

论坛
会刊

Taiji Science Forum PROCEEDINGS

The 2nd International Taiji Science Forum
& World Intangible Cultural Heritage
Taiji Masters Exhibition



会刊



Guest Speakers 嘉宾



Taiji Science Forum 论坛



Masters Exhibition 展演

第二届太极科学论坛暨世界太极非遗传承人展演

2022/12/2-4 USA · CA

2022 INTERNATIONAL TAIJI SCIENCE FORUM

第二届中国国际太极科学论坛暨世界太极非遗传承人展演

& WORLD INTANGIBLE CULTURAL HERITAGE TAIJI MASTERS EXHIBITION



Inner Mongolia Normal University 内蒙古师范大学



HOSTED BY
主办单位



ORGANIZED BY
承办单位



杭州师范大学
Hangzhou Normal University



World Taiji Quan
Website



Journal of Taiji Science



UNIVERSITY OF
ILLINOIS
URBANA-CHAMPAIGN



FIVE BRANCHES
UNIVERSITY



CALIFORNIA
UNIVERSITY
SILICON VALLEY

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, Dec 3rd, 8:00 am -9:00 am

联系我们 CONTACT US

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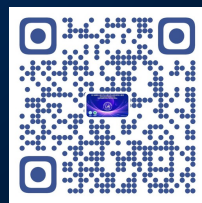
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ABOUT FORUM

关于论坛



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。



第二届国际太极科学论坛
2nd International Taiji Science Forum
www.WTJSE.org

ORGANIZING COMMITTEE

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第二届国际太极科学论坛
2nd International Taiji Science Forum
www.WTJSE.org

FORUM SCHEDULE

论坛时间表

24 Hours Timetable for VIPS (By WTJSF)																								
嘉宾所在城市24小时对应表（WTJSF组委会制）																								
北京 Beijing	23	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
美东 NewYork	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	8	9
美西 San Jose	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6
伦敦 London	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14
巴黎 Paris	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
巴西 Brasila	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	8	9	10	11

Opening Ceremony

Schedule in English

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

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

FORUM SCHEDULE

论坛时间表

24 Hours Timetable for VIPS (By WTJSF)																								
嘉宾所在城市24小时对应表（WTJSF组委会制）																								
北京 Beijing	23	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
美东NewYork	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	8	9
美西 San Jose	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6
伦敦 London	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14
巴黎 Paris	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
巴西 Brasila	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	8	9	10	11

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）

序	致辞嘉宾	页
	主办致辞（3分钟）	P11
1	承办单位代表致辞：李树林，内蒙古师范大学校长	P11
2	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	P11
	贵宾致辞（3分钟）	P12
1	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。	P12
2	张建敏: 中华人民共和国驻旧金山总领事	P12
3	赵美心: 美国国会众议员	P13
4	威廉.科恩博士: 加州高级管理学院院长, 美国空军少将（退役）	P13
5	沃伊泰克·乔兹科·扎伊科: 伊利诺伊大学研究生院院长	P14
6	彼得·韦恩：哈佛大学整合医学中心主任	P14
7	乔治安·威尼斯: 科罗拉多州大学, 自然科学学院前院长	P15
8	道格拉斯·科茨沃斯：田纳西大学，行为和健康研究院副院长	P15
9	威廉·道格拉斯: 世界太极气功日（WTCQD）的创始人	P16
10	罗恩·扎伊德曼校长: 加州中医药大学校长兼联合创始人	P16
11	周慧君: 斯坦福大学客座教授	P17
12	金伯利·伯克: 科罗拉多州立大学，成人健身部主任	P17
13	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	P18
14	余功保: 世界太极拳网创办人, 著名太极文化学者，本届论坛共同主席	P18
15	周武: 杭州师范大学体育学院院长，本届论坛共同主席	P19
16	高娃: 内蒙古师范大学体育学院院长，本届论坛共同主席	P19
17	马学智: 北京体育大学中国武术学院院长	P20
18	李红日: 浙江省健身气功协会主席, 中国非物质文化遗产保护协会，太极拳专委会副主任	P20
19	陈正雷: 陈氏太极拳第十一代嫡宗传人, 国家级太极非遗传承人	P21
20	赵幼斌: 杨式太极拳第五代传人, 国家级太极非遗传承人	P21

DETAILED SCHEDULE

报告时间表

The order of presentation was arranged according to the time zone of the guests and their availability.
报告时间表依照嘉宾所在时区和嘉宾合适的时间排序

NO 序 页	SPEAPER 报告人	TIME 时间	UNIT 单位	COUNTRY 国家
1 P23	Jin Xiang Bai	Friday, Dec2, 17:00-17:25(CA, USA)	Jishou University	China
	白晋湘	星期六 12日3日, 9:00-9:25(北京)	吉首大学	中国
2 P24	Victor W. Henderson	Friday, Dec2, 17:30-17:55(CA, USA)	Stanford University	USA
	维克多·亨德森	星期六 12日3日, 9:30-9:55(北京)	斯坦福大学	美国
3 P25	Zhu Weimo	Friday, Dec2, 18:00-18:25(CA, USA)	University of Illinois	USA
	朱为模	星期六 12日3日, 10:00-10:25(北京)	伊利诺伊大学	美国
4 P26	Peter Weyan	Friday, Dec2, 18:30-18:55(CA, USA)	Harvard University	USA
	彼得·韦恩	星期六 12日3日, 10:30-10:55(北京)	哈佛大学	美国
5 P27	Hugh Brent Solvason	Friday, Dec2, 19:00-19:25 (CA, USA)	Stanford University	USA
	休·布伦特·索尔瓦森	星期六 12日3日, 11:00-11:25(北京)	斯坦福大学	美国
6 P28	Gloria Yeh	Friday, Dec2, 19:30-19:55(CA, USA)	Harvard University	USA
	葉榮君	星期六 12日3日, 11:30-11:55(北京)	哈佛大学	美国
7 P29	Judith A. Curry	Friday, Dec2, 20:00-20:25(CA, USA)	Georgia Institute of Technology	USA
	朱迪思·库里	星期六 12日3日, 12:00-12:25(北京)	佐治亚理工学院	美国
8 P30	Shin Lin	Friday, Dec2, 20:30-20:55(CA, USA)	University of California Irvine	USA
	林欣	星期六 12日3日, 12:30-12:55(北京)	加州大学尔湾分校	美国
9 P31	Albert Yeung	Friday, Dec2, 21:00-21:25(CA, USA)	Harvard University	USA
	杨世贤	星期六 12日3日, 13:00-13:25(北京)	哈佛大学	美国
10 P32	Chi-hsiu Daniel Weng	Friday, Dec2, 21:30-21:55(CA, USA)	San Jose State University	USA
	翁啟修	星期六 12日3日,13:30-13:55(北京)	圣荷西州立大学	美国
11 P33	Samuel Montalvo	Friday, Dec2, 22:00-22:25(CA, USA)	Stanford University	USA
	塞缪尔·蒙塔尔沃	星期六 12日3日, 14:00-14:25(北京)	斯坦福大学	美国
12 P34	Xue Xin, Xu Fei, Chen Jiesi	Friday, Dec2, 22:30-22:55(CA, USA)	Hangzhou Normal university	China
	薛欣, 徐飞, 陈捷思	星期六 12日3日, 14:30-14:55(北京)	杭州师范大学	中国
13 P35	Wang Huiru	Friday, Dec2, 23:00-23:25(CA, USA)	Shanghai Joatong University	China
	王会儒	星期六 12日3日, 15:00-15:25(北京)	上海交通大学	中国
14 P36	Yang Huixin	Friday, Dec2, 23:30-23:55(CA, USA)	HarBin Sport University	China
	Eric Caulier	Saturday, Dec3, 1:30-1:55(CA, USA)	Paris Sorbonne University	Belgium
15 P37	埃里克·考利尔	星期六 12日3日, 17:30-17:55(北京)	巴黎索邦大学	比利时
	王晓军	星期六 12日3日, 16:00-16:25(北京)	北京体育大学	中国
16 P38	Gu jie, Li Huan Xu,Lu Jian Hui	Saturday, Dec3, 0:30-0:55(CA, USA)	General Motors, Handan University	USA
	顾杰、李怀续、卢建辉	星期六 12日3日, 16:30-16:55(北京)	美国通用公司, 邯郸学院	美国
17 P39	Li De Zhao, Lin Qiang, Silijuan, Shan Ying, Ruan Yang Tao	Saturday, Dec3, 1:00-1:25(CA, USA)	Zhejiang University of Technology	China
	李德钊, 林强, 司丽娟, 单颖, 阮杨涛	星期六 12日3日, 17:00-17:25(北京)	浙江工业大学	中国
18 P40	杨慧馨	星期六 12日3日, 15:30-15:55(北京)	哈尔滨体育学院	中国
	Wang Xiaojun	Saturday, Dec3, 0:00-0:25(CA, USA)	Beijing Sport University	China
19 P41	Vasileios Ag. Drougas	Saturday, Dec3, 2:00-2:25(CA, USA)	Neurophysiology University	Greece
	瓦西里奥·道格斯	星期六 12日3日, 18:00-18:25(北京)	约阿尼纳大学	希腊

DETAILED SCHEDULE

报告时间表

NO 序	SPEAPER 报告人	TIME 时间	UNIT 单位	COUNTRY 国家
20 P44	Alex Feng	Sat, Dec3, 13:00-13:25(CA, USA)	Zhi Dao Guan	USA
	冯尔权	星期天 12日4日, 5:00-5:25(北京)	至道馆	美国
21 P45	Mohammad Reza Nejad	Sat, Dec3, 13:25-13:30(CA, USA)	IWUF	Iran
	穆罕默德. 内贾德	星期天, 12日4日, 5:25-5:30(北京)	国际武联	伊朗
22 P45	Borislava Lecheva	Sat, Dec3, 13:30-13:35(CA, USA)	University of Veliko Tarnovo	Bulgaria
	鲍里斯拉瓦·莱切瓦	星期天, 12日4日, 5:30-5:35(北京)	大特尔诺沃大学	保加利亚
23 P46	Shanny Rann	Sat, Dec3, 13:35-13:55(CA, USA)	Simon Fraser University	Canada
	山尼. 兰恩	星期天, 12日4日, 5:35-5:55(北京)	西蒙弗雷泽大学	加拿大
24 P47	Shelley Kresyman	Sat, Dec3, 13:55-14:20 (CA, USA)	University of Nevada	USA
	雪莱·克雷西曼	星期天, 12日4日, 5:55-6:20(北京)	内华达大学	美国
25 P48	William Douglas	Sat, Dec3, 14:20-14:50(CA, USA)	University of Kansas	USA
	威廉·道格拉斯	星期天, 12日4日, 6:20-6:50(北京)	堪萨斯大学	美国
26 49	Bryant Fong	Sat, Dec3, 14:50-15:05(CA, USA)	UC Berkeley	USA
	方国旋	星期天, 12日4日, 6:50-7:05(北京)	柏克莱大学	美国
27 P50	Zhang Hai Sheng	Sat, Dec3, 15:05-15:55(CA, USA)	Stanford University	USA
	张海生	星期天, 12日4日, 7:05-7:30(北京)	斯坦福大学	美国
28 P52	Yu Gong Bao	Sat, Dec3, 16:00-16:25(CA, USA)	World Taijiquan Net Inc	China
	余功保	星期天, 12日4日, 8:00-8:25(北京)	世界太极拳网	中国
29 P53	Shi Aiqiao, Hu Xiaofei, Liu Tianjun, Lishudong	Sat, Dec3, 16:30-17:00(CA, USA)	PANEL DISCUSSION	China and USA
	石爱桥, 胡晓飞, 刘天君 李书东	星期天, 12日4日, 8:30-9:00(北京)	圆桌论坛	中美
30 P54	T. Julian Chu, Li Deyin	Sat, Dec3, 17:00-17:35(CA, USA)	People's University	China and USA
	李德印, 朱殿蓉	星期天, 12日4日, 9:00-9:35(北京)	人民大学	中美
31 P55	Zhang Mingke	Sat, Dec3, 17:35-18:00(CA, USA)	Inner Mongolia Normal University	China
	张明科	星期天, 12日4日, 9:35-10:00(北京)	内蒙古师范大学	中国
32 P56	Ma Wen Guo	Sat, Dec3, 18:00-18:25(CA, USA)	Xi'an Sport University	China
	马文国	星期天, 12日4日, 10:00-10:25(北京)	西安体育学院	中国
33 P57	Dr. SI Hongyu, Ma Kaiting, Zhang Yihu	Sat, Dec3, 18:30-18:55(CA, USA)	Zheng Zhou University	China
	司红玉, 马凯婷, 张逸虎	星期天, 12日4日, 10:30-10:55(北京)	郑州大学	中国
34 P58	Sun Xuemeng	Sat, Dec3, 19:00-19:20(CA, USA)	Heilongjiang Traditional Wushu Research Association	China
	孙学孟	星期天, 12日4日, 11:00-11:20(北京)	黑龙江省传统武学研究会	中国
35 P59	David Yang	Sat, Dec3, 19:20-19:55(CA, USA)	The college of Ganen Taichi	China
	杨大卫	星期天, 12日4日, 11:20-11:55(北京)	感恩太极大学堂	中国
36 P60	Chen Zhenglei	Sat, Dec4, 20:00-20:25(CA, USA)	Grandmaster of Chen Style Taiji	China
	陈正雷	星期天12日4日, 12:00-12:25(北京)	陈氏太极传承人	中国
37 P61	Zhao Youbin	Sat, Dec3, 20:25-20:40(CA, USA)	Grandmaster of Yang Style Taiji	China
	赵幼斌	星期天 12日4日, 12:25-12:40(北京)	杨式太极传承人	中国

DETAILED SCHEDULE

报告时间表

NO 序	SPEAPER 报告人	TIME 时间	UNIT 单位	COUNTRY 国家
38 P62	Cui Zhongsan	Sat, Dec3, 20:40-21:05(CA, USA)	Grandmaster of Yang Style Taiji	China
	崔仲三	星期天 12日4日, 12:40-13:05(北京)	杨式拳太极传承人	中国
39 P63	Huo Peilin	Sat, Dec3, 21:05-21:25(CA, USA)	Grandmaster of Sun Style Taiji	China
	霍培林	星期天 12日4日, 13:05-13:25(北京)	孙式拳太极拳传承人	中国
40 P64	Zhang Maoqing	Sat, Dec3, 21:25-21:55(CA, USA)	University of Veliko Tarnovo	China
	张茂清	星期天 12日4日, 13:25-13:55(北京)	孙式拳太极传承人	中国
41 P65	Zhang Quanliang	Sat, Dec3, 22:00-22:25(CA, USA)	Grandmaster of Wu Style Taiji	China
	张全亮	星期天 12日4日, 14:00-14:25(北京)	吴式拳太极传承人	中国
42 P66	Wang Zhanjun	Sat, Dec3, 22:25-22:55 (CA, USA)	Master of Chen Style Taiji	China
	王战军	星期天 12日4日, 14:25-14:55(北京)	陈式拳太极传承人	中国
43 P67	Chen Bin	Sat, Dec3, 22:55-23:20(CA, USA)	Master of Chen Style Taiji	China
	陈斌	星期天 12日4日, 14:55-15:20(北京)	陈式拳太极传承人	中国
44 P68	Zhao Liang	Sat, Dec3, 23:20-23:45(CA, USA)	Master of Yang Style Taiji	China
	赵亮	星期天 12日4日, 15:20-15:45(北京)	杨式拳太极传承人	中国
45 P69	Zhai Shizong	Sat, Dec4, 23:45-0:15(CA, USA)	Master of Wuhao Taiji	China
	翟世宗	星期天 12日4日, 15:45-16:15(北京)	武式拳太极传承人	中国
46 P70	Liu Yongqiang	Sat, Dec4, 0:15-0:25(CA, USA)	Master of Chen Style Taijiquan	China
	刘永强	星期天 12日4日, 16:15-16:25(北京)	陈式太极小架	中国
47 P71	Yan Sujie	Sat, Dec4, 0:25-0:45(CA, USA)	Master of Chen Style Taiji	China
	阎素杰	星期天 12日4日, 16:25-16:45(北京)	陈式拳太极传承人	中国
48 P72	Huang Xueqing	Sat, Dec4, 0:50-1:20(CA, USA)	World Taiji Champion	China
	黄雪晴	星期天 12日3日, 16:50-17:20(北京)	太极拳世界冠军	中国
49 P73	Closing and Awards Ceremony	Sat, Dec4, 1:30-2:30(CA, USA)	Gao Wa, Yu Lingling , Xuexin, Li shudong	
	闭幕和颁奖	星期天 12日4日, 17:30-18:30(北京)	高娃, 于玲玲, 薛欣, 李书东	

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会议嘉宾登陆

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Email：Forum@wtjsf.org
电话：001 4085828260
WeChat：USAHQF

贺函和致词贵宾

list of VIPs' congratulatory letters and speeches at the opening ceremony



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。



第二届国际太极科学论坛
2nd International Taiji Science Forum
www.WTJSE.org

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
承办单位代表致辞



Dr. Li Shulin
President of
Inner Mongolia Normal University

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”，主持内蒙古社科联重大课题《国家建设视域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
主办单位代表致辞



Dr. Li Shudong
World Taiji Science Federation

李书东博士
世界太极科学联合会

Executive chairman of the forum and secretary-general of the World Taiji Science Federation, the 20th generation inheritor of Chen-style Taijiquan, an international martial arts referee, and the founder of the medical Taiji course at Stanford University。

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，斯坦福大学医疗太极课程创始人。

DISTINGUISHED GUEST OF THE FORUM
论坛主要贵宾



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.

中国著名女子羽毛球运动员，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。

DISTINGUISHED GUEST OF THE FORUM
论坛国际贵宾



Judy May Chu
U.S. Congresswoman

赵美心
美国国会议员

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选区直至重新选举。她长期支持中医、针灸、太极和气功等传统养生项目。



William A Cohen Ph. D
President of California
Institute of Advanced Management.
Major General, USAF, Ret

威廉.科恩博士
加州高级管理学院院长
美国空军少将



William A Cohen Ph. D, Major General, USAF, Ret California Institute of Advanced Management. He graduating from West Point, Dr. Cohen flew 174 combat missions in A-26 aircraft in the Vietnam War. His academic leadership roles have included president of two private universities, and department chairman and institute director at a public university. Author of 48 books translated into 16 languages and over 100 articles resulting from his research. He was invited to hold a lecture tour in 4 continents.

威廉.科恩博士，西点军校博士生，加州高级管理学院院长, 他的学术领导角色包括两所私立大学的校长，以及洛杉矶州立大学的研究院院长。也是美国空军少将，洛杉矶西点军校前会长。以 16 种语言出版 48 本书和 100 多篇文章的作者，应邀在四大洲进行过巡回演讲。

DISTINGUISHED GUEST OF THE FORUM
论坛国际贵宾



Dr. Wojtek Chodzko Zajko
Dean of the Graduate College
at the University of Illinois.

沃伊泰克·乔兹科·扎伊科博士
伊利诺伊大学研究生院院长

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

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



Dr. Peter Wayne
Director of the Osher Center
at Harvard Medical School

彼得·韦恩博士
哈佛大学整合医学中心主任



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. . 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。

DISTINGUISHED GUEST OF THE FORUM
论坛国际贵宾



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 捐赠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)

威廉·道格拉斯
世界太极气功日（WTCQD）的发起人

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

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



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



罗恩·扎伊德曼博士
加州中医药大学校长兼联合创始人

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.

罗恩·扎伊德曼校长 是加州中医药大学校长兼联合创始人，罗恩先生获得了斯坦福大学的MBA学位，任针灸和东方医学学院理事会，成员；针灸和东方医学认证委员会现场考察，主席；加州针灸和传统医学协会顾问。

DISTINGUISHED GUEST OF THE FORUM
论坛国际贵宾



Dr. Huijun.Z.Ring
Adjunct Professor
of Stanford University

周慧君教授
斯坦福大学

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

周慧君博士，本科毕业于武汉大学后继赴美留学，在康奈尔大学获得了分子生物和遗传学博士，并在斯坦福大学完成了临床分子基因学的博士后研究。最终获得了美国医学遗传学会（American Board of Medical Genetics）资历认证的临床分子遗传学家和美国医学遗传学协会（American College of Medical Genetics）会员的认证，是国际仅有的323位美国医学遗传学会（ABMG）临床分子遗传学行医执照认证专家



Kimberly Burke
Director, Adult Fitness Health
and Exercise Science at
Colorado State University

金伯利·伯克
科罗拉多州立大学
成人健身部主任



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 .

金伯利·伯克是健康与运动科学系成人健身健康与运动科主任。她长期致力于太极养生的科学研究，并发表“太极拳的养生价值”的文章。

Co-Chairman of Forum
大会共同主席



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

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

Co-Chairman of Forum
大会共同主席



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

Co-Chairman of Forum
大会共同主席



Dr. Wu Zhou
Dean of Physical Education and Health
Of Hangzhou Normal University
Co-Chairs of this Forum

周武博士
杭州师范大学体育学院院长
本届论坛共同主席

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.

杭州师范大学体育学院，院长、教授、博士研究生导师。主持国家社科基金项目1项，主持与参与完成7项省部课题，获省部级成果奖1项。入选江苏省“333”工程学术带头人，省青蓝工程中青年学术带头人，省优秀青年骨干教师等人才项目。

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

高娃院长
内蒙古师范大学体育学院院长
本届论坛共同主席

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.

高娃：内蒙古师范大学体育学院院长、教授、武汉体育学院博士生导师。主持国家社科基金2项，省部级重点项目、一般项目共7项，获省部级教学科研奖5项，发表论文40余篇。中国民族体育专委会理事，中国老年运动健康研究会理事。

DISTINGUISHED GUEST OF THE FORUM
论坛贵宾



Dr. Ma Xue Zhi
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.

陈正雷大师: 陈家沟陈氏十九世、太极拳第十一代嫡宗传人、历届中国武术协会会员、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

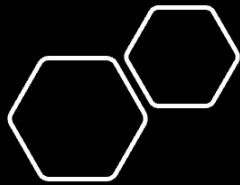
赵幼斌大师
杨式太极拳第五代传人
国家级太极非遗传承人



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.

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

GUESTS SPEAKERS
报告嘉宾



第二届国际太极科学论坛
2nd International Taiji Science Forum
www.WTJSE.org

GUESTS SPEAKERS

报告嘉宾



NO	Friday Dec2, 17:00-17:25 (CA, USA PST)		
1	Prof. Bai Jing Xiang	Jishou University	China
	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 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 order, construct a new image of Taijiquan and establish the cultural confidence of the Chinese nation.		
	Bio: Professor Bai Jinxiang 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 presided 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.		

NO	12月3日， 上午 9:00 am-9:25 am （北京时间）		
1	白晋湘教授	吉首大学	中国
	题目： 信息不对称视域下太极拳文化网络传播问题研究		
	摘要： 新媒体时代，太极拳的网络传播犹如一把“双刃剑”，在推动太极拳技艺传承和文化传播的同时，也引发了一系列有关太极拳文化网络传播的负面舆情。对此，采用文献资料、逻辑推理、案例分析等方法，从信息不对称视角对太极拳文化网络传播问题进行了探究。研究认为，信息不对称现象广泛存在于太极拳文化网络传播之中，使传播者、传播媒介和受众之间对太极拳产生了严重的偏见与误解，随之带来的逆向选择、道德风险和形象损坏等传播危害，不利于太极拳的持续健康发展。只有培养太极拳精英群体，助推太极拳服务于民，彻底整治太极拳传播乱象，合力搭建太极拳信息平台，才能积极应对太极拳文化网络传播中的信息不对称问题，保障和谐有序的太极拳文化网络传播秩序，建构全新的太极拳形象，树立中华民族文化自信。 简历： 白晋湘教授：吉首大学 二级教授、研究员、管理学博士、博士生导师，教育部全国高校体育教学指导委员会委员，国家社科基金课题会评专家，享受国务院特殊津贴专家，入选中国高贡献学者（2022）、“新世纪百千万人才工程”国家级人选、教育部“新世纪优秀人才支持计划”。《吉首大学学报（社会科学版）》（CSSCI来源期刊）主编，体育学一级学科博士点负责人，国家教学团队带头人，国家一流专业、一流课程负责人。 长期从事民族传统体育研究，主持国家社科基金重大、重点、一般和青年课题5项；著有《中国古代体育项目志·少数民族部分》等著作；发表学术论文77篇，其中《体育科学》9篇，被《新华文摘》全文转载4篇；获国家教学成果奖二等奖2项（主持1项），省部级优秀社科成果一等奖5项。		

GUESTS SPEAKERS

报告嘉宾



	Friday Dec2, 17:30-17:55(CA, USA PST)		
	Prof. Victor W. Henderson	Stanford University	USA
	Topic：Taiji and mental ability		
2	<p>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.</p> <p>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.</p>		

N	12月3日，星期六，上午 9:30 am-9:55 am （北京时间）		
	维克多·亨德森教授	斯坦福大学	美国
	题目：太极与心智能力		
2	<p>摘要：许多认知能力随着正常或通常的衰老而改变。与记忆和执行功能相关的能力（例如，抽象推理和解决问题）的下降不仅限于老年，而且会贯穿整个成年期。除了正常的认知老化之外，还有与神经系统疾病相关的变化，这些变化主要在晚年出现，包括阿尔茨海默病、中风和帕金森病等疾病。术语认知储备是指在影响大脑的衰老或与年龄相关的神经系统疾病的情况下，心理功能可以维持的程度。教育是认知储备的良好标志，但其他因素也可能有所贡献，包括丰富的童年环境、精神刺激的职业和休闲活动、体育活动和社会参与。几项研究已经检验了太极对各种神经系统疾病的认知结果的影响，表明总体有益。此外，一些临床试验已经检验了太极对没有神经系统疾病的健康中年和老年人心智能力的影响。在这里，似乎也有认知上的好处。在斯坦福大学，我们完成了一项为期 6 个月的随机对照试验，其中太极拳是四种随机干预措施之一。与健康教育控制干预相比，太极拳在 6 个月后将增强了记忆力和执行功能，尽管这种益处将在 12 个月时并没有很好地持续。这些结果与其他相对较小的随机临床试验的结果基本一致，表明太极可以改善老年人的认知老化，但太极的全面、持续的效果可能需要定期与教练或小组接触。太极是一项复杂的身心计划，涉及有氧运动、学习和正念，它通常发生在可以促进社会参与的团体环境中。太极可以维持或增强心理能力的方式尚不清楚，但心理改善与认知储备的概念是一致的。</p> <p>简历：维克多·亨德森教授是斯坦福大学流行病学与人口健康系以及神经病学与神经科学系的教授。他领导着斯坦福阿尔茨海默病研究中心，并共同领导着斯坦福大学流行病学和临床研究理学硕士项目。他的研究兴趣强调认知老化和阿尔茨海默病的风险因素，以及维持和改善受年龄影响的认知能力的治疗策略。亨德森教授在约翰霍普金斯大学获得医学学位，并在杜克大学（内科）、华盛顿大学（神经学）、波士顿大学（行为神经学）和华盛顿大学（流行病学）接受培训。他是奥胡斯大学（丹麦）的Skou名誉教授，曾任麻省理工学院访问科学家和墨尔本大学（澳大利亚）访问教授。他曾在专注于中年和晚年健康的专业组织中担任领导职务，在编辑委员会和科学顾问委员会任职，并撰写或与他人合著了 300 多篇科学文章和章节。</p>		

GUESTS SPEAKERS

报告嘉宾



NO	Friday Dec2, 18:00-18:25 (CA, USA PST)		
3	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: <ul style="list-style-type: none">• 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.		

NO	12月3日，星期六，上午 10:00 am-10:25 am （北京时间）		
3	朱为模教授	伊利诺伊大学	美国
	题目：太极拳到底练的是什么？！有氧、平衡、“心”、“气”、还是 ...？		
	摘要：太极拳是中华民族的，也是东方世界的瑰宝。悠长的岁月，验证了太极拳是一种养生保健、预防与治疗疾病的优良运动。太极拳的运动特点：中正安舒、轻灵圆活、松柔慢匀、开合有序、刚柔相济，动如"行云流水，连绵不断" 这种运动即自然又高雅，可亲身体会到音乐的韵律，哲学的内涵，美的造型，诗的意境。在高级的享受中，使疾病消失，使身心健康。然而，目前还缺乏扎实的科学研究来证明太极拳的良药作用，很多基本的科学问题还没有得到解答,如：		
	<ul style="list-style-type: none">•练太极拳和不练太极拳对病人的生存率/生存期的差别是多少？•练太极拳和不练太极拳的对正常人/病人生活质量的影响有多大？•练太极拳为何对一部分病人有时有奇特的作用，而对另外一部分病人不起作用？•与太极拳相互作用的因素是哪些？•太极拳作用的机理在哪里？•太极拳最佳的锻炼时间长短如何？什么是各种单式的最佳组合？•太极拳练中许多具体的要求，如 “气沉丹田” 的要求的科学依据是什么？•长期坚持太极拳锻炼的生理，心理，以及社会主要因素是什么？		
	本文旨在通过回顾有氧能力变为临床生命特征半世纪的历程对应该如何回答上述问题加以探讨。		
	简历：朱为模教授是美国人体运动科学院院士, 国际知名运动学（运动机能学测量与评估）学者，主要研究方向为运动机能学领域新测量理论与统计方法的研究与应用，尤其是青少年体能训练、身心锻炼、身体活动/不活动以及公共卫生和运动处方。他发表了 100 多篇 SCI/SSCI 期刊文章，他的研究得到了包括 NIH 和 RWJF 在内的外部资助的大力支持。他是《运动与体育研究季刊》的主编，也是《体育活动与健康杂志》和《生理学前沿》的副主编。他是美国国家运动机能学院、美国运动医学学院和 SHAPE America 研究联盟的活跃研究员。自 2002 年以来，他一直在 FITNESSGRAM 咨询委员会任职。朱博士于 2020 年获得美国 SHAPE 颁发的运动测量学最高奖项“测量与评估终身成就奖”。		

GUESTS SPEAKERS

报告嘉宾



NO	Friday, Dec2, 18:30-18:55 (CA, USA PST)		
4	Dr. Peter Wayne	Harvard University	USA
	Topic : Tai Chi for Fall Prevention in Older Adults		
	Abstract: 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.		
	Bio: 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.		

NO	12日3日,星期六， 10:30-10:55(北京时间)		
4	彼得.韦恩博士	哈佛大学	美国
	题目：预防老年人跌倒的太极拳		
	摘要：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。		
	简历：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。		

GUESTS SPEAKERS
报告嘉宾



NO	Friday Dec2, 19:00-19:25 (CA, USA PST)		
5	Prof: Hugh Brent Solvason	Stanford University	USA
	Topic: Taiji and Qigong as Adjunctive Treatments for Depression.		
	Abstract: Taiji and Qigong as Adjunctive Treatments for Depression. Examination of recent studies, some limitations in study design and challenges implementing and Qigong in clinical practice.		
	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.		

NO	12月3日，星期六，上午 11:00 am-11:25 am （北京时间）		
5	布伦特·索沃森教授	斯坦福大学	美国
	题目： 太极和气功作为抑郁症的辅助治疗。		
	摘要： 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。		
	简历： 布伦特·索沃森博士： 斯坦福大学医学院临床教授，专注入精神病学、电惊厥疗法、经颅磁刺激。2003-2010年任介入精神治疗医学主任， 2001 年 6月18 日荣获斯坦福精神病学系学术教学奖,和 1997年 6月21日荣获 George D Gulevic 医学博士奖。		

GUESTS SPEAKERS

报告嘉宾



NO	Friday Dec2, 19:30-19:55 (CA, USA PST)		
6	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.		

NO	12月3日，星期六，上午 11:30 am-11:55 am （北京时间）		
6	葉榮君博士	哈佛大学	美国
	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。患者患有进行性呼吸困难和运动不耐受。体育锻炼是有益的，但传统的肺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、生活质量和功能能力。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：叶博士是哈佛医学院医学副教授，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。其研究项目设在贝斯以色列女执事医疗中心全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。		

GUESTS SPEAKERS

报告嘉宾



NO	Friday Dec2, 20:00-20:25 (CA, USA PST)		
7	Prof: Judith A. Curry	Georgia Institute of Technology	USA
	Topic: Reflections on Taiji and Science		
	<p>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.</p>		
	<p>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. Her expertise is in climate dynamics, extreme weather, decision-making under deep uncertainty, and philosophy of science. 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.</p>		

NO	12月3日，星期六，上午 12:00 pm-12:25 pm （北京时间）		
7	朱迪思·库里 教授	佐治亚理工学院	美国
	题目：太极与科学的思考		
	<p>摘要：这次演讲提供了我自己对太极拳实践和哲学的一些思考。阴阳的相互作用阐明了包括科学发现在内的创造力过程。几种不同的西方框架在类似的相互作用下出现 -快速思考，缓慢思考；毛脑，乌龟脑；随机思维与确定性思维。在科学理解中有效利用这种张力和相互作用（包括猴脑的随机性）使我们超越还原论和因果关系，拥抱复杂性和反馈、不确定性和模糊性，从而为创造性的洞察力和更好的决策提供基础。在这种背景下，我自己在气候科学和围绕气候变化的政治辩论方面的经历表明了一些对接近太极和健康科学的见解。</p>		
	<p>简历：朱迪思·库里 (Judith Curry) 获得博士学位。芝加哥大学大气科学专业。她曾在佐治亚理工学院、科罗拉多大学博尔德分校、宾夕法尼亚州立大学和普渡大学担任教职。她目前在佐治亚理工学院担任名誉教授。她的专长是气候动力学、极端天气、深度不确定性下的决策以及科学哲学。她撰写了 190 多篇科学论文，并且是三本教科书的作者。她目前是气候预报应用网络的总裁。库里是全球领先的气候变化思想家。她经常被要求在美国国会作证。她颇具影响力的博客 Climate Etc. (judithcurry.com) 讨论了有关气候变化和科学政策界面的前沿和有争议的话题。多年来，纽约时报、华尔街日报、探索杂志、美国国家公共电台、科学美国人、象限和城市日报都对库里进行了报道。库里于 1980 年代在伊利诺伊州芝加哥师从布鲁斯·莫兰师傅学习太极拳。她在内华达州里诺继续学习太极拳，师从穆罕默德·礼萨·普古拉米·内贾德大师。</p>		

GUESTS SPEAKERS

报告嘉宾



NO	Friday Dec2, 20:30-20:55 (CA, USA PST)		
8	Prof: Shin Lin	University of California Irvine	USA
	Topic: Scientific studies on Health Benefits of Tai Chi and Relationship to Chinese Medicine		
	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 scrapping 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, 加州大學爾灣分校). He is also a member of the Susan Samueli Integrative Health Institute faculty 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.		

NO	12月3日，星期六，上午 12:30 am-12:55 am （北京时间）		
8	林欣教授	加州大学尔湾分校	美国
	题目：太极拳对健康的益处及其与中医关系的科学研究		
	摘要： 本次演讲介绍了我们对太极拳练习过程中身体/思想/呼吸综合调节的多重健康益处背后的生理变化的研究。通过肌电图监测肌肉收缩力、激光多普勒血流计测量血流量，以及身体运动的计算机分析，我们证明了太极拳的物理方面对于加强所有主要肌肉群非常有效，尤其是那些对于预防跌倒和低血压至关重要的肌肉群背疼。通过脑电图确定脑电波模式和心电图的心率变异性分析来评估放松反应，我们证实调节心灵可以达到精神集中和休息相结合的冥想状态。这一结果与所报道的伴随太极拳练习而增加的免疫反应是一致的，这可能是由于放松和缓解压力。关于呼吸的调节，其他研究人员发现太极拳练习中常见的缓慢深呼吸是由大脑呼吸起搏器中的特殊神经元介导的，这些细胞直接连接到大脑中参与压力反应的另一部分。我们发现这种呼吸模式可以实时降低压力视频游戏产生的心率和血压，类似于穴位按摩对放松点的影响。最后，我们发现打太极拳时在穴位测得的血流和电流变化是高度协调的。从理论上讲，电流的增加会产生直流电场，我们发现它会影响细胞培养物伤口愈合模型中的细胞运动。在各种中医疗法（针灸/激光/电针、穴位按摩、艾灸、拔罐、刮痧、局部草药治疗和红外线/远红外线疗法）中也观察到血流量增加，与“补血、中医行气”的原理。		
	简历： 林欣教授，心身信息与能量研究实验室主任，加州大学尔湾分校发育与细胞生物学系和生物医学工程系正教授。他还是加州大学欧文分校神经科学研究生项目 Susan Samuel 中心的成员，并于 2005 年至 2007 年在上海中医药大学担任客座教授。2008 年，他被任命为美国卫生与公共服务部部长在国立卫生研究院的国家补充和替代医学咨询委员会任期 4 年。		

GUESTS SPEAKERS

报告嘉宾



NO	Friday Dec2, 21:00-21:25 (CA, USA PST)		
9	Dr. Albert Yeung	Harvard University	USA
	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.		

NO	12月3日，星期六，上午 13:00-13:25（北京时间）		
9	杨世贤教授	哈佛大学，麻省總醫院	美国
	题目： 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治疗情绪障碍研究的挑战和未来方向。		
	简历： 楊世賢博士: 是麻省總醫院（MGH）的抑鬱症臨床和研究項目基礎醫療研究主任，哈佛醫學院精神科副教授。他從台灣大學取得醫學學位。他還獲得哈佛大學公共衛生學院流行病學碩士學位和科學博士學位。他在MGH完成了精神醫學的住院醫師培訓。		

GUESTS SPEAKERS

报告嘉宾



NO	Friday Dec2, 21:30-21:55 (CA, USA PST)		
10	Dr. Chi-Hsiu Weng:	San Jose State University, US Collegiate Federation	USA
	Topic: Integrative Medicine’s Prescription Design Utilizing Tai Chi and Qigong Modalities		
	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 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 · a Professor at San Jose State University and the Honorary Dean of College of Tai Chi at the University of East-West Medicine, California.		

NO	12月3日，星期六，下午 13:30-: 13.55 北京时间)		
10	翁启修教授	圣荷西州立大学，美国高校太极联合会	美国
	題目：整合醫學的太極氣功處方編配應用		
	摘要：太極的理念包含陰陽兩極。它出自中國遠古的易經。採用運動處方來治療身體各部位的疼痛的作法依循著太極氣功傳統的中國最高哲理被描述為道也是解決問題的方法。2020年12月17日，太極拳被聯合國教育科學文化組織認定為非物質人類文化遺產。我今天要談的就是包含氣功的太極作為整合醫學的處方應用編配方法。		
	太極應用於維護保健養生 漫長世紀以來太極哲理已被公認為修練身心靈全方位的途徑與方法，現代太極的演譯走向可以量身打造科學量化評鑑的有氧太極應用於體適能改進及運動醫療功能。作為整合醫學的太極也涵蓋了預防與復健醫學。針對身體各部位不適的運動醫療應用太極與氣功技法的編配設計		
	直到現在大量的有關太極與氣功治療不同症候有效的研究報告已經公開發表於學術與醫學刊物。目前使用運動醫療及復健的處方，必需遵循美國醫學協會公布的現階段臨床過程規則名目的列項實行。(CPT code 97112)。運動醫療處方採用太極氣功技法已經廣為職照針灸師臨床使用。但是太極氣功浩瀚無限的更多益處，可以嘉惠世人的蘊藏，還是未來日子所有醫學及教育，科學，文化界有待發掘光揚的挑戰與使命。		
	簡歷：翁启修博士，体育学博士，美国高校太极联合会主席，美国加州圣荷西州立大学教授，国际医药大学太极学院名誉院长。功夫跤世界聯盟副主席, 泛美洲摔角聯盟主席，曾任過台灣中國文化大學國術組主任，國立體育學院體育研究所所長及大專院校國術委員會主任委員。		

GUESTS SPEAKERS
报告嘉宾

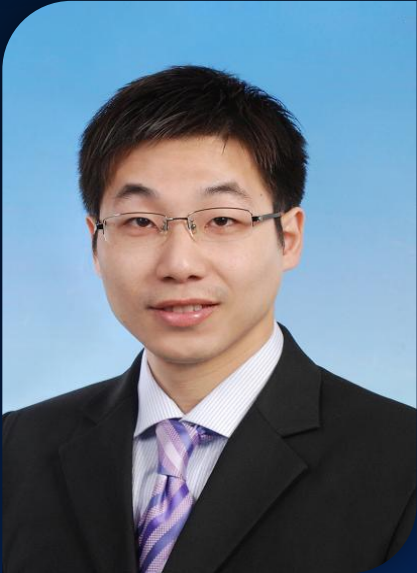


NOFriday Dec2, 22:00-22:25 (CA, USA PST)			
11	Dr. Samuel Montalvo		Stanford University
			USA
	Topic: Taijiquan Science: clinical and sport science research		
	<p>Abstract: Taiji is a powerful supplementary clinical exercise and sport. Currently, there is a lack of research on the application of taiji 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.</p> <p>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.</p>		

NO12月3日，星期六，下午 14:00:-14:25（北京时间）			
11	塞缪尔.蒙塔尔沃博士		斯坦福大学
			美国
	题目：太极拳科学：临床和运动科学研究		
	<p>摘要：太极拳是一种强有力的辅助临床锻炼和运动。目前，缺乏关于太极拳在临床环境中应用的研究。同样，也没有关于竞技太极拳运动员身体机能参数的研究。因此，我们目前的目标是探索、报告和调查太极拳练习和运动员的临床、运动和表现组成部分。我们小组进行了两项研究：1) 为期 12 周的太极拳运动训练对帕金森病患者的平衡、步态速度和生活质量的影响。我们观察到太极拳改善了一小群帕金森病患者的平衡能力、步态速度和整体生活质量。我们的目标是在不久的将来将其扩展到随机对照试验。2) 马来西亚太极拳运动员规范纵跳参数构建。我们还报道说，年轻的太极拳运动员与其他武术运动员（长拳和南拳）具有相似的跳跃特征。我们的目标是为武术运动员建立明确的跳跃参数作为全球规范数据，为了实现这一目标，我们的目标是在下一届世界武术锦标赛上收集全球武术和太极拳跳跃数据。</p> <p>简历：塞缪尔.蒙塔尔沃博士是临床运动生理学专家、运动生物力学和运动科学家，在斯坦福大学斯坦福医学院担任博士后研究员。作为一名研究人员，我有兴趣了解人类表现的机械、分子和生理机制。此外，我还对开发新的实用训练方法以提高人体锻炼和运动表现感兴趣。最后，我的研究在各种各样的人群中进行，从临床（糖尿病、心脏病、神经肌肉）到运动（武术、武术、举重、田径、体操等）人群。</p>		

GUESTS SPEAKERS

报告嘉宾



NO	Friday Dec2, 22:30-22:55 (CA, USA PST)		
12	Prof: Xue Xin, Xu Fei, Chen Jiesi	Hangzhou Normal University	China
	Topic: Emerging Trends and Hotspots in Tai Chi Fall Prevention: Analysis and Visualization		
	<p>Abstract: Recently, substantial studies have increased around the topic of the taichi 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 taichi fall-prevention field has a broad research prospect. Although several questions remain uncertain currently, it is worthy for scholars to do further study.</p>		
	<p>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.</p> <p>Dr. Xu Fei: Doctor, Associate professor, master supervisor. His research interests include theory and practice of health promotion and exercise intervention, assessment of motor function, and exercise risk assessment. He has served as a paper reviewer of Public Health Nutr, BMC Geriatr, Int J Sports Med, J Sports Sci Med, J Sports Sci, and BMC Sports Sci Med Rehabil.</p> <p>Chen Jiesi: As master student, her main research direction is the health promotion Of traditional sports.</p>		

NO	12月3日，星期六，下午 14:30-14:55（北京时间）		
12	薛欣教授	杭州师范大学	中国
	题目：太极防跌倒领域的研究趋势及热点分析		
	<p>摘要：近年来，太极预防跌倒主题领域涌现了大量的研究。然而，很少有研究从文献计量学的角度揭示该领域当前的研究进展和热点。因此，本研究旨在运用一款可视化文献计量学分析软件Citespace对该领域的研究形势和趋势进行分析。通过分析发现，该领域研究的核心国家是美国，中国，澳大利亚和英国，它们也是核心机构的来源地。除此之外，我们还发现分别由李福忠和凯瑟琳·谢灵顿领导的两大核心研究团队。J Aging Phys Act 和J Am Geriatr Soc是主要的核心期刊。老年病学和老年学、体育科学、康复学是主导的学科类别。此外，这篇文章最重要的发现之一是“老年人”，“帕金森病”，“前庭康复”，“虚弱的患者”和“社区预防跌倒”是当下研究热点。“女性”，“本体感觉”，“认知障碍”，“痴呆”，“骨关节炎”和“中风”是未来潜在的研究趋势。这些研究结果表明，太极拳预防跌倒领域具有广阔的研究前景，虽然还有一些不确定的问题，但值得学者们做进一步研究。</p>		
	<p>简历：薛欣博士: 教授, 博士研究生导师、杭州师范大学体育学院民族传统体育学科专业带头人、武术六段、武术散打国家级裁判、健身气功七段、健身气功国家级裁判、健身气功国家级社会指导员、浙江省健身气功协会常务理事和专业委员会副主任。世界太极科学联合会常务副秘书长，本届论坛组委会副主任。</p>		

GUESTS SPEAKERS

报告嘉宾

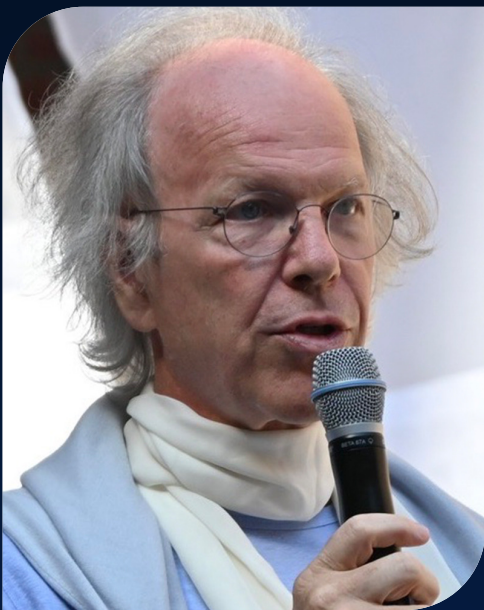


NO	Friday Dec2, 23:00-23:25 (CA, USA PST)		
13	Dr. Wang Hui Ru	Shanghai Joatong University	China
	Topic:. Research Hotspots and Prospects of Taijiquan since 2000		
	<p>Abstract: The present review attempts to distill recent research highlights from voluminous literature generated in 2000 to now, and 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 “太极拳” 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 Chenchen. 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 broadcasting, 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.</p> <p>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 Sports and Health Science Branch of the Society of Geriatrics and Geriatrics, a director of the Shanghai Geriatrics Association, and a vice-chairman of the first Professional Committee of Physical Medicine Integration of the Shanghai Rehabilitation Medicine 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 Science and Technology Commission Basic; Shanghai Municipal Education 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.</p>		

NO	12月3日，星期六，下午 15:00-15:25（北京时间）		
13	王会儒博士	上海交通大学	中国
	题目：2000年以来太极拳研究的热点分析与展望		
	<p>摘要：目的:对2000年至今太极拳研究的变化趋势进行可视化分析，为太极研究方向提供指导。方法：通过CNKI和WOS数据库在线获取出版物。搜索时间设定为2000年1月至2022年9月。在CNKI的关键词是“太极拳”，WOS中搜索“”、“quan”、“taichi”以及“TaiChi”。两个数据库中下载文献分别导入CiteSpace（6.1 R3版），分析作者、机构、关键词、聚类等。结果：知网中前3名作者是杨建营、虞定海和和刘静，前3名的机构是上海体育学院、北京体育大学和华东师范大学；前3个高频关键词是太极拳、老年人和武术；前3位高中心性关键词是太极、传统文化和中老年人；河南省的几所高校以及大资助的基金表现突出，太极拳发源地重要地位。在WOS中论文数量呈持续上升趋势，其中2021最多达到489篇；作者前3位作者是彼得·韦恩、邹立业和王琛琛；发文数量排名前3的机构是中国科学院、香港中文大学和上海体育大学；前3个高频关键词是太极拳、锻炼和老年人，前3个高中心性关键词是心肺功能、辅助治疗和健身。结论：自2000年以来，中国知网和WOS关于太极拳的研究论文数量显著增加，其中知网论文数量在2013年左右达到峰值，而WOS收录的数量一直在持续增长；从前3名第1作者发文数量看，WOS是CNKI的2倍多；CNKI的论文主要集中在太极拳的文化、教学和传播，而WOS论文更加重视在太极拳健康促进的效果和机制研究。此外，中医学和其他领域的太极拳研究文章数量超过了体育学。</p> <p>简历：王会儒博士，上海交通大学体育系教授，博士生导师，上海交通大学健康长三角研究院体医养康护融合发展研究中心主任，中国体育科学学会武术与民族传统体育分会副秘书长，中国老年学和老年医学学会运动健康科学分会常务委员，上海市老年医学会理事，上海市康复医学会第一届体医融合专业委员会副主任委员。研究方向：运动与健康促进；民族传统体育传承与发展。2005年开始与上海交通大学附属医院合作，进行运动疗法研究，先后承担国家社科基金、上海哲社规划课题、上海市科委基本、上海市教委重点项目、国家体育总局科技攻关重点课题等10余项；第1作者（或通讯作者）发表SCI论文、中文核心期刊论文、国际会议论文等30多篇，第1作者出版学术专著、教材、科普专著、译著等16本。</p>		

GUESTS SPEAKERS

报告嘉宾



N		Friday Dec2, 23:30-23:55 (CA, USA PST)		
14	Dr. Eric Caulier		Paris Sorbonne University	Belgium
	Topic: Taijiquan: another use of oneself, resonating with the world			
	<p>Abstract: For Kristofer Schipper, the Taoist body refers to the human body, the social body, and the cosmic body. The aim of Taoist practices, from which taijiquan descends, is to bring these different bodies into resonance. Understanding the modus operandi of taijiquan is a major challenge for developing health overall: a healthy human being in a harmonious society living in symbiosis with nature.</p> <p>Studies are multiplying to highlight the multiple benefits of taijiquan on many diseases. The real question is: how can this art of living have effects in so many different areas? This practice oneself develops another use of oneself and another way of interacting with the environment. This art of interiority stimulates perception, imagination, attention, and empathy capacities.</p> <p>Ultimate Boxing is a valuable aid to slowing down in a fast-paced world. Familiarizing us with the different functions of the gesture- therapeutic, martial, and ritual- allows us to take care of our environment.</p> <p>The Unesco recognition file highlights the role of this traditional practice for health, inclusive social development, knowledge of universal laws, and their application in various fields.</p> <p>In order to make the most of the resources that taijiquan brings, we must avoid the trap of categorization. Taijiquan is multiple; no scientific discipline can encompass it in its entirety. Multidisciplinary and interdisciplinarity provide interesting but limited elements. A transdisciplinary approach is desirable/preferable. This bodily, spiritual, social, and ecological practice can help us transform ourselves internally in order to better respond to the multiple crises we are experiencing today, which are multiplied one after the other, not by mimicking their exotic aspects, not by making them fit into our reductive systems, but by understanding their operating modes and perpetuating their spirit.</p>			
	<p>Bio : Dr. Eric Caulier, CEO of the Centre for Potential Actualisation, Graduated from Beijing Sport University, is the Author of 20 books on Tai Chi, and is the Creator of a new approach to ergonomics.</p> <p>Eric Caulier, Ph.D. in anthropology, is an associate member of LAPCOS (Côte d’Azur University) and a founding member of CoSoCo (Consciousness, Care and Cognition). He studied the five major Tai Chi styles (6th duan of Chinese Wushu Association) and the different Internal Arts (graduated from Beijing Sport University) during his multiple studies stays in China. He has reappropriated the different facets of energetic Chinese practices through various collaborations in the academic world: training of physical education teachers (Louvain-la-Neuve University), scientific council on Chinese thoughts (Bruxelles University), a guest researcher for imaginary of body and health (Paris Sorbonne). At Mons University, he explores the Tai Chi fundamental gestures with new technologies. His approach is resolutely transdisciplinary and transcultural. Eric Caulier has taught thousands of students and trained many teachers. He works in companies (self-management, experience design, ergonomics). With the automotive supplier Faurecia, he has created an innovative approach to ergonomics based on the Tai Chi principles. He is the Author of numerous articles and some twenty books (only in French), including "The Senses of Movement - A Transdisciplinary Approach to Tai Chi Chuan,» « Becoming aware of the Body - Awakening the senses, Awakening consciousness,» « Traditional and Scientific approaches to Tai Chi Chuan - Responding to contemporary challenges.»</p>			

N		12月3日， 星期六， 下午 15:30-15:55 （北京时间）		
14	埃里克·考利尔博士		巴黎索邦大学	比利时
	题目：太极拳：自我的另一种用途，与世界共鸣			
	<p>摘要： 对 克里斯托弗·施佩尔来说，道家的身体指的是人类、社会和宇宙的身体。太极拳起源于道家修行，旨在让这些不同的身体产生共鸣。了解太极拳的运作方式是全面发展健康的一项重大挑战：一个健康的人生活在与自然共生的和谐社会中。越来越多的研究强调了太极拳对许多疾病的多重益处。真正的问题是：这种生活艺术如何在这么多不同的领域产生影响？这种自我实践培养了自我的另一种用途以及与环境互动的另一种方式。这种内在艺术激发了感知、想象力、注意力和同理心。太极拳是多重的；任何科学学科都无法涵盖它的全部。多学科性和跨学科性提供了有趣但有限的元素。跨学科的方法是可取的/更可取的。这种身体、精神、社会和生态实践可以帮助我们我们从内在改变自己，以更好地应对我们今天正在经历的多重危机，这些危机一个接一个地增加，而不是通过模仿它们的异国情调，而不是让它们适应我们的生活还原系统，而是通过了解它们的操作模式并使它们的精神永存。</p>			
	<p>简历： 埃里克·考利尔博士，潜能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，是人体工学新方法的开创者。埃里克考利尔博士人类学博士，是 LAPCOS（蔚蓝海岸大学）的准成员和 CoSoCo（意识、关怀和认知）的创始成员。他是许多文章和大约 20 本书（仅法文）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。”</p>			

GUESTS SPEAKERS

报告嘉宾



NO	Friday Dec2, 0:00-0:25 (CA, USA PST)		
15	Dr. Wang Xiao Jun	Beijing Sport University	China
	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 national and provincial projects, such as “Taijiquan Healthy Exercise Prescription" and "Health Qigong Healthy Exercise Prescription," and published more than 20 papers in national core journals.		
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.			

NO	12月3日，星期六，下午 16:00-16:25（北京时间）		
15	王晓军博士	北京体育大学	中国
	题目：健康促进与慢病康复的新理念新方法 --- 水疗太极		
	摘要：报告分为两部分，第一部分主要内容：1.太极拳作为健康促进和慢病干预的有效手段，国内外循证医学研究概况。2.水疗太极作为新理念新技术，已成为国际水中康复四大核心技术之一。3.医学界公认，水疗康复是心血管系统疾病康复的最佳手段，水疗太极具有独特优势。4.简介北京体育大学传统运动康养研究中心原创水中中医运动疗法成果，以及水疗太极干预平衡能力、失眠障碍等方面的循证医学研究成果。第二部分主要内容：1.水疗太极是形体运动、呼吸调节和心理调节三合一的综合运动，是典型的身心运动模式：神经肌肉训练、有氧运动、抗阻运动、正念疗法。2.水疗太极干预平衡能力的基本原理：改善肌肉力量，提高本体感觉，增强前庭功能和视觉功能，以及相应的水疗太极技术。3.水疗太极干预协调能力的基本原理：注意力高度集中、由静态→动态；单侧→双侧；单式→复合、小负荷、重复训练，以及相应的水疗太极技术。4.水疗太极干预心肺功能的原理与相应技术。		
	简历：王晓军，博士，教授，北京体育大学中国武术学院传统运动康养研究中心主任，国际水中康复协会中国分会（IATA-China）水中中医运动疗法委员会主席，中国康复医学会运动疗法专委会水中运动疗法学组副主委，中国民间中医医药研究开发协会常务理事，全国武术医疗研究会主任，国家级中医预防保健调理（运动康养）项目负责人，武术国家级裁判，健身气功国家级裁判。		
	首次在国内外提出“中医运动处方”“水中中医运动疗法”理论与方法体系，著有《水中中医运动疗法》《中医运动处方理论及其治疗个案研究》《伤科推拿学教程》等专著10本，主持《太极拳康养运动处方》《健身气功康养运动处方》等国家省部课题10余项，于国家核心刊物发表论文20余篇。		
	多次应邀于中央电视台、北京电视台主讲中医运动疗法，并受国家委派多次赴美国、加拿大、德国、西班牙、意大利、比利时、俄罗斯、澳大利亚、新西兰、日本等四大洲几十个国家传播中医运动疗法。		

GUESTS SPEAKERS

报告嘉宾



NO	Friday Dec2, 0:30-0:55 (CA, USA PST)		
16	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 Taijiqun 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. 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.		

NO	12月3日，星期六，下午 16:30-16:55 （北京时间）		
16	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。这是一篇阶段性总结。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了论述，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，我们用优越表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

报告嘉宾



NO	Friday Dec2, 1:00-1:25 (CA, USA PST)		
17	Dr. Li De Zhao, Lin Qiang, Silijuan, Shan Ying, Ruan Yang Tao	Zhejiang University of Technology	China
	Topic: Preliminary Study on the Characteristics of EEG Signals before and after Tai Chi and Yoga Practice		
	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. Dezhaoli 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.		

NO	12月3日，星期六，下午 17:00-17:25（北京时间）		
17	李德钊, 林强, 司丽娟, 单颖, 阮杨涛	浙江工业大学	中国
	题目：太极、瑜伽练习前后脑电信号的变化特点初探		
	摘要：太极和瑜伽是两类东方传统的健身活动，这两类运动均有超过一千年的历史。实践表明这两类运动对人体的身心有辅助治疗作用。然而，受限于测量设备的限制，针对两类运动对人体神经影响及机理的研究较少。基于可穿戴脑电设备，本研究探索了太极与瑜伽练习者在运动前后脑电信号的变化。研究对参与者运动前后的脑电信号进行了特征提取，时域、频域及非线性动力学特征分析，研究结果表明，这两类运动对人体脑电信号的放松、冥想等特征信号有显著影响。本研究所提出的基于脑电信号分析，能够被用于探索传统运动对人体身心影响的机理研究，为东方传统运动的健身机理提供科学依据。		
	简历：2018年在香港科技大学机械工程与航空航天系获得博士学位。2019年任浙江工业大学应用物理系副教授，兼任中国科协微纳器件与系统技术分会理事。个人研究领域涉及量子传感器件及其在医学测量相关领域的应用研究。主持参与了多项中国、香港的科研项目，获得20余项国家专利，在高质量学术期刊发表多篇学术论文。近年来依托自主开发的脑电设备开展传统运动包括太极、瑜伽等运动对人体神经活动影响的相关研究并获得相关专利授权并发表多篇相关学术论文。		
	个人在练习中国的传统太极拳站桩和瑜伽。		

GUESTS SPEAKERS

报告嘉宾



NO	Friday Dec2, 1:30-1:55 (CA, USA PST)		
14	Dr. Yang Hui Xin	HarBin Sport University	China
	Topic: The Health Mechanism of Yijinjing		
	<p>Abstract: 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.</p> <p>"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, “jing” is the meridian tendons wrapped outside the meridian; in modern anatomy, “jing” 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.</p>		
	<p>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.</p> <p>Main research directions: Taiji and health promotion; traditional ice and snow sports.</p> <p>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.</p>		

NO	12月3日，星期六，下午 17:30-17:55（北京时间）		
14	杨慧馨教授	哈尔滨体育学院	中国
	题目：易筋经健身机理		
	<p>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，以期揭开古老功法的养生秘诀。</p> <p>从字面意思来看，“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？“抻拉”是它的手段。抻拉什么？抻“筋”。可见，核心问题是“筋”。中西方对“筋”的理解可谓“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”是肌筋膜。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。</p>		
	<p>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，黑龙江省武术协会委员，哈尔滨市健身气功协会副主席。</p> <p>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。</p>		

GUESTS SPEAKERS

报告嘉宾

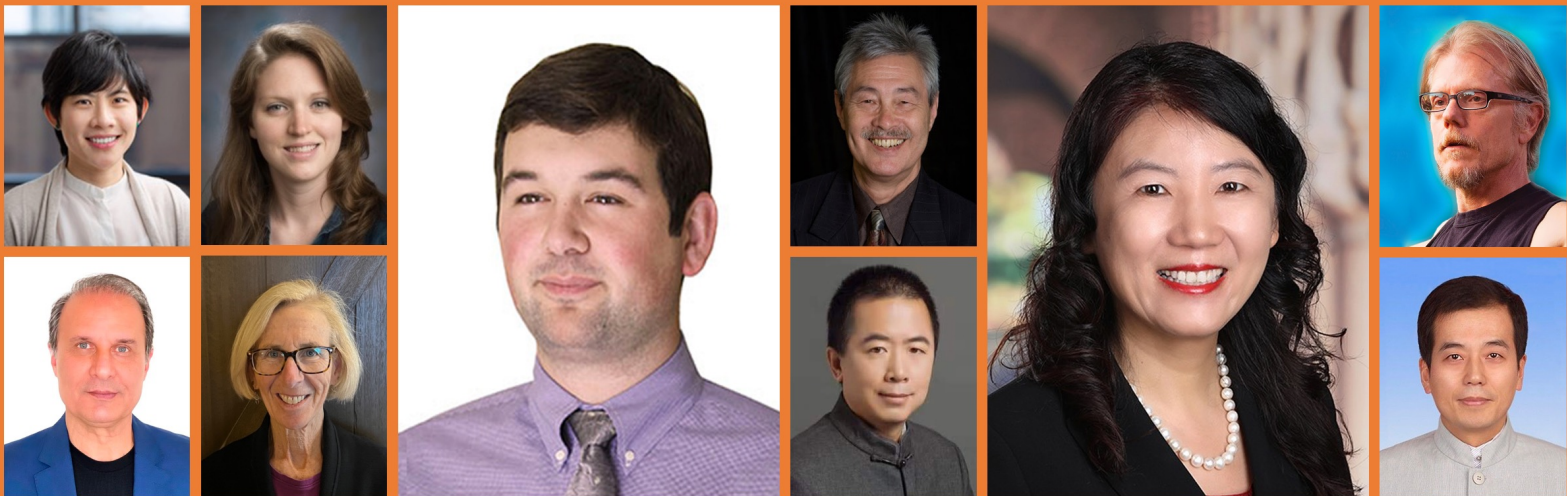


NO	Friday Dec2, 2:00-2:25 (CA, USA PST)		
19	Dr. Drougas Vasileios	Neurophysiology University	Greece
	Topic: Quantum Physics and Tai Chi Chuan.		
	Abstract : The presentation explores the relationship between continuity in movement and thought and its importance for Tai Chi Chuan. The continuity of movement 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.		

NO	12月3日，星期六，下午 18:00-18:25 （北京时间）		
19	德鲁加斯·瓦西里奥斯博	约阿尼纳大学	希腊
	题目：量子物理学和太极拳。		
	摘要： 该演讲探讨了运动与思想的连续性之间的关系及其对太极拳的重要性。太极运动的连续性与量子力学的应用有关，与牛顿力学不同，牛顿力学认为我们周围的事物不是连续的，而是独立的量和片段，如元素和事件。太极的本质与运动机能学中整个运动的连续性的关系以及与心灵的关系与和谐的实现与量子物理学和平衡有关。在这篇演讲中，强调了我们日常行动与太极拳练习的关系，太极拳练习通过保持运动的连续性，帮助人们消除压力、情绪变化，并与环境和周围的人保持和谐和持续的接触.事实证明，在现代人已经改变的许多情况下，认真和专注地练习太极拳可以帮助完整性和恢复连续性。所以太极最终是一种汇集和恢复连续性的练习。这使得它在一个似乎每天都在与宇宙的连续性失去联系的社会中是绝对必要的。		
	简历： 德鲁加斯·瓦西里奥斯博士: 希腊约阿尼纳大学物理学教授和神经生理学博士, 也学习陈式太极拳第十三代传人，宗道太极拳与气功学院院长。		

Second day of the Forum
第二天论坛

GUESTS SPEAKERS
报告嘉宾



Day 2 Forum Moderator
第二天论坛主持人



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

余功保
薛欣
于玲玲
和风
黄郑劲卉



GUESTS SPEAKERS

报告嘉宾



NO	Sat, Dec3, 13:00-13:25(CA, USA)		
20	Dr. Alex Feng	Zhi Dao Guan	USA
	Topic: Health Benefits of Qi Gong and TaiJi from a Medical Perspective		
	<p>Abstract: We say in the practice of Qi Gong or you need three components : Your mind, your body. and your breath. At some point in the practice there’s also “mindless ”, “body less “and “breathless “exercises to achieve a transcendental state of being.</p> <p>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. “ 特异功能。体温, 血液循环，免疫的功能，</p> <p>As we practice, we are mindful of the four aspects of health :</p> <p>1.what you put in your body and how you eliminate (diet and emotions included)</p> <p>2 . Movements - slow and repetitive</p> <p>3. sleep (defined by waking up refreshed)</p> <p>4.good attitude</p>		
	<p>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.</p> <p>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.</p> <p>In 1973, Dr. Feng founded his school of martial arts, Wu Tao Kuan, where he blends styles of Chinese and Japanese martial and healing arts into the Wu Chen Pai System. His school has produced numerous champions in Tai Ji, Judo and competitive sparring on both the state and national levels.</p> <p>Dr. Feng founded Zhi 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.</p>		

NO	星期天 12日4日, 5:00-5:25(北京)		
20	冯尔权博士	至道馆	美国
	题目：气功和太极的健康益处——医学视角		
	<p>摘要： 我们说，在气功或太极的练习中，你需要三个组成部分：你的思想，你的身体。和你的呼吸。在实践中的某个时刻，还有“无意识”、“无身体”和“呼吸困难”的练习，以达到超然的存在状态。练习的主要重点是促进气血在全身、经络和脏腑中的运行。这种做法带来的所有其他好处都是“额外的”“ 特异功能。体温，血液循环，免疫的功能，当我们修行时，我们留意健康的四个方面：</p> <p>1.你在你的身体里放了什么以及你是如何消除的（包括饮食和情绪）</p> <p>2.动作——缓慢且重复</p> <p>3.睡眠（定义为醒来时神清气爽）</p> <p>4.态度好</p>		
	<p>简历：冯博士担任国家针灸和东方医学认证委员会主席，促进全国认证考试。他是奥克兰中国文化与健康科学院 (ACCHS) 的临床教授，以及奥克兰阿拉米达卫生系统高地医院国际综合医学中心 (ICIM) 的综合医学主任。他目前也是伯克利阿尔塔贝茨综合癌症中心综合医学项目的工作人员，在那里他为癌症患者和阿尔塔贝茨峰会医疗中心的 ICIM 提供中医服务并教授气功。旧金山杂志将冯博士评为湾区 10 位最佳针灸师之一，2003 年，东湾快车 (East Bay Express) 将他的太极课程评为湾区最佳。2005年入选国际武术名人堂。2019 年，他被全球家庭武术委员会授予武术终身成就奖。1973 年，冯博士创立了他的武术学校，武道馆，他将中日武术和治疗艺术的风格融合到武镇派体系中。他所在的学校在州级和国家级培养出无数太极、柔道和竞技散打冠军。冯博士于 1976 年创立了道教中心至道馆，并于 2002 年将其永久迁至奥克兰，目的是将治疗和武术的研究和实践与道教的实践和教学相结合。该中心还为柔道/柔术、莎莎舞、康复按摩和太极拳的练习和教学提供空间。</p>		

Master Demonstration
太极名师展演



Mohammad Reza Pourgholami Nejad
Member of Technical Committee of
International Wushu Federation
International Class A Wushu Referee

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	Sat, Dec3, 13:25-13:30 (CA, USA PST)
21	Topic: Video Demonstration his Tai Chi Classes / 视频课程展示
	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.
	简历： 穆罕默德·内贾德是一位拥有 40 多年经验的职业武术家，他于 1999 年至 2007 年担任国际武术联合会执行委员会成员。此外，他还是亚洲武术技术委员会的成员或副主席2009年，现任国际武术联合会技术委员会委员，他也是伊朗国家队的创始人之一。



Borislava Lecheva

鲍里斯拉瓦·莱切瓦
(Bulgaria 保加利亚)



NO	Sat, Dec3, 13:30-13:35(CA, USA PST)
22	Topic: Video Demonstration Wudang Qigong 武当气功 -视频展示
	Borislava Lecheva: The 5th World Taijiquan Health Conference 2014, Hangzhou, China: 24 Taijiquan – silver; 32 Taijijian – silver. She is a wushu teacher at the Confucius Institute at the University of Veliko Tarnovo, Bulgaria.
	简历： 鲍里斯拉瓦·莱切瓦: 2014 年第五届世界太极拳健康大会，中国杭州：24 太极拳 – 银奖； 32 太极剑——银牌，现任保加利亚大特尔诺沃大学担任武术教练。

GUESTS SPEAKERS
报告嘉宾



NO	Sat, Dec3, 13:35-13:55(CA, USA PST)		
23	Shanny Rann	Simon Fraser University	Canada
	Topic: Practicing Sanxing Taiji during COVID-19 Pandemic in Vancouver, Canada		
	<p>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.</p>		
	<p>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.</p>		

NO	星期天, 12日4日, 5:35-5:55(北京)		
23	山尼兰恩	西蒙弗雷泽大学	加拿大
	题目：在加拿大温哥华 COVID-19 大流行期间练习三星太极		
	<p>摘要：2020 年 3 月 16 日，加拿大总理贾斯汀·特鲁多宣布全国封锁以遏制 COVID-19 的传播，关闭包括室内健身空间在内的非必要业务。受限制后，自 90 年代以来一直在温哥华教授太极拳和武术的李荣老师很快适应并首次开始使用 Zoom 教学。到 2020 年 5 月，她在网上聚集了一批从未接触过太极拳的女性。与西蒙弗雷泽大学的社区参与研究计划合作发起了一个项目，以追踪这些女性在大流行期间学习太极拳的历程。结果创作了一部名为“社服”的迷你纪录片，并在 2021 年温哥华探索亚洲节上放映。介绍的第一部分介绍了三星太极，它的特点和历史受到三星堆的启发，包括其创始人李荣大师的简介。第二部分介绍了作为社区参与项目一部分的女性从业者的经历和练习三星太极的调查结果的迷你纪录片的简短摘录。从更广泛的角度来看，这项研究调查了 COVID-19 对加拿大温哥华移民社区内身体健康和文化参与的影响。这得益于作者在丽蓉武术和气功学院长达 6 年的自我民族志研究。虽然大流行从根本上改变了社区参与体育锻炼的方式，但三星太极作为现代中国文化遗产继续以新的和创造性的方式发展，以适应大流行后太极拳练习者的日常生活和健康要求。</p>		
	<p>简历：山尼兰恩是一个舞蹈中心的编辑，也是西蒙弗雷泽大学性别、性和女性研究专业的博士生。她目前的研究重点是从性别角度研究侨民中的太极拳。她拥有约克大学舞蹈研究文学硕士学位，并且是舞蹈知识、实践和遗产 (Choreomundus) 方面的伊拉斯谟世界学者。2015年接触太极拳，现任国际三星太极协会理事，李榕武术、气功学院助教。她继续在她居住的加拿大表演、教学和编舞。</p>		

GUESTS SPEAKERS

报告嘉宾



NO	Sat, Dec3, 13:55-14:20 (CA, USA PST)		
24	Dr. Shelley Kresyman	University of Nevada / School principal	USA
	Topic: Addressing Stress through Taiji and Qigong in K-12 Schools and Universities		
	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.		
	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.		

NO	星期天, 12日4日, 5:55-6:20(北京)		
24	雪莱·克雷西曼博士	内华达大学	美国
	题目：K-12 小学和大学学生通过太极和气功缓解压力		
	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 and 行政人员预备课程的入学人数大大减少。这场教育危机的关键因素之一是教育工作者每天要应对的巨大压力。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做法可能有助于改善学校氛围并减轻参与者的压力。		
	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：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。		

GUESTS SPEAKERS

报告嘉宾



NO	Sat, Dec3, 14:20-14:50(CA, USA PST)		
25	William Douglas	University of Kansas / Founder of World Tai Chi & Qigong Day	USA
	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.		

NO	星期天, 12日4日, 6:20-6:50(北京)		
25	威廉·道格拉斯	堪萨斯大学 / 世界太极拳日创始人	美国
	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万亿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) 是世界太极气功日（每年在全球 80 多个国家庆祝）、全球转型项目的创始人，并且是新的第 2 版《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》，他还著有《太极与气功初级指南》和《太极之道：一门新科学的形成》。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。		

GUESTS SPEAKERS

报告嘉宾



NO	Sat, Dec3, 14:50-15:05(CA, USA)		
26	Bryant Fong	UC Berkeley	USA
	Topic: On Developing Taijiquan for Health and Wellness		
	<p>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 has 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.</p> <p>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 thru out 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.</p>		

NO	星期天, 12日4日, 6:50-7:05(北京)		
26	方国旋教练	柏克莱大学	美国
	题目：论发展太极拳保健养生		
	<p>摘要：太极拳已经被世界公认为能够改变人的身心健康。在中医中，它被广泛认为是运动医学。它是日常养生的重要方式，也是中医干预人们健康的众多工具之一。我的讨论将围绕我寻找教授太极拳促进健康的方法的旅程展开。1989 年，我被加州大学伯克利分校和旧金山社区学院聘用，为校园、员工和社区创建一个使用太极拳的健康计划。我还在城市学院教授太极拳的哲学、历史和健康应用课程。我将重点讨论我们在此过程中发现的一些事情，并介绍我们开发和测试的许多技术和太极功练习中的一些。</p> <p>简历：方国旋老师是加州大学伯克利分校的首席讲师，负责武术和太极拳。他最近从旧金山城市学院退休，在那里他在健康科学系任教了 25 年。方师傅是北京赵大元八卦掌大师弟子，北京冯志强宗师师弟，旧金山精武学院毕业生，傅式八卦掌第五代传人，美国教练员资格证书。中国武术研究所.他受训于北京武术队，并在美国各地表演和教授武术。方思英1991年担任美国国家武术队教练，现任大运会大学生武术队教练兼领队。方国旋老师毕业于加州大学伯克利分校，他的学位是社会科学。</p>		

GUESTS SPEAKERS

报告嘉宾



NO				Sat, Dec3, 15:05-15:55(CA, USA)
27	Dr. Zhang Hai Sheng		Stanford University	USA
	Topic: 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 Liuhe 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.			
	Bio: Dr. Haisheng Zhang received an Acupuncturist License on November 1rd, 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. YangJun, 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 Mclean Hospital researching Medical Qigong & Taiji and Mindfulness Meditation for nearly two years. He had my first postdoctoral training in clinical psychology and Qigong of Chinese Medicine at Guanganmen Hospital of China Academy (2013-2016) for three years .			

NO				星期天, 12日4日, 7:05-7:30(北京)
27	张海生博士		斯坦福大学	美国
	题目：气功和太极的健康益处——医学视角			
	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、旋极等理论，并且围绕双螺旋的概念，介绍太极在临床上的应用，特别是太极六合针法、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。东西医科大学（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两年。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

报告嘉宾及名师展演



第二届国际太极科学论坛
2nd International Taiji Science Forum
www.WTJSE.org

GUESTS SPEAKERS AND MASTERS EXHIBITION

报告嘉宾及名师展演



NO	Sat, Dec3, 16:00-16:25(CA, USA)		
28	Yu Gong Bao	World Taijiquan Net Inc	China
	Topic:		
	Abstract: 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.		

NO	星期天, 12日4日, 8:00-8:25(北京)		
28	余功保	世界太极拳网	中国
	题目：太极的科学属性		
	摘要： 太极拳是中华优秀传统文化，同时也是一项良好的健身养生手段。但千百年来太极拳的作用机理还蒙着一层神秘的面纱，不为世人所了解。有效利用现代科技手段，深入分析和探讨太极研所具备的科学属性，更好的推动太极养生运动的发展。		
	简历： 余功保老师: 世界太极网总编，著名太极文化学者，研究家。中国太极拳词典的主编出版者，举行过上百场的太极文化活动演讲。创办了中国第一个中国高等学校武术协会：北大武协并担任主席。		

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, Dec3, 16:30-17:00(CA, USA) / 星期天, 12日4日, 8:30-9:00(北京)



Prof. Shi Aiqiao



Prof. Liu Tianjun



Prof. Hu Xiaofei



Dr. Li Shudong

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

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

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

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

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 心理督导师, 国心理卫生协会 心理督导师 中国认知行为专业委员会 顾问。

Dr. Li Shudong Secretary-General of the Taiji Science Federation, Broad of Acupuncture of California, Vice Chairman of USAWKF, The founder of Stanford "Medical Taiji" Course.

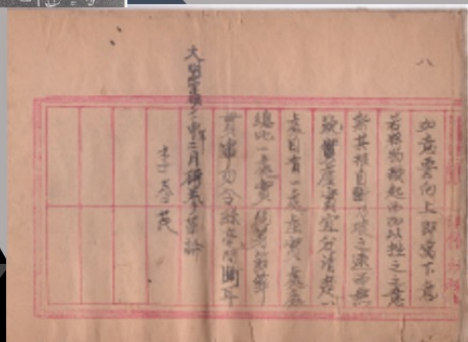
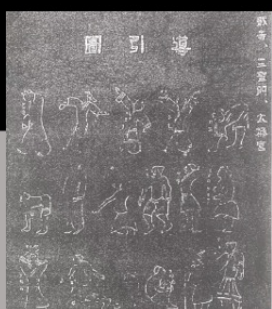
李书东博士: 太极科学联合会秘书长, 太极科学论坛组委会执行主席, 加州政府针灸局委员, 美国武术联合会副主席, 国际及武术裁判, 斯坦福大学医疗养生太极拳课程发起人。

30. 《太极拳考源的重大发现 -河南唐村新史料述评》

30. Significant Discovery of the Origin of Taijiquan -- Review of New Historical Materials from Tangcun Village, Henan Province, China

演講者：李德印 (中國) 和朱殿蓉 (美國)
Speakers: Li Deyin (China) and T. Julian Chu (USA)

Sat, Dec3, 17:00-17:35(CA, USA)
星期天, 12日4日, 9:00-9:35(北京)



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.

摘要：太极拳的起源问题是中国武术界百余年来研究考证的热门话题，历史人物例如张三丰、程灵洗、许宣平、李道子、王宗岳、陈王廷等陆续成为考研的对象。本世纪初，河南博爱县唐村挖掘出一批珍贵史料，为解开太极拳历史之谜提供了有力的佐证。



GUESTS SPEAKERS AND
MASTERS EXHIBITION
报告嘉宾及名师展演



NO		Sat, Dec3, 17:35-18:00(CA, USA)		
31	Dr. Zhang Ming Ke		Inner Mongolia Normal University	China
	Topic: 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 “Yinjinluokong ”, a clever defensive skill to turn opponents’ attacks into failure and “Siliangboqianjin”, 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.				

NO		星期天, 12日4日, 9:35-10:00(北京)		
31	张明科教授		内蒙古师范大学	中国
	题目：探析传统太极拳发展中的三种演变形式与特征			
	摘要：太极拳是中国传统文化的重要组成部分，在中国武术诸多门派中，它以养生、治病、强身、延年等方面的作用，已被广大人民群众所重视，其魅力吸引了整个世界，目前全球习练太极拳人数已超过3亿。许多有识之士迷于太极拳，不仅限于学拳健身，而且从中探索中国传统文化的精髓。本文通过对太极拳发展演进表现出的传统太极拳、竞技太极拳和养生太极拳三种不同形式及其特征的分析，阐释在太极拳的传承和发展中不能遗失传统太极拳的根基，即“太极”和“拳”两个核心要素。			
	太极拳的修炼过程不仅仅是强身健体，更是理想人格与更高精神境界的修炼过程，有较高的标准要求。一是要明了太极之理。“太极”是中国传统文化的核心要素，是哲学理念、指导思想和思维方式，用以指导练拳。练习者可以通过实践加深对传统文化的认知和理解。二是要练太极之技，拳。“拳”是攻防技术，包含体、用两个部分，且体、用相互关联。练拳，习练套路掌握攻防格斗技术，提高身体灵活性、协调性等素质，实现松、柔、圆、活的练拳基础，是知己的功夫。太极拳推手以练“用”为主，以棚、捋、挤、按、採、捌、肘、靠八法，做到沾、连、粘、随，不丢不顶，准确判断对方劲的方向、大小，达到“引进落空”“四两拨千斤”的效果；体现了太极拳技法的精巧和神奇，寻求致用的途径。这是太极拳的精华所在，需要传承和发展。因此，我们在推广太极拳时突出技击含义的基础上，发扬太极拳传统套路的艺术性，使其技击性、健身性和艺术性三者全面发展。			
	简历：张明科：教授，中国武术八段。原任内蒙古师范大学体育学院副院长，公共体育教研部主任，现任内蒙古陈氏太极拳研究会秘书长，内蒙古武术运动协会名誉主席，从事民族传统体育陈氏太极拳研究。			

GUESTS SPEAKERS AND MASTERS EXHIBITION

报告嘉宾及名师展演



NO	Sat, Dec3, 18:00-18:25(CA, USA)		
32	Dr. Ma Wen Guo	Xi'an Sport University	China
	Topic: The Classification and Inheritance of Chinese Martial Arts in the Ming Dynasty and Its Influence on the Formation of Southeast Asian Martial Arts		
	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.		

NO	星期天, 12日4日, 10:00-10:25(北京)		
32	马文国教授	西安体育学院	中国
	题目： 中国明代武艺的分类与传承以及对东南亚武技形成的影响		
	摘要： 明代是中国武术史上的集大成时期，也是中国武术的巅峰时期，产生了许多影响后世武术的宗师和大师。他们文武兼备，效力疆场，又精研武术，著书立说，包括拳法和兵器类，尤其是常规兵器诸如刀、枪、棍、剑等，并形成了以地域和个人命名的流派，从而开辟了中国武术立足于流派拳种技术传承的先河。随着战争和中外文化的交流，明代的武术又兼收并蓄，走出国门，影响和传播到东南亚各国，对于诸如柔道、空手道和跆拳道以及剑道、踢打术和泰拳的形成与发展产生了深远的影响。		
	简历： 马文国，陕西乾县人，教授，武学博士，原西安体育学院武术系主任，中国武术协会常委、国家武术研究院青年学者委员会委员、陕西省武术协会副主席、陕西红拳文化研究会一名誉会长。先后师从胡志俊、高西安、张克俭、王静、邱丕相、马贤达、张群炎等多位名家和大师，擅长通备武学之翻拳、劈挂、八极、戳脚及长短棍法、单双手刀剑、陆合枪法，对古典武艺之演练、技击以及和剑道、泰拳、拳击、菲律宾魔杖等域外武技之比较有一定研究。多次参加国内外武术赛事和学术会议，发表论文50余篇。多次受邀出访美国、日本、新加坡、比利时、土耳其等国家讲学和传授通备武学。		

GUESTS SPEAKERS AND MASTERS EXHIBITION

报告嘉宾及名师展演



Si Hongyu
司红玉

Ma Kaiting
马凯婷

Zhang Yihu
张逸虎

NO	Sat, Dec3, 18:30-18:55(CA, USA)		
33	Dr. SI Hongyu,	Zheng Zhou University	China
	Topic: The Function of ‘Fostering Morality’ in Chinese Traditional Health-Preserving Sports		
	Abstract: Morality education is the fundamental education task n China. Morality education is mainly reflected by the guidance and teaching of the curriculum ideology and politics, while the cultivation of people is mainly reflected by the education with teaching of the ideological and political perspective. The essence of ‘Fostering Morality’ in Chinese traditional health-preserving sports is the dialectical unity of the curriculum thinking and political science courses. There is a rich historical basis for the ‘Fostering Morality’ in Chinese traditional health-preserving sports. In the author’s opinion, it is the requirements, precautions, and efficacy experience for practitioners to follow the rules and ways of healthy life in their normal life and work. These are the requirements, precautions, and experience of the efficacy of “replacing all thoughts with one thought” during gong practice. As a result, the learner-practitioner will have the moral connotation when practicing even when not practicing, which is also a good mode of “moral connotation and practice combination”. If learners want to have a healthy body and mind, they should not only show the "merits and virtues" of "being humble and honest, keeping the heart and rest together" in learning and practicing traditional sports health, but also keep the "merits and virtues" well in daily life and work. They can specifically improve their self-cultivation through "less thinking and less desire, careful words and deeds".		
	Bio: Si Hongyu Professor, Doctor, Zhengzhou University, Vice-President of Physical Education Institute (Main Campus), Zhengzhou University / M.A. Supervisor/ Young core teachers in Henan Province/ Academic and Technical Leaders of Henan Provincial Education Department ; Ma Kaiting: Postgraduate students of Physical Education Institute (Main Campus), Zhengzhou University, Research Direction : Physical Education; ; Zhang Yihu: Postgraduate students of Physical Education Institute (Main Campus), Zhengzhou University, Research Direction : Exercise Training.		

NO	星期天, 12日4日, 10:30-10:55(北京)		
33	司红玉教授	郑州大学	中国
	题目：谈“涵养道德” 在中国传统体育养生中的作用		
	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”，其本质具有课程思政、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,笔者认为，它是对学练者按照健康生活规律、方式进行平时生活、工作中以及练功时的“以一念代万念”的必备要求、注意事项和功效体验。由此，学练者就有练功时的涵养道德和非练功时的涵养道德，这也是一种很好的“道德养练结合”模式。学练者要想拥有健康的身心，不仅在学练传统体育养生中表现出“虚心实腹、心息相依”的“功德”，而且也要在日常生活、工作中，把获得的“功德”保持好，可以具体通过“少思寡欲、言行谨慎”来提升自我修养，控制、调整情志，防止情绪发生剧烈波动，阻止不良情绪的发生，进而达到“长年、长心、长德”之目的。		
	简历：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， 研究方向：体育教学； 张逸虎：郑州大学体育学院（校本部）研究生， 研究方向：运动训练。		

GUESTS SPEAKERS AND MASTERS EXHIBITION

报告嘉宾及名师展演



NO	Sat, Dec3, 19:00-19:20(CA, USA)		
34	Dr. Sun Xuemeng	President of Heilongjiang Traditional Wushu Research Association	China
	Topic: Talking about the oldest taijiquan - Kunlun Taijiquan and its recreational functions		
	<p>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 sons, 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".</p> <p>Kunlun School has a complete technical and theoretical system of martial arts, with hundreds of unique techniques and instruments, not only with different styles, footwork, 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.</p>		
	<p>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).</p>		

NO	星期天, 12日4日, 11:00-11:20(北京)		
34	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		
	<p>摘要： 昆仑派是中国最古老的武学宗派，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”。</p> <p>昆仑派武功技术理论体系完备，独特功法与器械达百种，不止拳型、步法、技法奇异，而且理论与众不同，其武学理论核心是以中华古教道家道心为本，辅以儒家的德行和佛家的佛性，兼容吸纳诸多传统文化与诸派武学中之养生精华，由诞生起即以养生为主旨，具有养生、养性、养颜、防身、健体、技击、治病、疗伤、增智、益寿十大功能。</p>		
	<p>简历： 孙学孟，中国昆仑派掌派，无极门52代掌门、哈尔滨市非物质文化遗产《昆仑派武功》与黑龙江省非物质文化遗产《昆仑派无极门武功》代表传承人、哈市非物质文化遗产评审专家、哈师大数学系教授、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榜武术学者，省文史研究馆馆员，省传统武学研究会会长，省传统文化协会专家顾问委员会主席，国家社会科学基金重大项目《中国体育非遗系列丛书》黑龙江分卷副主编、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）非遗武学教材丛书《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）。</p>		

GUESTS SPEAKERS AND MASTERS EXHIBITION

报告嘉宾及名师展演



NO	Sat, Dec3, 19:20-19:55(CA, USA)		
35	David Yang	The college of Ganen Taichi	China
	Topic : Analysis and thinking on the scientific research of Taijiquan in China		
	Abstract: Taichiquan 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 Taichi instructors. In 2015, he founded Ganen Tai Chi school to conduct systematic teaching and research of Tai Chi in Yunnan China.		

NO	星期天, 12日4日, 11:20-11:55(北京)		
35	杨大卫	感恩太极大学堂	中国
	题目：中国太极拳科学研究滞后的原因及对策分析		
	摘要： 太极拳已经在世界科学范围内得到了一定的重视，并且研究领域呈现多元化、立体化发展趋势。本文基于国内外太极拳科学研究领域的对比分析，提出影响国内太极拳科学研究发展的体制因素、内部因素和外部因素，从而探讨了中国在太极拳与身心健康的机理机制上建立基于生命科学和身体经验研究范式的可能性，强调太极拳在健康促进的整体医疗中，应注重在预防、保健、诊断、治疗、康复的整个过程中的干预作用。最后，作者认为对太极拳地方性知识中的基本概念进行学术化和规范化，是中国可以为世界太极拳科学研究提供可供借鉴和参考的学术工具及丰富土壤。		
	简历： 杨大卫，1983年生，杨式和陈式太极拳传承人，毕业于北京大学文化人类学专业硕士，出版著作《感恩太极》、《身体实践与文化秩序—对太极拳作为文化现象的人类学描述》。世界传统武术锦标赛冠军、全国武术大会杨氏太极拳冠军。西藏自治区武术协会创始人和西藏太极拳主要传播者，2015年在中国云南创办感恩太极大学堂从事太极拳系统教学和研究。		

Taiji Masters Demonstration

太极名师展演



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

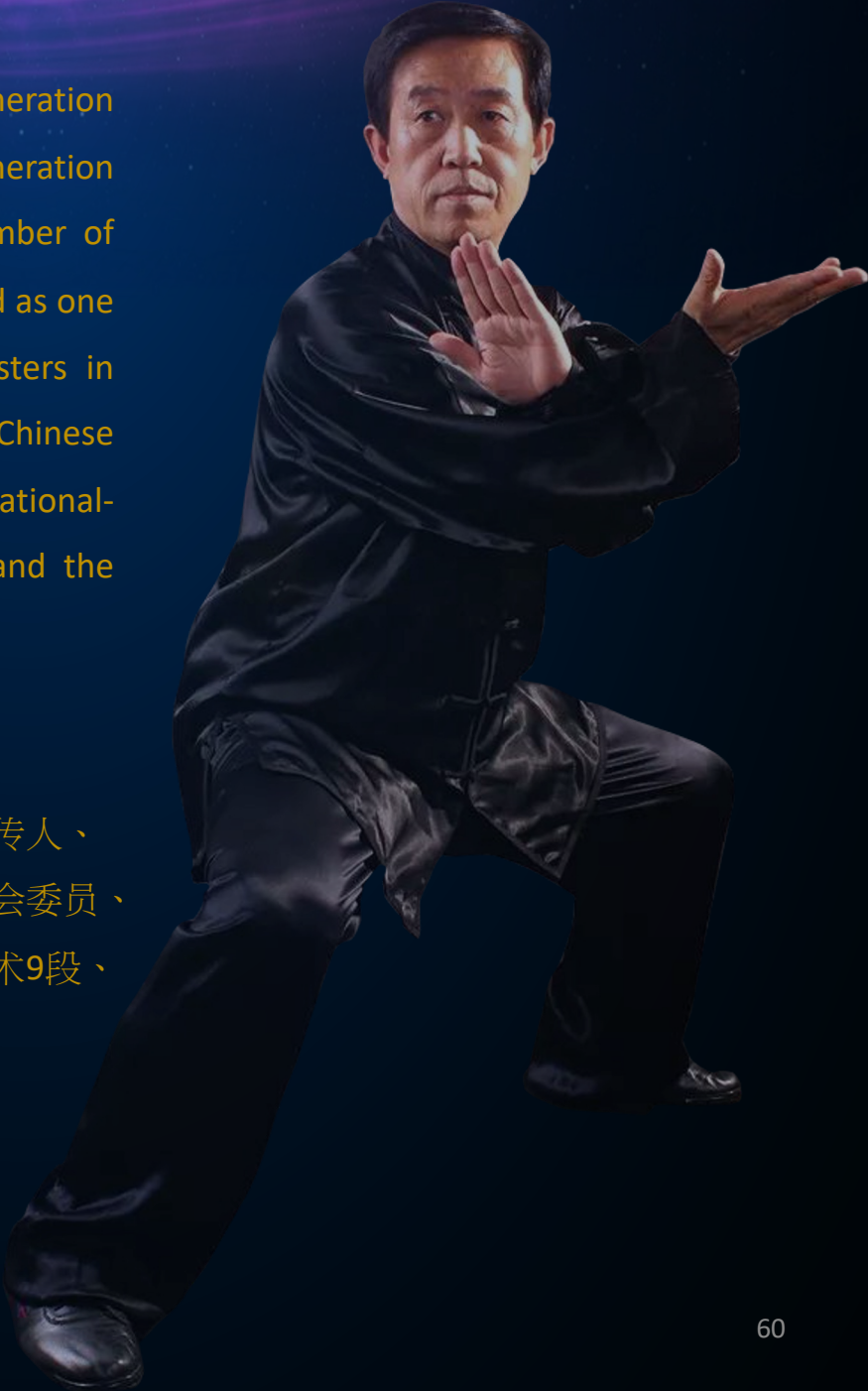
陈正雷大师
陈氏太极拳第十一代嫡宗传人
国家级太极非遗传承人

Sat, Dec3, 20:00-20:25(CA, USA)
星期天12日4日, 12:00-12:25(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。



Taiji Masters Demonstration

太极名师展演



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, Dec3, 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”，组织举办了众多国内、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太极拳十大家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遗产传承人。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。



Taiji Masters Demonstration

太极名师展演



Cui Zhongsan
Grandmaster of Yang Style Taijiquan

崔仲三大师
杨式太极拳传人
太极非遗传承人

Sat, Dec3, 20:40-21:05(CA, USA)
星期天 12日4日, 12:40-13:05(北京)

Presentation 38.

Grandmaster Cui Zhongsan, the Contemporary Grandmaster of Yang-style Taiji. 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.

崔仲三大师：当代杨式太极名家。出生太极世家，幼承家学。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，系统继承了传统杨式太极拳纯正风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力。



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, Dec3, 21:05-21:25(CA, USA)
星期天 12日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年代始习练长拳，简化太极拳。1984年正式拜孙氏拳第二代掌门人孙剑云为师，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。



Taiji Masters Demonstration

太极名师展演



Zhang Maoqing
Grandmaster of Sun-Style Taijiquan

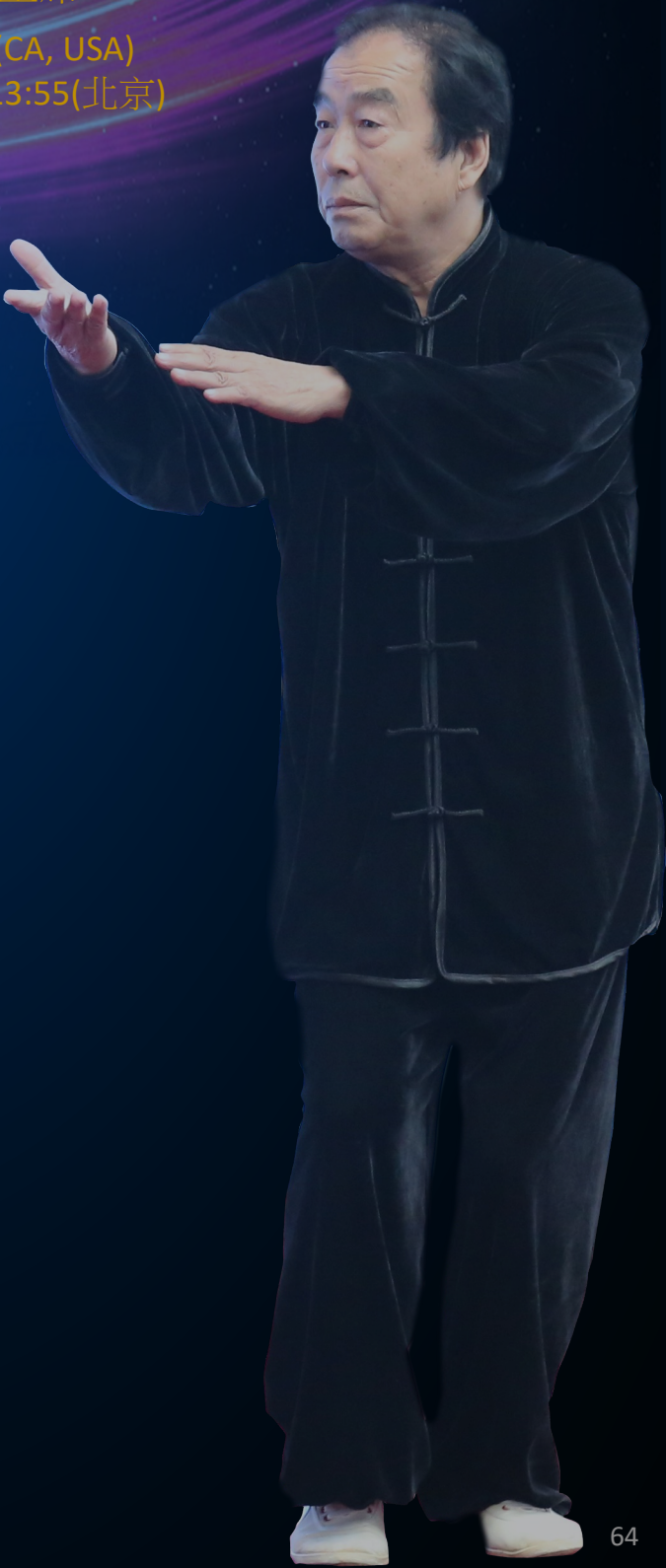
张茂清大师
孙式太极拳名家
天津市武术协会副主席

Sat, Dec3, 21:25-21:55(CA, USA)
星期天 12日4日, 13:25-13:55(北京)

Presentation 40.

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。天津宁河县人。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，积极开展了众多传统武术活动，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。



Taiji Masters Demonstration

太极名师展演



Zhang Quanliang
Grandmaster of Wu Style Taijiquan

张全亮大师
吴式太极拳名家
国家级太极非遗传承人

Sat, Dec3, 22:00-22:25(CA, USA)
星期天 12日4日, 14:00-14:25(北京)

Presentation 41.

Master Zhang Quanliang: Wu-style taijiquan grandmaster, Baguazhang master. President of Beijing Daxing Mingsheng Liang Martial Arts Research Association. The person in charge and inheritor of the Wu-style Taijiquan protection unit, a representative item of national intangible cultural heritage. He has served as an expert judge and chief judge of the Chinese traditional martial arts competition of CCTV "Wulin Conference", an expert judge of Shenzhen Satellite TV's "China Kung Fu Star" global TV competition, a specially invited researcher of the Wushu School of Beijing Sport University, a Beijing Taiji expert, and a winner of the honorary medal of "10,000 Filial Piety Star" awarded by the Beijing Municipal Government. He has been rated as a national advanced sports individual for many consecutive years and has been selected as the "Most Influential Person in Taijiquan" by the World Taiji Culture Festival and many other authoritative media.

张全亮大师： 吴式太极拳名家、八卦掌名家。北京大兴鸣生亮武学研究会会长。国家级非物质文化遗产代表性项目吴式太极拳保护单位负责人、传承人。曾担任中央电视台“武林大会”中国传统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邀研究员，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”

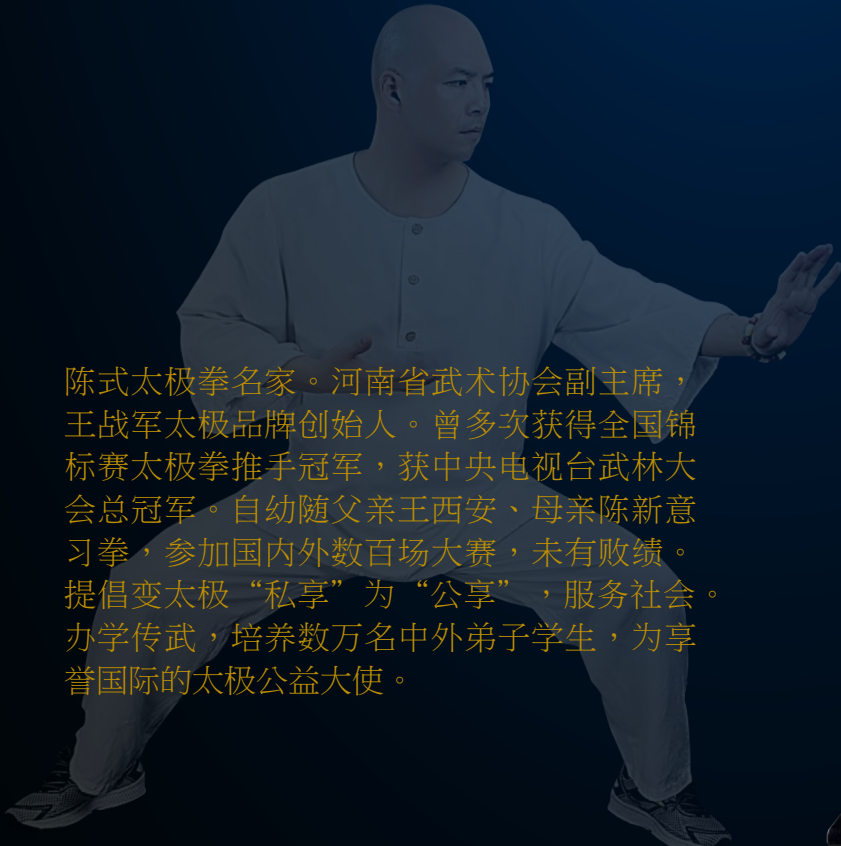
Sat, Dec3, 22:25-22:55 (CA, USA)
星期天 12日4日, 14:25-14:55(北京)

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 visiting professor of Jiaozuo Teachers College, 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。



Taiji Masters Demonstration

太极名师展演



Chen Bin
Master of Chen Style Taijiquan
20th generation of the Chen family

陈斌老师
陈氏太极拳第十二代嫡宗传人

Sat, Dec3, 22:55-23:20(CA, USA)
星期天 12月4日, 14:55-15:20(北京)

Presentation 43.

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邀研究员、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。

Taiji Masters Demonstration

太极名师展演



Zhao Liang
Inheritor of Yang-Style Taijiquan

赵亮老师
杨式太极拳传人

Sat, Dec3, 23:20-23:45(CA, USA)
星期天 12日4日, 15:20-15:45(北京)

Presentation 44.

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.



赵亮老师，六岁随祖父赵斌、父亲赵幼斌习拳，系统、全面的继承了杨氏太极拳，多次获得国内、国际太极拳大赛金牌。12岁起随祖父、父亲授拳，足迹几乎遍及所有国内省份，曾在十多个国家传拳授业。被《中华武术》、《武当》杂志社聘请为名家讲师。被世界太极拳网聘为其网络教学平台的名家导师。由于为太极文化做出的贡献，入选《永年太极拳志》、《中国太极拳大百科》等多部典籍。荣获“中华太极传承突出贡献奖”、“世界太极拳中青年领袖”、“国际武术传承金鼎奖”、“太极拳十大热点人物”等荣誉和称号。陕西省永年杨式太极拳推广中心副主任；西安永年杨氏太极拳学执行会长；美国太极拳学会荣誉顾问及几十个海内外太极拳组织的总教练、荣誉会长、顾问等职。

Taiji Masters Demonstration

太极名师展演



Zhai Shizong
Master of Wu Style Taijiquan

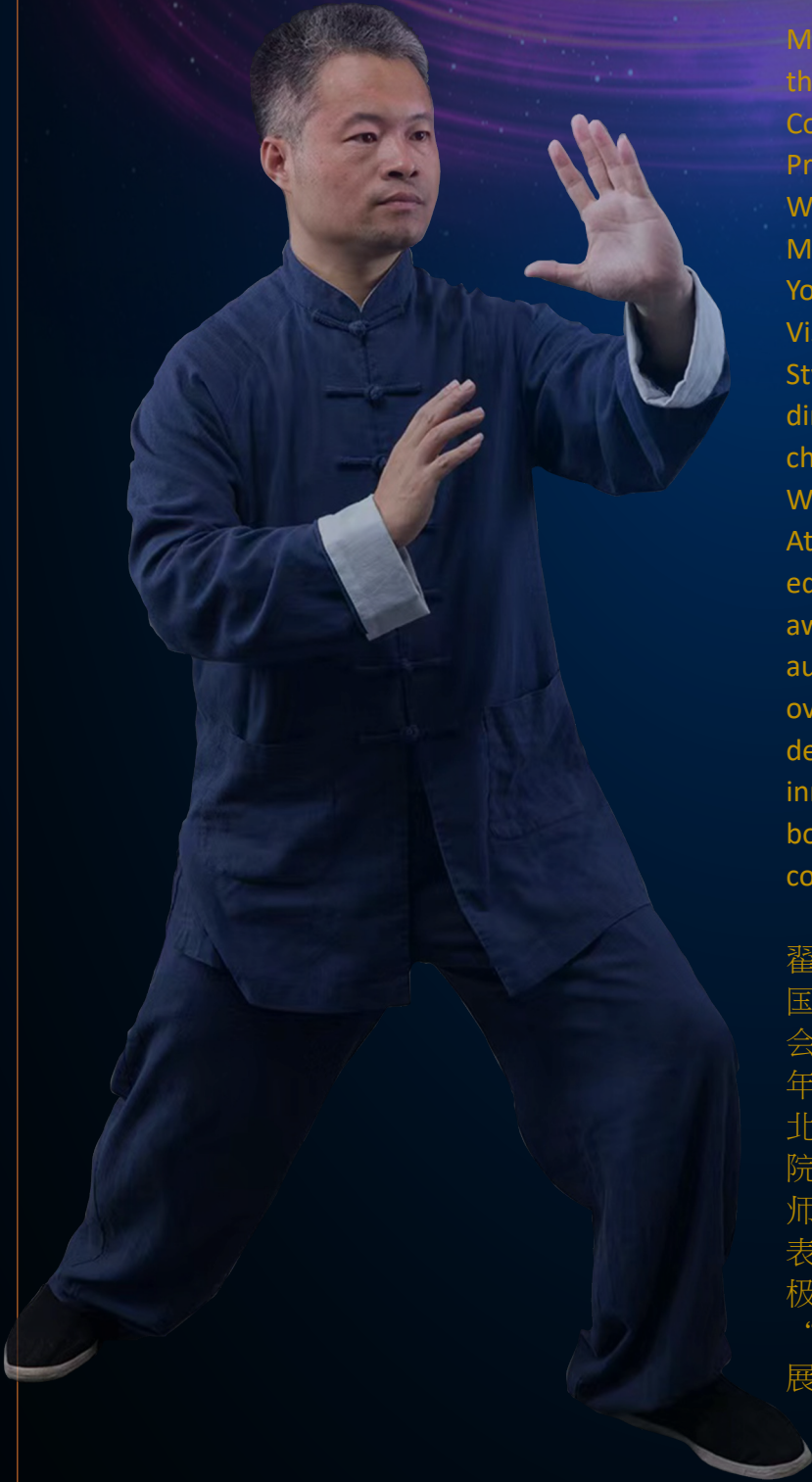
翟世宗老师
武式太极拳嫡亲传人
河北省武术协会副秘书长

Sat, Dec4, 23:45-0:15(CA, USA)
星期天 12日4日, 15:45-16:15(北京)

Presentation 45.

Master Zhai Shizong is Wu-style Taijiquan's direct heir and the intangible heritage's inheritor. Deputy Director of Taiji Committee of China Intangible Cultural Heritage Protection Association, Deputy Secretary General of Hebei Wushu Association, Executive President of Handan Tai Chi Movement Promotion Association, Vice President of Yongnian Guangfu Wu Style Taiji Research Association, Visiting Professor of Shanghai University, Lecturer of Wu Style Taijiquan at Beijing Institute of Technology, executive director of Yongnian Yuxiang Taiji Research Institute. Since childhood, he studied Taijiquan with his father, Zhai Weichuan, and was carefully trained by his master Yao Jizu. At the age of ten, he began participating in Taijiquan and equipment performance competitions, winning many awards. He has assisted his father in producing and co-authoring several Taiji books. He is Invited to teach all over the country and around the world, advocating the development concept of "inheriting tradition, developing innovation, standardizing and practical, and cultivating both civil and martial arts," he is one of the core figures of contemporary young and middle-aged Master of Taijiquan.

翟世宗老师是武式太极拳嫡亲传人，非遗传承人。中国非遗保护协会太极拳专委会副主任，河北省武术协会副秘书长，邯郸市太极拳运动促进会执行会长，永年广府武式太极拳研究会副会长，上海大学客座教授，北京理工大学武氏太极拳主讲人，永年禹襄太极研究院执行院长。自幼随父亲翟维传研修太极拳，并得到师爷姚继祖精心培养。十岁起开始参加太极拳、器械表演比赛活动，并多次获奖。协助父亲出品并合著太极拳图书多部。应邀到全国及世界各地教学，倡导“继承传统、发展创新、规范实用、文武同修”的发展理念，为当代中青年武式太极拳的核心人物之一。



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, Dec4, 0:15-0:25(CA, USA)
星期天 12日4日, 16:15-16:25(北京)

Presentation 46.

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 .

刘永强老师，陕西富平人，大学毕业于西北大学历史系，硕士毕业于西安交通大学人文学院，副教授。自幼习武，师承职汝垒（陈金鳌弟子）习练陈氏太极拳小架，业余兼任陕西省武协副秘书长，西安市武协副主席，西安太极拳总会副会长兼秘书长，西安陈氏太极拳传承人联合会会长，西安建筑科技大学武协会长，西安陈金鳌太极拳学会会长，中国武术七段，国家级社会体育指导员，陈氏太极拳第十一代传人，获中华太极拳传承突出贡献奖、中华太极拳领军人物等荣誉称号，多次获国际、国内太极拳大赛第一名，组织陕西太极文化节等品牌活动，长年在青年学生中普及推广太极拳。



Taiji Masters Demonstration

太极名师展演



Yan Sujie
President of Wang Xian Taiji Research Institute

阎素杰
王西安拳法研究会会长

Sat, Dec4, 0:25-0:45(CA, USA)
星期天 12日4日, 16:25-16:45(北京)

Presentation 47.

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
王西安拳法研究会会长
阿里巴巴太极禅苑顾问
陈式太极拳非物资文化遗产传承人.

她2001年开始出国传拳，足迹遍至美国、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

Sat, Dec4, 0:50-1:20(CA, USA)
星期六 12月3日, 16:50-17:20(北京)

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."

黄雪晴老师
著名世界太极拳冠军。是国家武英级运动员、国家一级裁判员。获得过青奥会女子太极拳太极剑全能冠军、世界武术套路青少年锦标赛冠军、全国武术套路锦标赛（太极拳）女子个人全能冠军、武式太极拳冠军、杨式太极拳冠军；全国武术套路冠军赛（传统）冠军、全国大学生武术套路锦标赛冠军。曾参加2015年春节联欢晚会（江山如画）演出，以及2017年“一带一路”国际高峰论坛在故宫为28国领导夫人表演节目古琴配太极《山居吟》。



CLOSING CEREMONY

闭幕式



Dean Gao Wa
高娃院长



Prof. YuLingling
于玲玲教授

Presentation 49.

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演将会通过世界科学联合会 Youtube,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



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美国最大国际武术赛事



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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 and 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



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World Taiji Science Federation

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JTS

Original research

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.

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

Paper Submission 投稿邮箱: Forum@wtjsf.org



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