. (judithcurry.com) addresses leading-edge and controversial topics about climate change and the science-policy interface. Over the years, Curry has been profiled by the New York Times, Wall Street Journal, Discover Magazine, NPR, Scientific American, Quadrant and City Journal. Curry studied in the 1980s under Sifu Bruce Moran in Chicago, IL. She resumed studying in Reno, NV under Master Mohammed Reza Pourgholami Nejad.

Reflections on practice and philosophy. The process of creativity, including scientific discovery, is illuminated by the interplay of Yin and Yang. Several different western frameworks arise at a similar interplay - thinking fast, thinking slow; hair brain, tortoise mind; and stochastic vs deterministic thinking. Effective use of this tension and interplay (including the randomness of monkey brain) in scientific understanding takes us beyond reductionism and causality to embracing complexity and feedbacks, uncertainty and ambiguity, and so providing the foundation for both creative flashes of insight and better decisions. With this context, my own experiences with climate science and the political debate surrounding climate change suggest some insights into approaching the science of Taiji and health.

Bio: Judith Curry received a Ph.D. in atmospheric science from the University of Chicago. She has held faculty positions at the Georgia Institute of Technology, the University of Colorado Boulder, Penn State University, and Purdue University. She currently holds the position of Professor Emerita at Georgia Tech. Curry is a leading global thinker on climate change. She has authored over 190 scientific papers, and is the author of three textbooks. She is currently the President of the Climate Forecast Applications Network. Curry is a leading global thinker on climate change. She is frequently called upon to give U.S. Congressional testimony. Her influential blog Climate Etc. (judithcurry.com) addresses leading-edge and controversial topics about climate change and the science-policy interface. Over the years, Curry has been profiled by the New York Times, Wall Street Journal, Discover Magazine, NPR, Scientific American, Quadrant and City Journal. Curry studied in the 1980s under Sifu Bruce Moran in Chicago, IL. She resumed studying in Reno, NV under Master Mohammed Reza Pourgholami Nejad.

Abstract:

Topic: Reflections on Taiji and Science

Bio: Judith Curry received a Ph.D. in atmospheric science from the University of Chicago. She has held faculty positions at the Georgia Institute of Technology, the University of Colorado Boulder, Penn State University, and Purdue University. She currently holds the position of Professor Emerita at Georgia Tech. Curry is a leading global thinker on climate change. She has authored over 190 scientific papers, and is the author of three textbooks. She is currently the President of the Climate Forecast Applications Network. Curry is a leading global thinker on climate change. She is frequently called upon to give U.S. Congressional testimony. Her influential blog Climate Etc. (judithcurry.com) addresses leading-edge and controversial topics about climate change and the science-policy interface. Over the years, Curry has been profiled by the New York Times, Wall Street Journal, Discover Magazine, NPR, Scientific American, Quadrant and City Journal. Curry studied in the 1980s under Sifu Bruce Moran in Chicago, IL. She resumed studying in Reno, NV under Master Mohammed Reza Pourgholami Nejad.
Abstract: This talk illustrates describes our studies on physiological changes underlying the multiple health benefits of the integrated regulation of body/mind/breath during Tai Chi practice. With electromyography to monitor muscle contractility, laser Doppler flowmetry to measure blood flow, and computer analysis of body movements, we showed that the physical side of Tai Chi is highly effective for strengthening all major muscle groups, particularly those essential for the prevention of falls and low back pain. With electroencephalography for determining brain wave patterns and heart rate variability analysis of electrocardiograms to evaluate relaxation response, we confirmed that regulating the mind can reach a meditative state of combined mental focus and rest. This result is consistent with the reported increase in immune response accompanying Tai Chi practice, presumably due to relaxation and stress relief. With respect to the regulation of breath, other investigators have discovered that slow-deep breathing common to Tai Chi practice is mediated by special neurons in the breathing pacemaker of the brain and these cells are directly connected to another part of the brain involved in stress response. We found that this pattern of breathing can reduce heart rate and blood pressure produced by stressful video games in real time, similar to the effect of acupressure on relaxation points. Finally, we discovered that changes in the flow of blood and electricity measured at acupuncture points during Tai Chi are highly coordinated. Theoretically, the increase in electrical flow could produce a D.C. electric field, which we showed can affect cellular movement in a wound healing model in cell cultures. Increases in blood flow were also observed during various Traditional Chinese Medicine therapies (needle/laser/electro-acupuncture, acupressure, moxibustion, cupping, gua sha[the scraping therapy], topical herbal treatment, and infrared/far infrared therapies), consistent with the “invigorate the blood, move the Qi” principle of Traditional Chinese Medicine.

Bio: Dr. Shin Lin (林欣博士), the Director of the Laboratory for Mind-Body Signaling and Energy Research, holds full professor appointment in the Department of Developmental & Cell Biology at the University of California, Irvine (UC Irvine, 加州大学爾灣分校). He is also a member of the Susan Samuei Integrative Health Institute at UC Irvine and held a Visiting Professorship at the Shanghai University of Traditional Chinese Medicine from 2005 to 2007. In 2008, he was appointed by the U.S. Secretary of Health and Human Services to a 4-year term on the National Advisory Council for Complementary and Alternative Medicine at the National Institutes of Health.
**GUESTS SPEAKERS**

<table>
<thead>
<tr>
<th>NO</th>
<th>Friday Dec2, <strong>21:00-21:25</strong> (CA, USA PST)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Dr. Albert Yeung</td>
</tr>
<tr>
<td></td>
<td>Harvard University</td>
</tr>
<tr>
<td></td>
<td>USA</td>
</tr>
</tbody>
</table>

**Topic:** and Qigong as Adjunctive Treatments for Depression.

**Abstract:** Qigong and Tai Chi are ancient healing arts from China that promote physical and mental well-being. The historical background and applications of Qigong and Tai Chi will be discussed. Contemporary understanding of their effects on mood regulation will be discussed. Potential neurophysiological mechanisms of action and clinical evidence on Qigong and Tai Chi on mood will be reviewed. The challenges and future directions in the research of Qigong and Tai Chi for treatment of mood disorders will be discussed.

**Bio:** 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.

---

<table>
<thead>
<tr>
<th>NO</th>
<th>12月3日，星期六，上午13:00-13:25（北京时间）</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>杨世贤教授</td>
</tr>
<tr>
<td></td>
<td>哈佛大学，麻省總醫院</td>
</tr>
<tr>
<td></td>
<td>美国</td>
</tr>
</tbody>
</table>

**題目**：太极和气功作为抑郁症的辅助治疗。

**摘要**：气功和太极拳是来自中国的古老治疗艺术，可以促进身心健康。将讨论气功和太极拳的历史背景和应用。将讨论当代对它们对情绪调节影响的理解。将回顾气功和太极对情绪的潜在神经生理学作用机制和临床证据。将讨论气功和太极拳对情绪障碍研究的挑战和未来方向。

**簡歷**：杨世贤博士：是麻省總医院（MGH）的抑郁症临床和研究项目基础医疗研究主任。哈佛医学院精神科副教授。他从台湾大学取得医学学位。他曾获得哈佛大学公共卫生学院流行病学硕士学位和科学博士学位。他在MGH完成了精神医学的住院医师培訓。
### Abstract:
The concept of Tai Chi contains the polarities of Yin and Yang. It comes from the ancient Chinese Book of Changes. The practice of using exercise prescriptions to treat pain in various parts of the body follows the highest Chinese philosophy of the Tai Chi Qigong tradition described as Tao (Ways) and a solution to problems. On December 17, 2020, Tai Chi was recognized as an intangible cultural heritage of humanity by the United Nations Educational, Scientific and Cultural Organization. What I am going to talk about today is Tai Chi including Qigong as a method of prescription application and orchestration in integrative medicine.

Tai Chi is an integrative medicine that also covers preventive and rehabilitation medicine. Arrangement and design of Tai Chi and Qigong techniques in sports medicine for discomfort in various parts of the body are used.

Until now, a large number of research reports on the effectiveness of Tai Chi and Qigong in treating different symptoms have been published in academic and medical journals. The current use of sports medicine and rehabilitation prescriptions must be implemented in accordance with the current clinical process rules published by the American Medical Association (CPT code 97112). Tai Chi and Qigong techniques used in sports medical prescriptions have been widely used clinically by licensed acupuncturists. However, Tai Chi Qigong’s vast and infinite benefits, which can benefit the world, are the challenges and missions that all medical, educational, scientific, and cultural circles need to discover in the future.

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

---

### Topic: Integrative Medicine’s Prescription Design Utilizing Tai Chi and Qigong Modalities

**Abstract:**
Tai Chi Applied to Maintain Health and Health
For centuries, the philosophy of Tai Chi has been recognized as an all-round approach and method for cultivating a sound body and mind. The interpretation of modern Tai Chi can be tailored to create a scientific and quantitative evaluation of aerobic Tai Chi for physical fitness improvement and sports medical functions.

Tai Chi as integrative medicine also covers preventive and rehabilitation medicine. Arrangement and design of Tai Chi and Qigong techniques in sports medicine for discomfort in various parts of the body are used.

Until now, a large number of research reports on the effectiveness of Tai Chi and Qigong in treating different symptoms have been published in academic and medical journals. The current use of sports medicine and rehabilitation prescriptions must be implemented in accordance with the current clinical process rules published by the American Medical Association (CPT code 97112). Tai Chi and Qigong techniques used in sports medical prescriptions have been widely used clinically by licensed acupuncturists. However, Tai Chi Qigong’s vast and infinite benefits, which can benefit the world, are the challenges and missions that all medical, educational, scientific, and cultural circles need to discover in the future.

**Bio:**
Dr. Shi-Hsiu Weng: He is the president of US Collegiate Federation and Vice President of the World Shuai Jiao Federation. He is a Professor at San Jose State University and the Honorary Dean of College of Tai Chi at the University of East-West Medicine, California.
## Abstract
Taiji is a powerful supplementary clinical exercise and sport. Currently, there is a lack of research on the application of taiji in clinical settings. Similarly, there is no research on the physical performance parameters of competitive taijiquan athletes. Thus, our current goal is to explore, report, and investigate the clinical, sports, and performance components of taijiquan practice and athletes. Our group has conducted two studies: 1) The effects of a 12-week taijiquan exercise training on balance, gait speed, and quality of life with individuals with Parkinson's disease. We observed that taijiquan improves balance, gait speed, and overall quality of life of a small cohort of individuals with Parkinson’s disease. Our goal is to extend this to a randomized controlled trial in the near future. 2) Construction of normative vertical jump parameters of Malaysian taijiquan athletes. We also reported that young taijiquan athletes have similar jump characteristics as other Wushu athletes (Changquan & Nanquan). Our goal is to establish well-defined jump parameters for wushu athletes as normative data globally, and in order to achieve this, we are aiming to collect worldwide wushu and taijiquan jump data at the next World Wushu Championships.

## Bio
Dr. Samuel Montalvo, is a clinical exercise physiologist, sports biomechanist, and sports scientist working as a post-doctoral research fellow at the Stanford Medical School, at Stanford University. As a researcher, I am interested in understanding the mechanical, molecular, and physiological mechanisms of human performance. Additionally, I am also interested in developing new and practical training methods to improve human exercise and sports performance. Lastly, my research has been conducted in a wide variety of populations, ranging from clinical (diabetes, heart disease, neuromuscular) to athletic (Wushu, martial arts, powerlifting, track & field, gymnastics, among others) populations.
Abstract: Recently, substantial studies have increased around the topic of the tai chi fall-prevention field. Few studies, however, have revealed the current progress and hotspots under a bibliometric analysis. Therefore, the study aims to use Citespace, a significant application for bibliometric analysis, to analyze the situation and trend in this field. United States, China, Australia, and England, which are also the origins of the core institutions, are the major objects of the study. Besides this, we also have found two large research groups led by Li Fuzhong and Catherine Sherrington. J Aging Phys Act and J Am Geriatr Soc are the primary journals. And geriatrics and gerontology, sports sciences, rehabilitation, and gerontology are the leading categories. Furthermore, one important finding to come out from this study is that “the elderly”, “Parkinson’s disease”, “vestibular rehabilitation”, “frail patient”, and “community fall prevention” are the research hotspots. “Women”, “proprioception”, “cognitive impairment”, “dementia”, “osteoarthritis”, and “stroke” are the potential research trend in the future. These findings suggest that the tai chi fall-prevention field has a broad research prospect. Although several questions remain uncertain currently, it is worthy for scholars to do further study.

Bio: Dr. Xin Xue: Ph.D., professor, doctoral supervisor. Leader of Traditional Ethnic Sports Specialization of 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.


Chen Jiesi: As master student, her main research direction is the health promotion Of traditional sports.
The present review attempts to distill recent research highlights from voluminous literature generated in 2000 to now, and provide guidelines for the direction of Tai Chi scientific research. Methods: The publications were obtained online through CNKI and WOS databases. Search time was set from January 2000 to September 2022. The publications were searched by the keyword “Taiji” in CNKI, and “Taiji” or “Taijiquan” or “taichi” or “Tai Chi” in WOS. Full records of these publications were downloaded from both databases and then imported into CiteSpace (version 6.1 R3, 64-bit) for further analysis of authors, institutions, keywords, clusters, etc. Results: In CNKI, the number of publications tended to increase first and then decrease, with a peak of 97 in 2013. The top three authors in the number of publications were Yang Jian-Ying, Yu Ding-Hai, and Liu Jing. The top three institutions in the number of publications were Shanghai Sport University, Beijing Sport University, and East China Normal University. The top three high-frequency keywords were tai chi, old people, and martial arts, while the top three high-centrality keywords were tai chi, traditional culture, and middle-aged and elderly people. The total publications of both institutions and funding in Henan Province were more than those in other regions and universities, which illustrated the important position of the town of tai chi. The main fields of publications focused on applied research, development research, and discipline education and teaching. In WOS, the number of publications showed a continuous upward trend, with a maximum of 489 in 2021. The top three authors of the number of publications were Peter Wayne, Zou Liye, and Wang Chencen. The top three institutions in the number of publications were Chinese Academy of Sciences, Chinese University of Hong Kong, and Shanghai University of Sport. The top three high-frequency keywords were tai chi, exercise, and older adult, while the top three high-centrality keywords were cardiorespiratory function, complementary therapy, and fitness. Conclusions: Since 2000, the number of research papers on Tai Chi in CNKI and WOS has increased significantly. The number included in CNKI reached a peak around 2013, while the number included in WOS has been continuing to grow. From the top three in the number of first-author publications, papers from WOS are more than twice as many as from CNKI. In terms of content, authors from CNKI mainly focus on culture, teaching, and health, while authors from WOS follow the effect and mechanism of health promotion. The number of research articles on Tai Chi in the field of traditional Chinese medicine and others exceeds that in sports itself.

Bio: Wang Hui Ru, Ph.D., professor of the Physical Education Department of Shanghai Jiaotong University, doctoral supervisor, director of the Research Center for Integrated Development of Sports, Medicine, Health and Health, Shanghai Jiaotong University Health Yangtze River Delta Research Institute, deputy secretary-general of the Wushu and National Traditional Sports Branch of the Chinese Society of Sports Science, Chinese elderly He is a member of the Standing Committee of the Society of Geriatrics and Gerontology of the Chinese Academy of Sciences, the Wushu and National Traditional Sports Branch of the Chinese Society of Sports Science, and the Shanghai Branch of the Chinese Society of Sports Science. He is an expert in the development and standardization of the Chinese Wushu and National Traditional Sports branches. He is a member of the first professional committee of the Chinese Wushu and National Traditional Sports Branch. He is a former deputy chairman of the Chinese Wushu and National Traditional Sports Branch and the former chairman of the first Professional Committee of Physical Medicine Integration and Development of Traditional Medical Association. Research direction: sports and health promotion; inheritance and development of traditional national sports. In 2005, he began cooperating with the Affiliated Hospital of Shanghai Jiaotong University to conduct exercise therapy research. He successively undertook the National Social Science Fund; Shanghai Philosophy and Social Planning; Shanghai Municipal Education and Science Commission Key, and State Sports General Administration’s scientific and technological key research projects, etc. 10 The remaining items: the first author (or corresponding author) published more than 30 SCI papers, Chinese core journal papers, international conference papers, etc., and the first author published 16 academic monographs, textbooks, popular science monographs, and translations.
埃里克·考利尔博士，潜在开发中心首席执行官，毕业于北京体育大学，著有20本太极拳书籍，是人体工学新技术的开创者。埃里克·考利尔博士是人类学博士，是LAPCOS（蔚蓝海岸大学）的准成员和CoSoCo（意识、关怀和认知）的创始人。他曾是许多文学和科技著作的作者，包括“运动的感觉-太极拳的跨学科方法”、“意识到身体-唤醒感官，唤醒意识”，“传统太极拳的科学方法——应对当代挑战。”
Topic: New Theory on and Technique for Health Promotion and Chronic Disease Rehabilitation – Aquatic Tai Chi

Abstract: There are two main parts involved in this presentation. The first part includes 1. Chinese and international medical research on Tai Chi as an effective approach to promote health and prevent chronic disease. 2. As a new idea and exercise therapy, aquatic Taichi had become one of the core aquatic rehabilitation techniques. 3. It is recognized internationally that aquatic rehabilitation is the best approach to cardiovascular disease rehabilitation. Aquatic Tai Chi has special advantages in cardiovascular rehabilitation. 4. A brief introduction of Traditional Chinese Medicine Aquatic Therapy (TCM-AT) which is created by the Traditional Chinese Sports Health Preservation Center of Beijing Sport University, and TCM-AT’s effect on balance, and sleep disorder improvement. The second part includes 1. Aquatic Tai Chi is an exercise that combines body exercise with breathing adjustment, and mind regulation. It is a mind-body exercise. It includes neuromuscular reflex exercise, aerobics, resistance, and mindfulness. 2. The mechanism of aquatic Tai Chi’s effect on balance improvement: improve muscle strength, proprioception, vestibular function, and vision; the movement of aquatic Tai Chi to improve balance. 3. Mechanism of aquatic Tai Chi’s effect on coordination improvement: be concentrated, from static to dynamic exercise; from single lateral to bilateral exercise; from single movement to complex movement; exercise with a small load, and corresponding training. 4. Mechanism and techniques of aquatic Tai Chi to improve cardiorespiratory function.Tai Chi to improve cardiorespiratory function.

Bio: Dr. Wang Xiaojun, Ph.D., Professor, Director of the Traditional Sports Rehabilitation Research Center of the Chinese Wushu Academy of Beijing Sport University, Chairman of the Aquatic Chinese Medicine Exercise Therapy Committee of the International Aquatic Rehabilitation Association China Branch (IATA-China), Aquatic Exercise Therapy of the Chinese Association of Rehabilitation Medicine Exercise Therapy Special Committee vice chairman of the academic group, executive director of China Folk Chinese Medicine Research and Development Association, director of National Martial Arts Medical Research Association, director of national TCM preventive health care (sports and health care) project, national referee of Wushu, national referee of Health Qigong.

For the first time at home and abroad, he put forward the theory and method system of "Chinese Medicine Exercise Prescription" and "Water Chinese Medicine Exercise Therapy." He has presided over more than 10 health care (sports and health care) project, national referee of Wushu, national referee of Health Qigong. He has been invited to give lectures on TCM exercise therapy on CCTV and Beijing TV many times. China has appointed him to travel to dozens of countries on four continents, including the United States, Canada, Germany, Spain, Italy, Belgium, Russia, Australia, New Zealand, and Japan, to spread TCM exercise therapy.

Dr. Wang Xiaojun
Beijing Sport University
China
Dr. Gu Jie, Li Huan Xu, Lu Jian Hui

**General Motors, Handan University**

**USA**

**Topic:** A Human Body Model for Calculating Scores in Taijiquan

**Abstract:** Handan Taiji College of Handan University has been researching the mechanism of Taijiquan for many years and has published a series of papers in journals such as the Journal of Handan College, Chinese Wushu Research, Shaolin, etc. This is a status summary. Taijiquan is a treasure of Chinese martial arts and Chinese culture. It is very important to integrate with contemporary science. The classic theory gives a perfect exposition from the qualitative aspect while leaving a large research ground in the quantitative aspect. This article uses mechanics to describe the defense-offense mechanism of Taijiquan and establishes the scoring criteria in martial arts application. A human body math model is established to simulate the defense-offense moves, and the dynamic and static formulas for releasing force are derived. The calculation of the formula is very complicated. We have developed software with VBA (Excel visual basic for application), which can be used to calculate the defense-offense capabilities of other martial arts.

**Bio:** Dr. Gu Jie, from Suzhou, Jiangsu, senior engineer of General Motors, Ph.D. in Mechanical Manufacturing from Oakland University, visiting professor of Culture College of Handan University; Dr. Li Huaixu, from Handan, Hebei, lecturer of Culture College of Handan University, national Wushu master of routines, three consecutive national push hand champions; Lu Jianhui, male, from Quyang, Hebei, dean and professor of Culture College of Handan University, and head of key development disciplines in Hebei Province.

---

**16**

**NO**

**Friday Dec 2, 0:30-0:55 (CA, USA PST)**

**12月3日，星期六，下午 16:30-16:55（北京时间）**

顾杰、李怀续、卢建辉

美国通用公司、邯郸学院

美国

**题目**：运算太极拳的人体模型

**摘要**：邯郸太极学院对太极拳的机理做了多年的研究，在邯郸院报、中华武术研究、少林与太极等杂志上发表了一系列论文。这一篇阶段性总结。太极拳是中华武术和中国文化的瑰宝，太极拳和现代科学的接轨至关重要。太极拳的经典理论从质的方面给出了完美的论述，而在量的方面留下了很大的研究空间。本文用力学来描述太极拳的攻防目的，建立了太极拳在武术运用中的得分机制。建立了人体模型来模拟攻防招式，推导出发力的动静态公式。公式的运算非常复杂，我们用优表VBA（Excel visual basic for application）编制了程序，可以用来计算太极拳或其它武术的攻防能力。

**简历**：顾杰博士，江苏苏州人，美国通用汽车公司高级工程师，奥克兰大学机械制造博士，邯郸学院太极文化学院客座教授；李怀续，河北邯郸人，邯郸学院太极文化学院讲师，国家武术套路运动健将，连续三届全国太极拳推手冠军；卢建辉，河北曲阳人，邯郸学院太极文化学院院长，教授，河北省重点发展学科负责人。
GUESTS SPEAKERS

Dr. Li De Zhao, Lin Qiang, Silijuang, Shan Ying, Ruan Yang Tao

Zhejiang University of Technology

China

Date: Friday Dec2, 1:00-1:25 (CA, USA PST)

Abstract: Tai Chi and Yoga are traditional Oriental fitness activities, both of which have a history of more than one thousand years. It has been shown that these two types of exercise have an auxiliary therapeutic effect on the human body and mind. However, due to the limitation of measurement equipment, there are few studies on the effects and mechanisms of the two types of exercise on human nerves. Based on wearable EEG devices, this study explored the changes in EEG signals before and after exercise in Tai Chi and yoga practitioners. Through the feature extraction process, different characteristics including the time domain, frequency domain, and nonlinear dynamic of EEG signals were analyzed before and after the participants’ exercise. The analysis results show that these two types of exercise have significant effects on relaxation, meditation, and other characteristic signals of human EEG signals. The EEG signal analysis proposed in this study can be used to explore the mechanism of the influence of traditional sports on the human body and provide scientific evidence for the fitness mechanism of traditional sports.

Bio: Dr. Dezhao Li gained his Ph.D. degree in 2018, from the Department of Mechanical Engineering and Aerospace, Hong Kong University of Science and Technology. In 2019, he served as an associate professor in the Department of Applied Physics, Zhejiang University of Technology, and was also a director of the Micro-Nano Devices and Systems Technology Branch of China Association for Science and Technology. His research field involves quantum sensor devices and their application in the field of medical measurement. He has presided and participated in a number of scientific research projects in China and Hong Kong, obtained more than 20 national patents, and published some academic papers in high-quality academic journals. In recent years, He has been using self-developed EEG equipment to carry out related research on the effects of traditional sports including yoga on human neural activity. He obtained relevant patent authorization and published a number of related academic papers. He is practicing traditional Chinese Tai Chi Zhangzhuang(standing) and yoga.
<table>
<thead>
<tr>
<th>NO</th>
<th>Topic: The Health Mechanism of Yijinjing</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Abstract:</strong> The Yi Jin Jing has been passed down for thousands of years. It has the health-promoting effect of strengthening the body, curing diseases, and prolonging life. It condenses the ancient Chinese’s deep knowledge and understanding of the body and mind. Today, we will analyze the fitness mechanism of Yi Jin Jing from the perspective of Chinese and Western cultures and scientific systems to uncover the secrets of the health preservation of ancient exercises.</td>
</tr>
</tbody>
</table>

"Yi" means change, and "Jing" means code. Then "Yi Jin Jing" is the code of changing "jin." How shall we change? "Stretching" is its means. Stretch what? Stretch the "tendon." It can be seen that the core problem is the "tendon." Broadly the same holds for the understanding of "Jing" in China and the West with some differences. In traditional Chinese medicine, "jings" is the meridian tendons wrapped outside the meridian; in modern anatomy, "jings" is myofascial. But they lead to the same goal by different routes. Traditional Chinese medicine believes that meridians connect the inside and outside of the human body, viscera, and limbs into an organic whole. Modern anatomy also holds that no matter how a muscle works individually, it always has a functional impact on the continuity of the whole through the fascial mesh.

**Bio:** Dr. Yang Huixin is the Dean of the National Traditional Sports College of Harbin Institute of Physical Education. She is the leader of the discipline group of national traditional physical education, and the leader of the discipline echelon of Wushu theory and method. The doctor is a member of the Academic Committee, Teaching Steering Committee, and Degree Committee of Harbin Institute of Physical Education. She also serves as the Standing Committee Member of the Heilongjiang Province Rehabilitation Medicine Association, Vice Chairman of the Sports Sociology Branch of the Heilongjiang Sports Science Society, Member of the Heilongjiang Wushu Association, and Vice Chairman of Harbin Health Qigong Association.

Main research directions: Taiji and health promotion; traditional ice and snow sports.

She has presided over five provincial and ministerial-level projects and six bureau-level projects; participated in 2 national-level projects and eight provincial-level projects. More than 40 academic papers have been published, including 16 in core journals such as SSCI, SCI, CSSCI, and CSCD. He has made special reports and chaired conferences at international and national academic conferences many times.

<table>
<thead>
<tr>
<th>NO</th>
<th>12月3日，星期六，下午17:30-17:55（北京时间）</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>杨慧馨教授</td>
</tr>
<tr>
<td></td>
<td>哈尔滨体育学院</td>
</tr>
<tr>
<td></td>
<td>中国</td>
</tr>
</tbody>
</table>

**摘要**：易筋经迄今流传千年，具有强身健体，祛病延年的健康促进功效，凝结了中国古人对身心的深刻认识与理解。今天，我们将从中西两种文化与科学体系的视角分析易筋经的健身机理，以期揭开古老功能的养生秘诀。

从字面意义来看，"易"是改变的意思，"经"是法典的意思，那么"易筋经"就是改变"筋"的法典。怎么改变？"神拉"是它的手段，"神拉"什么？神"筋"。可见，核心问题是"筋"。中西方对"筋"的解释可谓"和而不同"。在中医学理念中，"筋"是包裹于经脉之外的经筋；在现代解剖学观点中，"筋"是肌腱。但是它们又殊途同归，中医学认为经络将人体内外、脏腑、肢节联成为一个有机的整体。现代解剖学同样认为无论肌肉如何单独工作，它总会通过筋膜网对整体的连续性有功能上的影响。

**简历**：杨慧馨博士，现任哈尔滨体育学院民族传统体育学院院长。民族传统体育学科群带头人，武术理论与方法学科梯队带头人。哈尔滨体育学院学术委员会、教学指导委员会、学位委员会委员。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，黑龙江省武术学术委员会，哈尔滨市健身气功协会副主席。

主要研究方向：太极拳与健康促进；传统冰雪运动。先后主持省部级课题5项，厅局级课题6项；参与国家级课题2项，省部级课题8项。公开发表学术论文40余篇，其中SSCI、SCI、CSSCI、CSCD等核心期刊16篇。多次在国际级、国家级学术会议上做专题报告、大会主持等。
<table>
<thead>
<tr>
<th>NO</th>
<th>Date/Time</th>
<th>Name</th>
<th>Affiliation</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>19</td>
<td>Friday Dec 2, 2:00-2:25 (CA, USA PST)</td>
<td>Dr. Drougas Vasileios</td>
<td>Neurophysiology University, Greece</td>
<td>Quantum Physics and Tai Chi Chuan</td>
</tr>
</tbody>
</table>

**Abstract**: The presentation explores the relationship between continuity in movement and thought and its importance for Tai Chi Chuan. The continuity of movement in Tai Chi is related to the application of quantum mechanics and is separated from Newtonian mechanics where the things around us are not continuous but independent quantities and pieces like elements and events. The relationship with the essence of Tai Chi and the continuity in the whole of movement in kinesiology and the relationship with the mind and the achievement of harmony is connected with quantum physics and balance. In this speech, importance is given to the relationship of our daily action with the tai chi practice which through the maintenance of continuity in movement, help people to expel stress, emotional change and to obtain harmonious and continuous contact with the environment and people around him. It turns out that practicing Tai Chi Chuan with seriousness and attention can help completeness and restore continuity in many cases that the modern man has changed. So Tai Chi is ultimately an exercise in bringing together and restoring continuity. This makes it absolutely necessary in a society that seems to be losing touch with the continuity of the universe every day.

**Bio**: 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.
Second day of the Forum
第二天论坛
GUESTS SPEAKERS
报告嘉宾

2nd International Taiji Science Forum
www.WTJSF.org
Day 2 Forum Moderator
第二天论坛主持人

Yu Gong Bao
Xue Xin
Yulingling
Justin Eggert
Cindy J. Zheng-Huang

余功保
薛欣
于玲玲
和风
黄郑劲卉
Dr. Alex Feng

Zhi Dao Guan

USA

**Topic:** Health Benefits of Qi Gong and Tai Ji from a Medical Perspective

**Abstract:** We say in the practice of Qi Gong or Tai Ji you need three components: your mind, your body, and your breath. In some point in the practice there’s also “mindless”, “body less” and “breathless” exercises to achieve a transcendental state of being.

The major emphasis of the practice is to promote movement of qi and blood through the body, through the meridians, and through the organs. Every other benefit that comes with this practice is “extra.”

As we practice, we are mindful of the four aspects of health: 1. what you put in your body and how you eliminate (diet and emotions included) 2. Movements - slow and repetitive 3. sleep (defined by waking up refreshed) 4. good attitude

**Bio:** Dr. Feng served as Chair of the National Certification Commission for Acupuncture and Oriental Medicine, facilitating examinations for certification nationwide. He was Clinical Professor at the Oakland Academy of Chinese Culture and Health Sciences (ACCHS) and Chief, Integrative Medicine with the International Center for Integrative Medicine (ICIM) at Highland Hospital, Alameda Health Systems in Oakland. He is currently staff on the Alta Bates Comprehensive Cancer Center’s Integrative Medicine Program in Berkeley where he provides TCM services and teaches Qi Gong to people living with cancer and with ICIM at Alta Bates Summit Medical Center. San Francisco Magazine named Dr. Feng as one of the 10 best acupuncturists in the Bay Area and in 2003, the East Bay Express cited his Tai Ji classes as Best In The Bay. In 2005, he was inducted into the Martial Arts International Hall of Fame. In 2019, he was awarded a Lifetime Achievement Award in the Martial Arts by the Worldwide Family Sokeship Council.

In 1973, Dr. Feng founded his school of martial arts, Wu Tao Dao Guan, The Taoist Center in 1976 and moved it to its permanent home in Oakland in 2002 for the purposes of combining the study and practice of the healing and martial arts with the practice and teaching of Taoism. The Center also provides space for the practice and teaching of judo/jujitsu, salsa, healing massage, and Tai Ji Wu Style.

---

**NO**

**Sat, Dec 3, 13:00-13:25 (CA, USA)**

<table>
<thead>
<tr>
<th>GUESTS SPEAKERS 报告嘉宾</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NO</strong></td>
</tr>
<tr>
<td><strong>Sat, Dec 3, 13:00-13:25 (CA, USA)</strong></td>
</tr>
<tr>
<td><strong>Subject:</strong> Health Benefits of Qi Gong and Tai Ji from a Medical Perspective</td>
</tr>
<tr>
<td><strong>Bio:</strong> Dr. Feng served as Chair of the National Certification Commission for Acupuncture and Oriental Medicine, facilitating examinations for certification nationwide. He was Clinical Professor at the Oakland Academy of Chinese Culture and Health Sciences (ACCHS) and Chief, Integrative Medicine with the International Center for Integrative Medicine (ICIM) at Highland Hospital, Alameda Health Systems in Oakland. He is currently staff on the Alta Bates Comprehensive Cancer Center’s Integrative Medicine Program in Berkeley where he provides TCM services and teaches Qi Gong to people living with cancer and with ICIM at Alta Bates Summit Medical Center. San Francisco Magazine named Dr. Feng as one of the 10 best acupuncturists in the Bay Area and in 2003, the East Bay Express cited his Tai Ji classes as Best In The Bay. In 2005, he was inducted into the Martial Arts International Hall of Fame. In 2019, he was awarded a Lifetime Achievement Award in the Martial Arts by the Worldwide Family Sokeship Council. In 1973, Dr. Feng founded his school of martial arts, Wu Tao Dao Guan, The Taoist Center in 1976 and moved it to its permanent home in Oakland in 2002 for the purposes of combining the study and practice of the healing and martial arts with the practice and teaching of Taoism. The Center also provides space for the practice and teaching of judo/jujitsu, salsa, healing massage, and Tai Ji Wu Style.</td>
</tr>
</tbody>
</table>
### Master Demonstration
太极名师展演

| NO | Bio: Mohammad Reza Pourgholami Nejad is a professional martial artist with over 40 years of experience, he was a member of the executive committee of the international wushu federation from 1999 to 2007. Also, he is a member or vice chair of the technical committee for the Asian Wushu Federation since 2009, and currently a member of the International Wushu Federation technical committee and the creator of the Iranian National Martial team. 穆罕默德·拉扎·普古拉米·内贾德
国际武术联合会技术委员会委员
国际A级武术裁判
(USA 美国) |
|---|---|

<table>
<thead>
<tr>
<th>NO</th>
<th>Topic: Video Demonstration his Tai Chi Classes 视频课程展示</th>
</tr>
</thead>
</table>

| NO | Bio: Mohammad Reza Pourgholami Nejad is a professional martial artist with over 40 years of experience, he was a member of the executive committee of the international wushu federation from 1999 to 2007. Also, he is a member or vice chair of the technical committee for the Asian Wushu Federation since 2009, and currently a member of the International Wushu Federation technical committee and the creator of the Iranian National Martial team. 穆罕默德·拉扎·普古拉米·内贾德
国际武术联合会技术委员会委员
国际A级武术裁判
(USA 美国) |
|---|---|

<table>
<thead>
<tr>
<th>NO</th>
<th>Topic: Video Demonstration Wudang Qigong 武当气功 - 视频展示</th>
</tr>
</thead>
</table>

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

| NO | Bio: Mohammad Reza Pourgholami Nejad is a professional martial artist with over 40 years of experience, he was a member of the executive committee of the international wushu federation from 1999 to 2007. Also, he is a member or vice chair of the technical committee for the Asian Wushu Federation since 2009, and currently a member of the International Wushu Federation technical committee and the creator of the Iranian National Martial team. 穆罕默德·拉扎·普古拉米·内贾德
国际武术联合会技术委员会委员
国际A级武术裁判
(USA 美国) |
|---|---|

| NO | Bio: Mohammad Reza Pourgholami Nejad is a professional martial artist with over 40 years of experience, he was a member of the executive committee of the international wushu federation from 1999 to 2007. Also, he is a member or vice chair of the technical committee for the Asian Wushu Federation since 2009, and currently a member of the International Wushu Federation technical committee and the creator of the Iranian National Martial team. 穆罕默德·拉扎·普古拉米·内贾德
国际武术联合会技术委员会委员
国际A级武术裁判
(USA 美国) |
|---|---|

---

<table>
<thead>
<tr>
<th>NO</th>
<th>Topic: Video Demonstration Wudang Qigong 武当气功 - 视频展示</th>
</tr>
</thead>
</table>

| NO | Bio: Mohammad Reza Pourgholami Nejad is a professional martial artist with over 40 years of experience, he was a member of the executive committee of the international wushu federation from 1999 to 2007. Also, he is a member or vice chair of the technical committee for the Asian Wushu Federation since 2009, and currently a member of the International Wushu Federation technical committee and the creator of the Iranian National Martial team. 穆罕默德·拉扎·普古拉米·内贾德
国际武术联合会技术委员会委员
国际A级武术裁判
(USA 美国) |
|---|---|

| NO | Bio: Mohammad Reza Pourgholami Nejad is a professional martial artist with over 40 years of experience, he was a member of the executive committee of the international wushu federation from 1999 to 2007. Also, he is a member or vice chair of the technical committee for the Asian Wushu Federation since 2009, and currently a member of the International Wushu Federation technical committee and the creator of the Iranian National Martial team. 穆罕默德·拉扎·普古拉米·内贾德
国际武术联合会技术委员会委员
国际A级武术裁判
(USA 美国) |
|---|---|

---

| NO | Bio: Mohammad Reza Pourgholami Nejad is a professional martial artist with over 40 years of experience, he was a member of the executive committee of the international wushu federation from 1999 to 2007. Also, he is a member or vice chair of the technical committee for the Asian Wushu Federation since 2009, and currently a member of the International Wushu Federation technical committee and the creator of the Iranian National Martial team. 穆罕默德·拉扎·普古拉米·内贾德
国际武术联合会技术委员会委员
国际A级武术裁判
(USA 美国) |
|---|---|

---

| NO | Bio: Mohammad Reza Pourgholami Nejad is a professional martial artist with over 40 years of experience, he was a member of the executive committee of the international wushu federation from 1999 to 2007. Also, he is a member or vice chair of the technical committee for the Asian Wushu Federation since 2009, and currently a member of the International Wushu Federation technical committee and the creator of the Iranian National Martial team. 穆罕默德·拉扎·普古拉米·内贾德
国际武术联合会技术委员会委员
国际A级武术裁判
(USA 美国) |
|---|---|

---

| NO | Bio: Mohammad Reza Pourgholami Nejad is a professional martial artist with over 40 years of experience, he was a member of the executive committee of the international wushu federation from 1999 to 2007. Also, he is a member or vice chair of the technical committee for the Asian Wushu Federation since 2009, and currently a member of the International Wushu Federation technical committee and the creator of the Iranian National Martial team. 穆罕默德·拉扎·普古拉米·内贾德
国际武术联合会技术委员会委员
国际A级武术裁判
(USA 美国) |
|---|---|
Abstract: On March 16, 2020, Canadian Prime Minister Justine Trudeau announced a nationwide lockdown to contain the spread of COVID-19, closing non-essential businesses including indoor fitness spaces. Following the restriction, Master Li Rong, who has been teaching Taijiquan and wushu in Vancouver since the 1990s, adapted quickly and started teaching on Zoom for the first time. By May 2020, she has gathered a group of women online who have never taken up Taijiquan before. A project was initiated in partnership with the Community Engagement Research Initiative at Simon Fraser University to trace the journey of these women learning Taijiquan amidst the pandemic. A mini-documentary titled “Shefu” was created as a result and was screened at the 2021 explore Asian Festival in Vancouver. The first part of the presentation introduces Sanxing Taiji, its characteristics and history as inspired by Sanxingdui, including a brief introduction of its founder, Master Li Rong. The second part presents a short excerpt of the mini-documentary on the women practitioners’ experiences and the survey outcomes of practicing Sanxing Taiji as part of the community-engaged project. In broader terms, this research investigates the impact of COVID-19 on physical fitness and cultural participation within an immigrant community in Vancouver, Canada. It was made possible by the author’s 6-year auto-ethnographic study at the Li Rong Wushu and Qigong Academy. While the pandemic has radically changed how communities take part in physical exercise, Sanxing Taiji continues to evolve with in new and creative ways as a modern Chinese cultural heritage to suit the daily lives and health requirements of Taijiquan practitioners post-pandemic.

Bio: Shanny Rann is the editor of Dance Central and a Ph.D. student in Gender, Sexuality, and Women’s Studies at Simon Fraser University. Her current research focuses on Taiji in the diaspora from a gendered perspective. She has a Master of Arts in Dance Studies from York University and is an Erasmus Mundus scholar in Dance Knowledge, Practice, and Heritage (Choreomundus). She took up Taiji in 2015 and now serves as the Director of International Tristar Taiji Association as well as an assistant Instructor at Li Rong Wushu and Qigong Academy. She continues to perform, teach and choreograph in Canada, where she resides.
<table>
<thead>
<tr>
<th>NO</th>
<th>Sat, Dec 3, 13:55-14:20 (CA, USA PST)</th>
</tr>
</thead>
<tbody>
<tr>
<td>24</td>
<td>Dr. Shelley Kresyman</td>
</tr>
<tr>
<td></td>
<td>University of Nevada / School principal</td>
</tr>
<tr>
<td></td>
<td>USA</td>
</tr>
<tr>
<td></td>
<td><strong>Topic:</strong> Addressing Stress through Taiji and Qigong in K-12 Schools and Universities</td>
</tr>
<tr>
<td></td>
<td>Abstract: School districts across the United States are losing teachers and administrators at an alarming rate. Teacher shortages are critical at all levels. Enrollment in university teacher and administrator preparation programs have greatly diminished. One of the key factors in this educational crisis are the great stressors educators are dealing with daily. Students are also under much stress from academic, social, and family pressures. Providing educators and students with calming and stress relieving practices may help improve enhance school climate and reduce stress on participants.</td>
</tr>
<tr>
<td></td>
<td>Bio: Dr. Shelley Kresyman is a retired PreK-12 public school educator. She was a teacher, literacy specialist, region administrator and school principal in Clark County, NV. She has been an adjunct professor for Master and Doctoral teacher education and educational leadership programs at the following universities: University of Nevada, Reno, Sierra Nevada University, Grand Canyon University, University of Phoenix, and University of Nevada, Las Vegas.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NO</th>
<th>星期天, 12月4日, 5:55-6:20(北京)</th>
</tr>
</thead>
<tbody>
<tr>
<td>24</td>
<td>雪莱·克雷西曼博士</td>
</tr>
<tr>
<td></td>
<td>内华达大学</td>
</tr>
<tr>
<td></td>
<td>美国</td>
</tr>
<tr>
<td></td>
<td><strong>题目：K-12 小学和大学学生通过太极和气功缓解压力</strong></td>
</tr>
<tr>
<td></td>
<td>摘要：美国各地的学区正在以惊人的速度流失教师和管理人员。教师短缺在各个层面都很严重。大学教师和行政人员预备课程的人数大大减少。这场教育危机的关键因素之一是教育工作者每天要应付的巨大压力。学生也承受着来自学业、社会和家庭压力的巨大压力。为教育工作者和学生提供平静和缓解压力的方法可能有助于改善学校氛围并减轻参与者压力。</td>
</tr>
<tr>
<td></td>
<td>简历：雪莱·克雷西曼博士是一位退休的 PreK-12 公立学校教育家，她是内华达州克拉克县的一名教师、扫盲专家、地区教育行政管理人员和学校校长。在担任校长之前，她也曾在以下大学担任硕士和博士导师：教育和教育领导力项目的兼职教授；这些大学包括：内华达大学里诺分校、内华达山脉大学、大峡谷大学、凤凰城大学和内华达大学拉斯维加斯分校。</td>
</tr>
<tr>
<td>NO</td>
<td>GUESTS SPEAKERS</td>
</tr>
<tr>
<td>----</td>
<td>----------------</td>
</tr>
<tr>
<td>25</td>
<td>William Douglas</td>
</tr>
</tbody>
</table>

**Topic:** How the Science of Tai Chi, Qigong, and Mind Body Practices Reveals They are Changing the World in Profoundly Exciting Ways

**Abstract:** Medical research shows that between 60% to 90% of health issues are caused by stress and best treated by Mind Body practices like Tai Chi and Qigong. In addition to saving TRILLIONS in annual health care costs globally, expanding Mind Body Education into Public Education can reduce prison and other Social Costs. Learn about a growing global coalition of Scientists, Educators, and Health Professionals and Mind Body Enthusiasts and Teachers through the vehicle of a United Nations Resolution to advocate Mind Body Education as a core part of Public Education worldwide so as to transform every aspect of our lives, society and planet.

**Bio:** William Douglas is the Founder of World Tai Chi & Qigong Day (celebrated annually in over 80 nations worldwide), The Global Transformation Project, and is the author of "New 2nd Edition; The Gospel of Science: Mind Blowing New Science on Ancient Truths to Heal Our Stress, Lives, and Planet." He is the author of "The Complete Idiot's Guide to Tai Chi & Qigong" and of "The Tao of Tai Chi: The Making of a New Science." William is a Mind Body instructor for the University of Kansas Health System and for the University of Kansas School of Medicine.

---

<table>
<thead>
<tr>
<th>NO</th>
<th>星期天, 12月4日, 6:20-6:50 (北京)</th>
</tr>
</thead>
<tbody>
<tr>
<td>25</td>
<td>威廉·道格拉斯 (William Douglas)</td>
</tr>
</tbody>
</table>

**题目**：关于太极、气功和身心练习的科学如何揭示它们正在以极其令人兴奋的方式改变世界

**摘要**：医学研究表明，60%到90%的健康问题是由压力引起的，最好通过太极和气功等身心练习来治疗。除了每年在全球范围内节省数十亿美元的医疗保健费用外，将身心教育扩展到公共教育中还可以减少监狱和其他社会成本。了解一个由科学家、教育工作者、卫生专业人员以及身心爱好者和教师组成的日益壮大的全球联盟，支持联合国决议，倡导身心教育作为全球公共教育的核心部分，以改变我们生活和社会的方方面面和星球。

**简历**：威廉·道格拉斯 (William Douglas) 是世界太极拳日（每年在全球 80 多个国家庆祝）以及《科学的福音，令人兴奋的古代科学新科学，治愈我们的压力，生活和地球的真相》一书的作者。他还是《太极与气功初级指南》和《太极之道：一门新科学的形成》一书的作者，威廉是堪萨斯大学卫生系统和堪萨斯大学医学院的身心讲师。
**Topic:** On Developing Taijiquan for Health and Wellness

**Abstract:** Taijiquan has been recognized worldwide as being able to change people’s physical and mental health. In TCM it is widely recognized as medicine thru exercise. It is an important way to maintain health on a daily basis, and one of the many tools TCM has to intervene in people’s health. My discussion will center around my journey to finding a method to teach Taijiquan for Health and Wellness. In 1989, I was hired by both the University of California at Berkeley and the San Francisco Community College to create a Health and Wellness program using Taijiquan for the campus, staff, and community. At City College I also, taught a class on the philosophy, history, and health applications of Taijiquan. I will focus my discussion on some of the things we discovered in this process and introduce some of the many techniques and Taiji gong practices that we developed and tested.

**Bio:** Sifu Bryant Fong is the Head Instructor at UC Berkeley in charge of Wushu and Taijiquan. He recently retired from City College of San Francisco where he taught for 25 years in the Health Sciences Department. Sifu Fong is a disciple of Baguazhang Master Zhao Da Yuan of Beijing, a senior student of Grandmaster Feng Zhi Qiang of Beijing, a graduate of the San Francisco Jing Wu Academy, 5th generation Master of Fu Style Baguazhang, and holds a Coaches Credential form the Chinese Wushu Research Institute. He was trained by the Beijing Wushu Team and has performed and taught Wushu throut the United States. Sifu Fong was the Coach for the US National Wushu Team in 1991, and is currently the Coach and Team Leader for the University Games Collegiate Wushu Team. Sifu Fong is a graduate of UC Berkeley, his degree is in the Social Sciences.
<table>
<thead>
<tr>
<th>NO</th>
<th>Name</th>
<th>University</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>27</td>
<td>Dr. Zhang Hai Sheng</td>
<td>Stanford University</td>
<td>USA</td>
</tr>
</tbody>
</table>

**Bio:** Dr. Haisheng Zhang received an Acupuncturist License on November 1st, 2021, and his Medical Doctor degree from Tianjin University of Chinese Medicine in 2012. University East-West Medicine (UEWM) appointed him as the Dean and tenured professor of Integrative Health and Medicine College in April 2020. For clinical treatment, Dr. Zhang is an expert in the Medical Qigong & Taiji, Acupuncture, and Tuina, Mind-Body Medicine. And he was also appointed as visiting Researcher of the Institute of Traditional Chinese Medicine Exchange and Cooperation across the Straits at Beijing University of Chinese Medicine in Feb 2016. He learned Traditional Chinese Medicine and Medical Qigong from Dr. Yanglun, the sixth-generation lineage holder in TCM, for almost 30 years. And Dr. Zhang has taught Medical Qigong, TCM health, and Meditation for more than 30 years.

In addition, he has published 46 papers in peer-reviewed journals with 49 citations from other published articles and served as referee 53 times for seven Chinese Medicine Science and Buddha Cultural and Medicine journals.

And Dr. Zhang has been at MCRI (Molecular Cardiology Research Institute) of Tufts Medical Center, Harvard and served as referee 53 times for seven Chinese Medicine Science and Buddha Cultural and Medicine journals.

In addition, he has published 46 papers in peer-reviewed journals with 49 citations from other published articles and served as referee 53 times for seven Chinese Medicine Science and Buddha Cultural and Medicine journals.

---

**Dr. Zhang Hai Sheng:**

**Report Title:** Health Benefits of Qi Gong and Tai Ji - a Medical Perspective

**Abstract:** This paper introduces the ancient Heavenly theory of the unity of heaven and man, the spiral field and spiral pole guiding Zhou Tian, and modern medical Tai Chi. And it introduces the clinical application of Tai Chi around the concept of the double helix, especially the Tai Chi Uhu Needle Method, the Tai Chi Bagua Meridian Regulation System, and the primary and auxiliary wheel system of the Eight Veins of the Odd Meridian and the Twelve Orthodox Classics. And the balance of the three layers of Bagua inside, middle, and outside in heaven and earth, sun, moon, yin, and yang. In addition, he has published 46 papers in peer-reviewed journals with 49 citations from other published articles and served as referee 53 times for seven Chinese Medicine Science and Buddha Cultural and Medicine journals.

---

**NO** | **星期天 12日4, 7:05-7:30(北京)***
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>张海生博士</td>
<td>斯坦福大学</td>
</tr>
</tbody>
</table>

**摘要：**本文介绍了古代的天人合一的理论，导引周天与现代医学太极的螺旋场，螺旋等理论，并且围绕双螺旋的概念，介绍太极在临床上的应用，尤其是太极六合针法、太极八卦经络调控系统、以及奇经八脉与十二正经的主轮副轮系统，在天地日月阴阳六合的系统中，达到内中外的三层八卦的平衡。

**简历：**张海生博士于2021年11月1日获得针灸师执照，2012年获得天津中医药大学医学博士学位。东西医学大学（UEWM）任命他为中西医结合学院院长和终身教授2020年4月。在临床治疗方面，张医生是医学气功和太极、针灸、推拿，身心医学方面的专家，并于2016年2月被聘为北京中医药大学海峡两岸中医药交流与合作研究所客座研究员，师从第六代传承人杨军博士学习中医和医学气功从事中医工作近30年。张博士教授医学气功、中医养生和冥想已有30多年。

此外，他还在同行评审期刊上发表了46篇论文，被其他发表的文章引用了49次，并在七本《中国医学科学》和《佛教文化与医学》杂志上担任了53次审稿人。

张博士在美国塔夫茨医学中心MCRI（分子心脏病学研究所）、哈佛麦克莱恩医院从事医学气功太极和正念冥想研究近20年。曾在中国科学院广安门医院（2013-2016）进行三年临床心理学与中医气功博士后培训。
GUESTS SPEAKERS AND MASTERS EXHIBITION
Yu Gong Bao

World Taijiquan Net Inc

China

**Topic:**

Tai Chi is an excellent traditional Chinese culture, and it is also a good means of fitness and health preservation. But for thousands of years, the mechanism of action of Taijiquan is still covered with a veil of mystery, which is not understood by the world. Effective use of modern scientific and technological means, in-depth analysis and discussion of the scientific attributes of Tai Chi Institute, and better promote the development of Tai Chi health-preserving movement.

**Bio:**

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.
29. PANEL DISCUSSION
29. 圆桌讨论（中文）

Discussion on the Establishment Standard of Exercise Prescription
关于运动处方制定标准的探讨

Sat, Dec 3, 16:30-17:00 (CA, USA) / 星期天，12月4日，8:30-9:00 (北京)

Prof. Shi Aiqiao: Former dean and professor of Wuhan College of Wushu 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，国家体育总局体育委员会委员，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. Liu Tianjun is Professor and Chief Physician of the Clinical Department, School of Acupuncture and Moxibustion, Beijing University of Chinese Medicine, Honorary President of Chinese Medical Qigong Society, and 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，中国心理学会心理科学分会常务理事，中国心理卫生协会心理咨询师临床专业委员会顾问。

Prof. Hu Xiaofei: Former dean and professor 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.

胡晓飞教授：北京体育大学教授，博士生导师，武术与民族传统体育专业养生方向学科带头人，国家体育总局体育委员会委员，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. Liu Tianjun is Professor and Chief Physician of the Clinical Department, School of Acupuncture and Moxibustion, Beijing University of Chinese Medicine, Honorary President of Chinese Medical Qigong Society, and 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，中国心理学会心理科学分会常务理事，中国心理卫生协会心理咨询师临床专业委员会顾问。

Dr. Li Shudong: Secretary-General of the Taiji Science Federation, Broad of Acupuncture of California, Vice Chairman of USA WKF, The founder of Stanford “Medical Taiji” Course.

李书东博士：太极科学联合会秘书长，太极科学论坛组委会执行主席，加州政府武术局委员，美国武术联合会副主席，国际及武术裁判，斯坦福大学医学养生太极拳课程发起人。

Dr. Li Shudong

Prof. Liu Tianjun

Prof. Shi Aiqiao

Prof. Hu Xiaofei

Dr. Li Shudong

Prof. Liu Tianjun

Prof. Shi Aiqiao

Prof. Hu Xiaofei

Dr. Li Shudong

Prof. Liu Tianjun
Abstract: The origin of Taijiquan has been a hot topic in the Chinese martial arts community for more than 100 years. Historical figures such as Zhang Sanfeng, Cheng Lingxi, Xu Xuanping, Li Daozi, Wang Zongyue, and Chen Wangting have successively become the objects of study. At the beginning of this century, many precious historical materials were discovered in Tangcun Village, Bo’ai County, Henan Province, which provide strong evidence for unraveling the mystery of Taijiquan history.
**Topics: Exploring and Analyzing the Three Evolving Forms and Characteristics in the Development of Traditional Taijiquan**

**Abstract:** Taijiquan is an important part of Chinese traditional culture. Among the many schools of Chinese martial arts, it has been valued by the general public for its functions in health preservation, disease treatment, physical fitness, and longevity. Its charm has attracted the whole world. At present, the number of Tai Chi practitioners in the world has exceeded 300 million. Many people of insight are obsessed with Taijiquan, not only for learning boxing and fitness, but also for exploring the traditional Chinese culture. This paper analyzes the three different forms and characteristics of traditional Taijiquan, competitive Taijiquan and health-preserving Taijiquan in the development and evolution of Taijiquan, and explains that the foundation of traditional Taijiquan cannot be lost in the inheritance and development of Taijiquan, namely “Tai Chi” and “Fist” are two core elements.

The process of practicing Taijiquan is not only to strengthen the body, but also the process of cultivating an ideal personality and higher spiritual realm, which has higher standard requirements. One is to understand the principles of Tai Chi. “Tai Chi” is the core element of Chinese traditional culture, and it is a philosophical concept, guiding ideology, and way of thinking, used to guide boxing practice. Practitioners can deepen their cognition and understanding of traditional culture through practice. The second is to practice Tai Chi skills, and boxing. “Fist” is an offensive and defensive technique, which includes two parts, “body” and “use” (body’s interaction with the external world), and body and use are related to each other. Practicing boxing, practicing routines, mastering offensive and defensive fighting techniques, improving physical flexibility, coordination, and other qualities, and realizing the foundation of loose, soft, round, and flexible boxing training are the kung fu of knowing oneself. Taijiquan Push Hands mainly focuses on practicing “use”, and uses the eight methods of pushing, stroking, squeezing, pressing, picking, pushing, elbowing, and leaning to achieve sticking, connecting, sticking, and following, without losing or pushing, and accurately judging the strength of the opponent. The direction and size achieve the effect of “Yinjinloukong”, a clever maneuver to defeat strong opponents with little effort; it embodies the delicacy and magic of Taijiquan techniques and seeks a way to apply them. This is the essence of Tai Chi, which needs to be inherited and developed.

Therefore, on the basis of emphasizing the meaning of martial arts when promoting Taijiquan, we carry forward the artistry of traditional Taijiquan routines, so that the three aspects of martial arts, fitness, and artistry can be fully developed.

**Bio:** Zhang Mingke is a professor, an eighth-dan Wushu Master. He was the deputy dean of the School of Physical Education of Inner Mongolia Normal University, the director of the Public Sports Teaching and Research Department, and is currently the secretary-general of the Inner Mongolia Chen Style Taijiquan Research Association and the honorary chairman of the Inner Mongolia Wushu Sports Association. He is engaged in the research of the national traditional sports Chen Style Taijiquan.
Abstract: The Ming Dynasty was a period of great achievements in the history of Chinese martial arts. It was also the peak period of Chinese martial arts, which produced many masters and masters who influenced future generations of martial arts. They have both civil and military skills, worked on the battlefield, and intensively studied martial arts. They wrote books, including boxing and weapons, especially conventional weapons such as knives, guns, sticks, swords, etc., and formed schools named after regions and individuals. It has set a precedent for Chinese martial arts based on the inheritance of genre boxing techniques. With the war and the exchange of Chinese and foreign cultures, the martial arts of the Ming Dynasty were eclectic again, went abroad, influenced and spread to Southeast Asian countries, and had a profound impact on the formation and development of judo, karate, and taekwondo, as well as kendo, kicking and muay Thai.

Bio: Dr. Ma Wenguo, from Qianxian County, Shanxi Province, professor, doctor of martial arts, former director of the Wushu Department of Xi’an Physical Education College, member of the Standing Committee of the Chinese Wushu Association, member of the Young Scholars Committee of the National Wushu Academy, vice chairman of the Shaanxi Wushu Association, and Shaanxi Hongquan Culture Research Association—Honorary President. He has studied under Hu Zhijun, Gao Xi’an, Zhang Kejian, Wang Jing, Qiu Pixiang, Ma Xianda, Zhang Qunyan, and many other famous masters and Grandmasters. He is good at general martial arts, such as turning fists, split hanging, eight poles, poking feet, long and short sticks, and Straight, broad swords. The Spear spent research on classical martial arts drills, martial arts, and comparisons with foreign martial arts such as kendo, muay Thai, boxing, and Filipino wands. Participated in domestic and foreign martial arts competitions and academic conferences many times and published over 50 papers. He has been invited to visit the United States, Japan, Singapore, Belgium, Turkey, and other countries many times to give lectures and teach general martial arts.

Formation of Southeast Asian Martial Arts

Dr. Ma Wen Guo
Xi’an Sport University
China

Abstract: The Ming Dynasty was a period of great achievements in the history of Chinese martial arts. It was also the peak period of Chinese martial arts, which produced many masters and masters who influenced future generations of martial arts. They have both civil and military skills, worked on the battlefield, and intensively studied martial arts. They wrote books, including boxing and weapons, especially conventional weapons such as knives, guns, sticks, swords, etc., and formed schools named after regions and individuals. It has set a precedent for Chinese martial arts based on the inheritance of genre boxing techniques. With the war and the exchange of Chinese and foreign cultures, the martial arts of the Ming Dynasty were eclectic again, went abroad, influenced and spread to Southeast Asian countries, and had a profound impact on the formation and development of judo, karate, and taekwondo, as well as kendo, kicking and muay Thai.

Bio: Dr. Ma Wenguo, from Qianxian County, Shanxi Province, professor, doctor of martial arts, former director of the Wushu Department of Xi’an Physical Education College, member of the Standing Committee of the Chinese Wushu Association, member of the Young Scholars Committee of the National Wushu Academy, vice chairman of the Shaanxi Wushu Association, and Shaanxi Hongquan Culture Research Association—Honorary President. He has studied under Hu Zhijun, Gao Xi’an, Zhang Kejian, Wang Jing, Qiu Pixiang, Ma Xianda, Zhang Qunyan, and many other famous masters and Grandmasters. He is good at general martial arts, such as turning fists, split hanging, eight poles, poking feet, long and short sticks, and Straight, broad swords. The Spear spent research on classical martial arts drills, martial arts, and comparisons with foreign martial arts such as kendo, muay Thai, boxing, and Filipino wands. Participated in domestic and foreign martial arts competitions and academic conferences many times and published over 50 papers. He has been invited to visit the United States, Japan, Singapore, Belgium, Turkey, and other countries many times to give lectures and teach general martial arts.

Formation of Southeast Asian Martial Arts

Dr. Ma Wen Guo
Xi’an Sport University
China

Abstract: The Ming Dynasty was a period of great achievements in the history of Chinese martial arts. It was also the peak period of Chinese martial arts, which produced many masters and masters who influenced future generations of martial arts. They have both civil and military skills, worked on the battlefield, and intensively studied martial arts. They wrote books, including boxing and weapons, especially conventional weapons such as knives, guns, sticks, swords, etc., and formed schools named after regions and individuals. It has set a precedent for Chinese martial arts based on the inheritance of genre boxing techniques. With the war and the exchange of Chinese and foreign cultures, the martial arts of the Ming Dynasty were eclectic again, went abroad, influenced and spread to Southeast Asian countries, and had a profound impact on the formation and development of judo, karate, and taekwondo, as well as kendo, kicking and muay Thai.

Bio: Dr. Ma Wenguo, from Qianxian County, Shanxi Province, professor, doctor of martial arts, former director of the Wushu Department of Xi’an Physical Education College, member of the Standing Committee of the Chinese Wushu Association, member of the Young Scholars Committee of the National Wushu Academy, vice chairman of the Shaanxi Wushu Association, and Shaanxi Hongquan Culture Research Association—Honorary President. He has studied under Hu Zhijun, Gao Xi’an, Zhang Kejian, Wang Jing, Qiu Pixiang, Ma Xianda, Zhang Qunyan, and many other famous masters and Grandmasters. He is good at general martial arts, such as turning fists, split hanging, eight poles, poking feet, long and short sticks, and Straight, broad swords. The Spear spent research on classical martial arts drills, martial arts, and comparisons with foreign martial arts such as kendo, muay Thai, boxing, and Filipino wands. Participated in domestic and foreign martial arts competitions and academic conferences many times and published over 50 papers. He has been invited to visit the United States, Japan, Singapore, Belgium, Turkey, and other countries many times to give lectures and teach general martial arts.
GUESTS SPEAKERS AND MASTERS EXHIBITION

报告嘉宾及名师展演

司红玉  郑州大学教授，博士，郑州大学体育学院（校本部）副院长，硕士生导师，河南省青年骨干教师，河南省教育厅学术技术带头人

马凯婷  郑州大学体育学院（校本部）研究生

张逸虎  郑州大学体育学院（校本部）研究生

司红玉

报告嘉宾及名师展演

司红玉

司红玉：郑州大学教授，博士，郑州大学体育学院（校本部）副院长，硕士生导师，河南省青年骨干教师，河南省教育厅学术技术带头人

马凯婷

马凯婷

张逸虎

张逸虎

司红玉：郑州大学教授，博士，郑州大学体育学院（校本部）副院长，硕士生导师，河南省青年骨干教师，河南省教育厅学术技术带头人

马凯婷：郑州大学体育学院（校本部）研究生

张逸虎：郑州大学体育学院（校本部）研究生

摘要：立德树人是我国教育的根本任务，立德主要通过思政课程教育教学的引导来体现，树人则主要通过课程思政的教育教学来体现。传统体育养生中的"涵养道德"，其本质就是培养学生思政课程的辩证统一。传统体育养生中的"涵养道德"，是培养学生思政课程的辩证统一。传统体育养生中的"涵养道德"，有其丰富的历史依据，认为"涵养道德"是对学练者按照健康生活规律、方式进行自我修养、关注生活、关注自我修养、关注学练者的"涵养道德"，而立德主要通过思政课程教育教学的引导来体现，树人则主要通过课程思政的教育教学来体现。传统体育养生中的"涵养道德"，其本质就是培养学生思政课程的辩证统一。传统体育养生中的"涵养道德"，有其丰富的历史依据，认为"涵养道德"是对学练者按照健康生活规律、方式进行自我修养、关注生活、关注自我修养、关注学练者的"涵养道德"，而立德主要通过思政课程教育教学的引导来体现，树人则主要通过课程思政的教育教学来体现。传统体育养生中的"涵养道德"，其本质就是培养学生思政课程的辩证统一。传统体育养生中的"涵养道德"，有其丰富的历史依据，认为"涵养道德"是对学练者按照健康生活规律、方式进行自我修养、关注生活、关注自我修养、关注学练者的"涵养道德"，而立德主要通过思政课程教育教学的引导来体现，树人则主要通过课程思政的教育教学来体现。传统体育养生中的"涵养道德"，其本质就是培养学生思政课程的辩证统一。传统体育养生中的"涵养道德"，有其丰富的历史依据，认为"涵养道德"是对学练者按照健康生活规律、方式进行自我修养、关注生活、关注自我修养、关注学练者的"涵养道德"，而立德主要通过思政课程教育教学的引导来体现，树人则主要通过课程思政的教育教学来体现。传统体育养生中的"涵养道德"，其本质就是培养学生思政课程的辩证统一。传统体育养生中的"涵养道德"，有其丰富的历史依据，认为"涵养道德"是对学练者按照健康生活规律、方式进行自我修养、关注生活、关注自我修养、关注学练者的"涵养道德"，而立德主要通过思政课程教育教学的引导来体现，树人则主要通过课程思政的教育教学来体现。传统体育养生中的"涵养道德"，其本质就是培养学生思政课程的辩证统一。传统体育养生中的"涵养道德"，有其丰富的历史依据，认为"涵养道德"是对学练者按照健康生活规律、方式进行自我修养、关注生活、关注自我修养、关注学练者的"涵养道德"，而立德主要通过思政课程教育教学的引导来体现，树人则主要通过课程思政的教育教学来体现。传统体育养生中的"涵养道德"，其本质就是培养学生思政课程的辩证统一。传统体育养生中的"涵养道德"，有其丰富的历史依据，认为"涵养道德"是对学练者按照健康生活规律、方式进行自我修养、关注生活、关注自我修养、关注学练者的"涵养道德"，而立德主要通过思政课程教育教学的引导来体现，树人则主要通过课程思政的教育教学来体现。传统体育养生中的"涵养道德"，其本质就是培养学生思政课程的辩证统一。传统体育养生中的"涵养道德"，有其丰富的历史依据，认为"涵养道德"是对学练者按照健康生活规律、方式进行自我修养、关注生活、关注自我修养、关注学练者的"涵养道德"，而立德主要通过思政课程教育教学的引导来体现，树人则主要通过课程思政的教育教学来体现。传统体育养生中的"涵养道德"，其本质就是培养学生思政课程的辩证统一。传统体育养生中的"涵养道德"，有其丰富的历史依据，认为"涵养道德"是对学练者按照健康生活规律、方式进行自我修养、关注生活、关注自我修养、关注学练者的"涵养道德"，而立德主要通过思政课程教育教学的引导来体现，树人则主要通过课程思政的教育教学来体现。传统体育养生中的"涵养道德"，其本质就是培养学生思政课程的辩证统一。传统体育养生中的"涵养道德"，有其丰富的历史依据，认为"涵养道德"是对学练者按照健康生活规律、方式进行自我修养、关注生活、关注自我修养、关注学练者的"涵养道德"，而立德主要通过思政课程教育教学的引导来体现，树人则主要通过课程思政的教育教学来体现。传统体育养生中的"涵养道德"，其本质就是培养学生思政课程的辩证统一。传统体育养生中的"涵养道德"，有其丰富的历史依据，认为"涵养道德"是对学练者按照健康生活规律、方式进行自我修养、关注生活、关注自我修养、关注学练者的"涵养道德"，而立德主要通过思政课程教育教学的引导来体现，树人则主要通过课程思政的教育教学来体现。传统体育养生中的"涵养道德"，其本质就是培养学生思政课程的辩证统一。传统体育养生中的"涵养道德"，有其丰富的历史依据，认为"涵养道德"是对学练者按照健康生活规律、方式进行自我修养、关注生活、关注自我修养、关注学练者的"涵养道德"，而立德主要通过思政课程教育教学的引导来体现，树人则主要通过课程思政的教育教学来体现。传统体育养生中的"涵养道德"，其本质就是培养学生思政课程的辩证统一。传统体育养生中的"涵养道德"，有其丰富的历史依据，认为"涵养道德"是对学练者按照健康生活规律、方式进行自我修养、关注生活、关注自我修养、关注学练者的"涵养道德"，而立德主要通过思政课程教育教学的引导来体现，树人则主要通过课程思政的教育教学来体现。
GUESTS SPEAKERS AND MASTERS EXHIBITION
报告嘉宾及名师展演

NO | Sat, Dec 3, 19:00-19:20 (CA, USA)
---|----------------------------------
1 | Dr. Sun Xuemeng  
   - President of Heilongjiang Traditional Wushu Research Association  
   - China

**Topic:** Talking about the oldest taijiquan - Kunlun Taijiquan and its recreational functions

**Abstract:** Wuji Gate Martial Arts of Kunlun School; The Kunlun School is the oldest martial arts school in China, originating from the Zhou Dynasty during the reign of King Wu, with its originator being Laozi Li Dan and Yuan Shi. Laozi was also the teacher of enlightenment of the pre-Qin sages, wrote the Tao Te Ching, one of the true classics of spiritual literature, created the Qing Xu palm, Kunlun Taijiquan, 13 techniques of health work, Xuan Men Taiji sword, etc., and attached importance to health care techniques, and his philosophical ideas started the Spring and Autumn period “hundred schools of thought”.

Kunlun School has a complete technical and theoretical system of martial arts, with hundreds of unique techniques and instruments, not only with different styles, footprint, and techniques but also with different theories. The core of its martial arts theory is based on the ancient Chinese Taoist Taoism, supplemented by the Confucian virtue and Buddhist Buddha nature, and is compatible with many traditional cultures and the essence of health care in all schools of martial arts.

Bio: Mr. Sun Xuemeng, the master of Chinese Kunlun Sect, the 52nd generation master of Wuji Gate Martial Arts, the representative inheritor of Harbin Intangible Cultural Heritage “Kunlun School Martial Arts” and Heilongjiang Intangible Cultural Heritage "Kunlun School Wuji Gate Martial Arts", the evaluation expert of Harbin Intangible Cultural Heritage, the professor of mathematics department of Harbin Normal University, the chairman of Heilongjiang Xuemeng Film and Media Co. Ltd. He is also a member of the Provincial Research Institute of Culture and History, chairman of the provincial traditional martial arts research association, chairman of the expert advisory committee of the provincial traditional culture association, deputy editor-in-chief of the Heilongjiang sub-volume of the National Social Science Foundation’s major project "Chinese Sports Intangible Heritage Series", and chairman of the first national high-end forum of martial arts recreation experts. Representative work "Kunlun School Precious Secret Fitness Kung Fu" (published by China Development Press) Non-heritage martial arts teaching materials series "Enlightenment Puzzle Boxing" (published by Shanxi Science and Technology Press) "A Confucian General's Biography" (published by China Film Publishing House movie script published by China Literature and History Publishing House documentary literature).

NO | 星期天, 12月4日, 11:00-11:20 (北京)
---|----------------------------------
1 | 孙学孟老师  
   - 黑龙江省传统武学研究会会长  
   - 中国

题目：浅谈最古老的太极拳——昆仑太极拳及其康养功能

摘要：昆仑拳是中国最古老的武术宗派, 源于周朝武王时期, 始祖为老子李聃、元始。老子亦是先秦诸子启蒙之师，著有《道德经》，始创清虚掌、昆仑太极拳、养生功十三诀，玄门太极剑等，重视养生术，其哲学思想，开启春秋时期的“百家争鸣”。

昆仑派武功技术理论体系完备，独特功夫与器械达百种，不止拳型、步法、技法奇异，而且理论与大众不同，其武学理论核心是以中华古典儒家集本心，辅以儒家的德行和佛家的佛性，兼容并蓄诸多传统武术流派武学中之养生精华，由产生起即以养生为主旨，具有养生、养生、养颜、防病、健身、救国、治病、防身、强身、增益、益智、益寿、益神。十大功能。

简历：孙学孟, 中国昆仑派掌派, 无极门52代掌门-黑龙江省非物质文化遗产《昆仑派武功》与黑龙江省非物质文化遗产《昆仑派无极门武艺》代表传承人、哈尔滨市非物质文化遗产评审专家、哈尔滨大数学系教授。黑龙江学孟影视传媒有限公司董事长。北大荒博物馆文化名人张武学创始人，省文史研究馆馆员，省传统武学研究会会长，省传统文化学会顾问副会长，在中国社会科学基金重大项目《中国体育非物质文化遗产》黑龙江分卷主编、首届全国武术康养专家高端论坛主席。代表作《昆仑派珍秘健身功》 (中国发展出版社出版) 非遗武术教材丛书《启蒙益智拳》(山西科技出版社出版)《儒将风流》 (中国电影出版社出版电影剧本 中国文史出版社出版纪实文学)。
David Yang
The college of Ganen Taichi
China

Topic: Analysis and thinking on the scientific research of Taijiquan in China

Abstract: Taijiquan has been paid attention to in the world scientific research community and presents a diversity development trend. Based on the comparative analysis of Taijiquan scientific research in China and other countries, this paper puts forward the institutional factors, internal factors, and external factors that affect the development of Taijiquan scientific research in China. Therefore, the author gives three suggestions: Firstly, by discussing the possibility of establishing a research paradigm based on life science and body experience, we might be able to find the reason why Taijiquan has benefits in physical and mental parts for humans. Secondly, We should pay attention to the intervention in the whole process of overall medical treatment of Taijiquan health promotion, and highlight the intervention of prevention, healthcare, diagnosis, treatment, and rehabilitation. Finally, the author believes that the academic and standardization of the basic concepts in the local knowledge of Taijiquan is an academic tool and rich soil that China can provide for reference to the scientific research of Taijiquan in the world.

Bio: David Yang, born in 1983, Taijiquan inheritor of Yang-style and Chen style. He graduated from Peking University with a master's degree in cultural anthropology and published books including "Body Practice and Culture Order—anthropological description of Taijiquan as a cultural phenomenon" and "Gratitude to Taijiquan". He is a Yang-style Taiji Champion of the World Traditional Wushu Championship and National Wushu Conference. Founder of the Wushu Association of Tibet and trained dozens of Tibetan Taiji instructors. In 2015, he founded Ganen Tai Chi school to conduct systematic teaching and research of Tai Chi in Yunnan China.
Taiji Masters Demonstration
太极名师展演

Chen Zheng Lei
Grandmaster of Chen Style Taijiquan
19th generation of the Chen family

陈正雷大师
陈氏太极拳第十一世嫡宗传人
国家级太极非遗传承人

Sat, Dec 3, 20:00-20:25 (CA, USA)
星期天12月4日, 20:00-20:25(北京)

Presentation 36.

Grandmaster Chen Zhenglei is the 19th generation of the Chen family, and the 11th generation descendant of Chen style Taijiquan, a member of the Chinese Sports Science Association, rated as one of the “Top Ten Famous Martial Arts Masters in Contemporary China,” He is a 9th Dan in Chinese martial arts, He is one of the first batch of national-level intangible cultural heritage projects and the outstanding inheritor 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。
Zhao Youbin
Grandmaster of Yang Style Taijiquan
5th generation of the Yang Style Taijiquan
赵幼斌大师
杨式太极拳第五代传人
国家级太极非遗传承人

Sat, Dec 3, 20:25-20:40 (CA, USA)
星期天 12日 4日, 12:25-12:40 (北京)

Presentation 37.

Grandmaster Zhao Youbin began to learn Taijiquan from his father, Zhao Bin, when he was seven years old, began to teach Taijiquan when he was sixteen. He created the "Xi'an Yang Family Taijiquan Society", and organized many domestic and international Taijiquan competitions, cultural exchanges, and training activities. He is an internationally renowned disseminator of Yang's Taijiquan and a Taiji activist. He is the head of the Zhao Bin family, among the top ten Taijiquan families announced by WorldTaijiquan.com, one of the outstanding inheritors of the famous contemporary Yang style Taijiquan, and the inheritor of Yang style Taijiquan's intangible culture. Currently, he mainly serves as a member of the Chinese Wushu Association and professional committee member, deputy director of the Shanxi Taijiquan Committee, vice chairman of the Xi'an Wushu Association, president of Xi'an Taijiquan Federation, president of Xi'an Yongnian Yang Family Taijiquan Association, etc.

赵幼斌大师，七岁起随父赵斌习拳，十六岁开始授拳，传拳遍及国内外，门生弟子众多。创办有“西安杨氏太极拳学会”，组织举办过众多国内、国际性太极拳比赛、文化交流和培训活动。为国际著名的杨氏太极拳的传播者，太极拳活动家。是世界太极拳网公布的世界太极拳十大名族中赵斌家族的掌门人，当代著名杨氏太极拳优秀传人之一，杨氏太极拳非物质文化传承人。目前主要担任：中国武术协会委员和专业委员会委员，陕西省太极拳委员会副主任，西安市武术协会副主席，西安太极拳总会会长，西安永年杨氏太极拳学会会长等职。
Grandmaster Cui Zhongsan
Contemporary Grandmaster of Yang-Style Taijiquan

Cui Zhongsan
Grandmaster of Yang Style Taijiquan

Cui Zhongsan

Grandmaster Cui Zhongsan, the Contemporary Grandmaster of Yang-style Taijiquan. Born in a Taiji family, he learned from his family when he was young. Since childhood, he has practiced Yang Style Taijiquan with his grandfather Cui Yishi. Under the strict requirements of his grandfather, he has practiced traditional Yang-style Taijiquan, swords, sticks, big poles, push hands, etc., and systematically inherited the pure style characteristics of traditional Yang-style Taijiquan and his grandfather’s unique insights.

World intangible cultural heritage Yang-style Taijiquan inheritor, national social sports instructor, former director of the Chinese People’s Association for Friendship with Foreign Countries, director of the Beijing People’s Association for Friendship with Foreign Countries; He is a special researcher at the Wushu Research Center of Peking University, and was hired as a member of many higher schools Visiting professor of the school; director of Beijing Wushu Association; consultant of the 7th Beijing Wushu Sports Association, president of Beijing Yongnian Taijiquan Club; director of Beijing Workers' Sports Association; consultant of Taijiquan Association of many provinces and cities. He enjoys a wide range of influence at home and abroad.

Presentation 38.
Grandmaster Cui Zhongsan, the Contemporary Grandmaster of Yang-style Taijiquan. Born in a Taiji family, he learned from his family when he was young. Since childhood, he has practiced Yang Style Taijiquan with his grandfather Cui Yishi. Under the strict requirements of his grandfather, he has practiced traditional Yang-style Taijiquan, swords, sticks, big poles, push hands, etc., and systematically inherited the pure style characteristics of traditional Yang-style Taijiquan and his grandfather’s unique insights.

World intangible cultural heritage Yang-style Taijiquan inheritor, national social sports instructor, former director of the Chinese People’s Association for Friendship with Foreign Countries, director of the Beijing People’s Association for Friendship with Foreign Countries; He is a special researcher at the Wushu Research Center of Peking University, and was hired as a member of many higher schools Visiting professor of the school; director of Beijing Wushu Association; consultant of the 7th Beijing Wushu Sports Association, president of Beijing Yongnian Taijiquan Club; director of Beijing Workers' Sports Association; consultant of Taijiquan Association of many provinces and cities. He enjoys a wide range of influence at home and abroad.

Cui Zhongsan: 代杨式太极拳名家。出生于太极世家，师承家学。自幼年起随祖父崔毅士习练杨式太极拳。在祖父严格要求下，习练传统杨式太极拳、剑、刀、棍、大杆、推手等，系统地继承了传统杨式太极拳的正格特点，及祖父独到的见解。拳架舒展大方，匀缓柔和，轻灵沉稳，刚柔相济，意在其中。

世界非物质文化遗产杨式太极拳传承人，国家级社会体育指导员，曾任中国人民对外友好协会理事、北京市人民对外友好协会理事、北京大学武术研究中心特聘研究员，被聘为多所高等院校客座教授；北京市武术协会理事；第七届北京市武术运动协会顾问；北京永年太极拳社社长；北京职工体协理事；多省市太极拳协会顾问。在国内及国外享有广泛的影响。
Taiji Masters Demonstration
太极名师展演

Huo Peilin
Grandmaster of Sun Style Taijiquan
霍培林大师
孙氏武学名家
孙剑云嫡传弟子

Sat, Dec 3, 21:05-21:25 (CA, USA)
星期天 12月4日, 13:05-13:25 (北京)

Presentation 39.

Grandmaster Huo Peilin is the contemporary Sun-style Taiji Grandmaster. President of Zhenjiang Sun’s Style Taijiquan Research Institute, President of Zhenjiang Sun’s Taijiquan Research Association, representative inheritor of Zhenjiang City and Jiangsu Provincial Intangible Cultural Heritage (Sun’s Taijiquan), and Sun Jianyun’s direct disciple. He has learned Taijiquan since he was a child. In the 1960s, he began to practice Changquan and simplified Taijiquan. In 1984, he formally worshiped Sun Jianyun, the second-generation head of Sun Style Taijiquan, as his teacher, specializing in Sun-style three fists and three swords. He has been practicing Taijiquan for fifty years, devoted himself to studying the martial arts thought of “unity of boxing and Tao,” and has unique insights into Sun-style Taiji theory and fighting technique.

Over the years, he has spread Sun-style Taijiquan at home and abroad, and his disciples are worldwide. In domestic and foreign competitions, he has successively won more than 20 gold medals, such as Sun Style Taijiquan, Xingyiquan, Youshen Bagua Lianhuanzhang, Bagua Sword, and Taiji Push Hands. He was awarded “Advanced Individual in National Wushu Promotion” and “Excellent Promoter of Chinese Tai Chi Culture.” In 2015, he was awarded the title of “Messenger of Peace” by UNESCO.

霍培林大师，是当代孙氏武学名家。镇江孙氏武学研究院院长、镇江孙氏太极拳研究会会长、镇江市和江苏省级非物质文化遗产(孙氏太极拳)代表性传承人、孙剑云嫡传弟子。自幼酷爱武术，上世纪60年代始习长拳，简化太极拳。1984年拜孙剑云为师，专修孙氏三拳三剑。五十年习武不辍，潜心研究“拳道合一” 的武学思想，对孙氏武学拳理、拳论有独到见解。

多年来，往返于国内外传播孙氏太极拳，弟子遍及世界各地，在国内外赛事中，先后获孙氏太极拳、形意拳、游身八卦连环掌、八卦剑、太极推手等金牌20多块，被授予“全国武术推广先进个人”、“中国太极拳文化优秀推广人”、“2015年被联合国教科文组织授予‘和平使者’称号。”
Grandmaster Zhang Maoqing is a famous Sun-style Taijiquan Grandmaster. A native of Ninghe County, Tianjin. Chairman of Tianjin Sun Style Taijiquan Research Association, Chairman of Chinese Warrior Association, Vice Chairman of Tianjin Wushu Association. He began to practice martial arts at the age of fourteen, intensively studying inner family kung fu, and later joined Sun Jianyun’s family, studied Sun’s Taijiquan, and actively promoted the development of traditional Wushu, and won many Taijiquan, Baguazhang, Xingyiquan gold medal. He unites with the same school, actively carries out many traditional martial arts activities, teaches disciples and students, and becomes a vital inheritor and promoter of contemporary Sun-style Taijiquan. Selected into the “Encyclopedia of Chinese Taijiquan” and rated as "the most popular outstanding figure of Chinese Taijiquan."

Hosted the World Sun Style Taijiquan Summit, which had a huge impact at home and abroad.

张茂清大师是孙式太极拳名家。天津宁河人，天津孙氏拳研究会会长，中华武士会会长，天津市武术协会副主席。十四岁开始习武，精研内家功夫，后拜入孙剑云门下，研习孙氏武学，并积极推动传统武术的发展，在各类武术大赛上获得众多太极拳、八卦掌、形意拳金牌。团结同门，积极开展了很多传统武术活动，广泛传授弟子、学生，为当代孙式武学的重要传承者和推广者，入选《中国太极拳大百科》，被评为“最受欢迎中华太极优秀人物。”主办世界孙式太极拳峰会，在海内外产生巨大影响。
张全亮大师： 吴式太极拳名家、八卦掌名家。国家级太极非遗传承人。北京大兴鸣生亮武学研究会会长、国家级太极非遗传承人。曾担任中央电视台“武林大会”中国武术擂台赛专家评委、总裁判长，深圳卫视“中国功夫之星”全球电视大赛专家评委，北京体育大学武术学院特聘研究员，北京市太极达人、北京市政府授予的“万人孝星”荣誉奖章获得者。连续多年被评为全国先进体育个人。先后被世界太极文化节和其他多家权威媒体评选为“太极拳最具影响力人物”。“
**Taiji Masters Demonstration**
太极名师展演

---

**Wang Zhanjun**  
Master of Chen-Style Taijiquan  
One of the new generation leader of Taijiquan  
“Undefeatable General”

王战军老师  
太极拳新一代领军人物  
人称“常胜将军”

Sat, Dec 3, 22:25-22:55 (CA, USA)  
星期六 12月3日, 22:25-22:55（北京）

Presentation 42.

Master Wang Zhanjun, one of the new generation leaders of Taijiquan, the head coach of Taijiquan of the State Administration Affairs Administration, the vice chairman of Henan Wushu Association, the founder of Wang Zhanjun’s Taiji brand, Won the Taiji Push Hands Championship at the National Wushu Championships for many consecutive years, Grand Champion of CCTV The six martial arts championships tournament, the Guinness World Record Dantian trembling holder, once represented the traditional Chinese martial arts, defeated Japan’s largest sumo wrestler Yokozuna·Aketaro.

Zhanjun Wang learned Taijiquan from his father, Wang Xian, and his mother, Chen Xinyi, in childhood. From 1988 to 2010, he participated in hundreds of competitions at home and abroad without fail. He proposed and promoted the idea of changing the "private sharing" of Taijiquan practices to "public sharing." He has devoted himself to the cultivation of talents for many years. Since the school started in 1996, he has trained more than 30,000 students. He has won tens of thousands of gold medals in domestic and foreign competitions and is a well-known Taiji ambassador at home and abroad.

---

陈式太极拳名家、河南省武术协会副主席。
王战军太极品牌创始人。曾多次获得全国锦标赛太极拳推手冠军，获中央电视台武林大会总冠军。自幼随父亲王西安，母亲陈新意习拳，参加国内外数百场大赛，未有败绩。
提倡变太极“私享”为“公享”，服务社会。
办学传武，培养数万名中外弟子学生，为享誉国际的太极公益大使。
Master Chen Bin, a native of Chenjiagou, Wenxian County, Henan Province. At age five, he learned Taijiquan from his father, Grandmaster Chen Zhenglei. He has been learning and practicing for many years. He is Vice Chairman of the Henan Wushu Association, Executive Vice Chairman and Secretary-General of the Henan Taijiquan Association, Invited Researcher of Tsinghua University Sports Economics and Law Research Center, Vice Chairman of Jiaozuo Wushu Association, Vice Chairman of Hong Kong-Chen Style Taijiquan Association, Chairman of Henan Chen Zhenglei Taiji Culture Co., Ltd., Dean of Zhenglei Taiji Academy, Curator of China Chenjiagou Taijiquan Museum. Actively disseminate Taiji Kungfu, with footprints in dozens of provinces in China and tens of thousands of people who have been popularized. At the same time, he is frequently invited to give lectures in the United States, Britain, France, Germany, Spain, Canada, South Korea, Japan, Hong Kong, and other countries and regions. Ten Taijiquan organizations at home and abroad hired him as president, technical consultant, or honorary consultant. His teaching attitude is serious and responsible, and the teaching method is lively and novel, which is well-received by fans.

河南温县陈家沟人。五岁起师从父亲陈正雷先生习拳，多年来学练不辍，功架纯正、拳械纯熟，理论精通。现任河南省武术协会特邀副主席，河南省太极拳协会主席、清华大学体育经济与法律研究中心特聘研究员、焦作市武术协会副主席、香港陈氏太极拳总会副主席、河南陈正雷太极文化有限公司董事长、正雷太极书院教务院长、中国陈家沟太极拳馆馆长。积极传播太极功夫，足迹遍布国内数十个个省份，普及人数达数万人次，同时频繁应邀赴美、英、法、德、西班牙、加拿大、韩国、日本、香港等国家和地区授课，被数十家国内外太极拳组织聘为会长、技术顾问或名誉顾问。教学态度认真负责，教学方式活泼新颖，深受广大爱好者好评。
Master Zhao Liang, who learned Taijiquan with his grandfather Zhao Bin and father Zhao Youbin at the age of six systematically and comprehensively inherited Yang Style Taijiquan and won many gold medals in domestic and international Taijiquan competitions. At age 12, he traveled to almost all provinces in China and taught Taijiquan with his grandfather and father. He has taught Taijiquan in more than ten countries. He is hired as a famous lecturer by "Chinese Wushu" and "Wudang" magazines. World Taijiquan Network hired him as a famous instructor on its online teaching platform. Due to his contribution to Taiji culture, he is selected for many classics such as "Yongnian Taijiquan Zhi" and "Chinese Taijiquan Encyclopedia." He has won honors and titles such as "Outstanding Contribution Award for Chinese Taiji Inheritance," "World Young and Middle-aged Leader of Taiji," "Golden Tripod Award for International Wushu Inheritance," and "Top Ten Hot People in Taiji." Deputy Director of Shaanxi Yongnian Yang-style Taijiquan Promotion Center; Executive President of Xi’an Yongnian Yang-style Taijiquan School; Honorary Consultant of the American Taijiquan Association and Chief Coach, Honorary President, and Consultant of dozens of Taijiquan organizations at home and abroad.
Zhai Shizong
Master of Wu Style Taijiquan
翟世宗
武式太极拳嫡亲传人
河北非物质文化遗产保护协会副主任
Hebei Wushu Association Vice President
Handan Tai Chi Movement Promotion Association Executive President
Yongnian Guangfu Wushu Style Taiji Research Association Deputy President
Shanghai University Visiting Professor
Beijing Institute of Technology Lecturer
Yongnian Yuxiang Taiji Research Institute Executive Director
Liu Yongqiang, born in Fuping, Shaanxi, graduated from the Department of History of Northwest University and graduated from the School of Humanities, Xi’an Jiaotong University, with a master’s degree. He is an associate professor. He has practiced martial arts since childhood and learned from Zhi Rulei (a disciple of Chen Jinao) to practice Chen style Taijiquan small frame. He also serves as the deputy secretary general of Shanxi Provincial Wushu Association, vice chairman of Xian Wushu Association, vice chairman and secretary general of Xi’an Taijiquan Federation, Chairman of Xi’an Chen style Taijiquan Inheritors Federation, President of Xi’an University of Architecture and Technology Wushu Association, President of Xi’an Chen Jinao Taijiquan Association, Chinese martial arts seventh dan master, national social sports instructor, Chen style Taijiquan eleventh generation successor, Won the Outstanding Contribution Award for the Inheritance of Chinese Taijiquan, the Leader of Chinese Taijiquan and other honorary titles, and he was awarded the first place in many international and domestic Taijiquan competitions, organized brand activities such as the Shaanxi Taiji Culture Festival, and popularized Taijiquan among young students for many years.

Taiji Masters Demonstration
太极名师展演

Liu Yongqiang
Master Liu Yongqiang
刘永强老师
陈式太极拳小架

Sat, Dec 4, 0:15-0:25 (CA, USA)
星期天 12月4日, 16:15-16:25(北京)
She is the President of Wang Xian Taiji Research Institute, advisor of Alibaba Taiji Temple, and Inheritor of Chen-style Taijiquan intangible cultural heritage.

In 2001, she began to go abroad to teach Taijiquan and traveled to the United States, France, Spain, Greece, Italy, Peru, Japan, Réunion, Mauritius, Switzerland, and other countries. Her most significant contribution to Taijiquan is the standardization of traditional Taijiquan teaching.

Rumu Chunfeng Zhan Zhuang is the accumulation of more than 20 years of teaching experience. The movements are precisely positioned, and even a person with zero foundation can easily lend.

阎素杰老师
王西安拳法研究会副会长
阿里巴巴太极禅苑顾问
陈式太极拳非物质文化遗产传承人.

她2001年开始出国传拳，足迹遍布美国、法国、西班牙、希腊、意大利、秘鲁、日本、留尼汪、毛里求斯、瑞士等国家，对太极拳最大的贡献是将传统太极拳的教学标准化。

如沐春风站桩是她20多年教学经验的积累，动作精确定位，零基础可轻松掌握。
Master Demonstration
太极名师展演

Huang Xueqing
World Taiji Champion

黄雪晴
世界太极冠军

Presentation 48.

Master Hung Xueqing
Famous world Taiji champion. She is a national Taiji athlete and a national first-level referee. She has won the Youth Olympic Women's Taijiquan and Taijijian (Sword) all-around champion, the World Wushu Routine Youth Championship, the National Wushu Routine Championship (Taijiquan) women's individual and all-around champion, the Wushu Taijiquan champion, and the Yang style Taijiquan champion; the National Wushu Routine Championship (Traditional) Champion, National College Students Wushu Routine Championship Champion. Participated in the performance of the 2015 Spring Festival Gala (Picturesque Rivers and Mountains) and the 2017 “Belt and Road” International Summit Forum in the Forbidden City for the wives of leaders of 28 countries to perform Guqin and Tai Chi “Mountain Dwelling.”
CLOSING CEREMONY

闭幕式

The closing ceremony will be presided over by Gao Wa, Dean of the School of Physical Education of Inner Mongolia Normal University, and Professor Yu Lingling.

闭幕仪式将由内蒙古师范大学体育学院高娃院长和于玲玲教授共同主持

Forum presentations and Master Demonstration videos will be sent in installments through the WTSF Email List, Youtube Channel, WeChat news, and Wechat Video Channel Announcement. Please follow us for the above information.

论坛的精彩视频和报告展映将会通过世界科学联合会
Youtube,微信视频号,微信公众号和E-mail分期公布
请关注我们获取相关信息
UPCOMING EVENTS
后续活动

Welcome 2023 Golden State International Wushu Championships
the largest International wushu Competition in the USA
欢迎参加《2023 加州国际武术锦标赛》
美国最大国际武术赛事

Hosted by: World Taiji Science Federation
世界太极科学联合会主办
www.GoWushu.com

INTERNATIONAL FORUM
国际论坛
Advancing the Integration of Mind-Body Practices in Contemporary Healthcare
在当代医疗保健体系中推动身心整合练习国际论坛

Hosted by: Osher Center for Integrative medicine, Harvard University
哈佛大学整合医学中心主办
https://www.osherscienceoftcq.org/
ABOUT

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

ACTIVITIES

• International Taiji Science Forum & World Intangible Cultural Heritage Taiji Masters Exhibition
• Journal of Taiji Science (JTS)
• International scientific, culture and sports exchange programs
• Sports, wellness education and certification program
• Golden State International Wushu Championships

关于我们

世界太极科学联合会，是由美、欧及中国高等院校、科研机构和行业协会等机构以及国际医疗养生专家、学者和教授组成，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。

主要项目和活动

• 国际太极科学论坛暨世界太极非遗传承人展演
• 太极科学期刊
• 国际科研文化体育交流活动
• 太极气功、运动养生类教育培训活动
• 加州国际武术锦标赛
The Journal of Taiji Science (JTS), is available in print (ISSN 2832-0611) and electronic (ISSN 2832-062X) formats. It is a peer-reviewed, open-access, indexed journal that publishes original research articles and reviews articles in all areas of psychological health wellness, Sports medicine, and Exercise. The journal is in English. We welcome contributions from all fields therein, including the humanities.

Paper Submission 投稿邮箱：Forum@wtjsf.org
Organizing Committee Editor and Translation Team
组委会编辑和翻译团队

Editor in Chief
Li Shudong (WTSF)

Associate Editor
Yu Lingling (Inner Mongolia Normal University)
Xuexin (Hangzhou Normal University)
Gao Wa（Inner Mongolia Normal University）

Editorial and Translation Team
Wang Boqing (Beijing Foreign Studies University)
Li Jiating (Beijing Foreign Studies University)
Shi Haoran (East China Normal University)
Yang Xiaolin (Shanghai Normal University)
Wei Ningning (Beijing Technology and Business University)

Contact Us
联系我们
Forum@WTJSF.org

World Taiji Science Federation
www.WTJSF.org