



▶ **2023** **INTERNATIONAL TAIJI SCIENCE FORUM & World Taiji Masters Exhibition**  
**第三届中国国际太极科学论坛暨世界太极非遗传承人展演**  
**GENERATION Z FUTURE LEADERSHIP TALENT EXCHANGE / Z世代国际青年领袖太极文化交流展演**



### 论坛日期

#### Forum Date

北京时间: 12月16日-17日, 星期六和星期天  
Beijing Time: December 16th-17th  
Saturday and Sunday

### 论坛地点

河南理工大学音乐厅 和网络  
The venue for the forum is the Music Hall  
of Henan Polytechnic University.

### 开幕式

北京时间: 星期六 8点至9点  
Opening Ceremony  
Beijing Time: Saturday, 8:00 AM to 9:00 AM

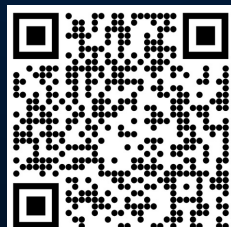
### 联系我们

#### Contact us

[Forum@wtjsf.org](mailto:Forum@wtjsf.org)  
[www.wtjsf.org](http://www.wtjsf.org)  
<https://tyxy.hpu.edu.cn/>



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Meeting Room

# 大会组织架构

## Organizational Structure of the Conference



### 指导单位

Supervising Authority

河南省文化和旅游厅

Henan Provincial Department of Culture and Tourism

河南省教育厅

Henan Provincial Department of Education



### 联合主办

Co-Host



河南理工大学  
Henan Polytechnic University



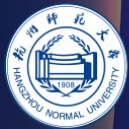
世界太极科学联合会  
World Taiji Science Federation



### 协办单位

Co-organizers

杭州师范大学, 内蒙古师范大学, 世界太极拳网  
Hangzhou Normal University, Inner Mongolia Normal University,  
World Taijiquan Network Inc.



杭州师范大学  
HANGZHOU NORMAL UNIVERSITY



内蒙古师范大学  
Inner Mongolia, Normal University



World Taijiquan  
Website



美国功夫直销网  
KungFuDirect.com



# 组委会主要成员

ORGANIZING COMMITTEE



杨小林  
Yang Xiaolin

论坛共同主席  
Forum Co- Presidents  
河南理工大学校长  
President of Henan Polytechnic University



李书东  
Li Shu Dong

论坛共同主席  
Forum Co- Presidents  
世界太极科学联合会  
World Taiji Science Federation

## 论坛主持人 Forum Host

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翟耀南

Zhai Yaonan

河南理工大学副校长

Vice President of Henan Polytechnic University



## 论坛组委会主任

Director of Organization committee

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张纳新

Zhang Naxin

河南理工大学体育学院书记  
Party secretary of  
Henan Polytechnic University  
College of physical education



刘红波

Liu Hongbo

河南理工大学体育学院院长  
Dean of  
Henan Polytechnic University  
College of physical education



## 协办单位负责人 Co-organizer leaders



**周武 Zhou Wu**  
杭州师范大学体育学院院长  
Dean of the Physical Education of  
Hangzhou Normal University



**韩武 Han Wu**  
内蒙古师范大学体育学院书记  
Party secretary of Physical Education of  
Inner Mongolia Normal University

## 论坛组委会副主任 Deputy Director of Organization committee



**薛欣 Xue Xin**  
世界太极科学联合会副秘书长  
Deputy secretary general of  
World Taiji Science Federation  
Professor of Hangzhou normal university



**王柏利 Wang BaiLi**  
河南理工大学体育学院副院长  
Deputy Dean of  
Henan Polytechnic University  
College of physical education



**于玲玲 Yu Lingling**  
世界太极科学联合会副秘书长  
Deputy secretary general of  
World Taiji Science Federation  
Inner Mongolia normal university

## 报告主持人 Presentation MC



**周慧君 Hui Jun Ring**  
斯坦福大学教授  
Professor of  
Stanford university



**余功保 Yu Gong Bao**  
世界太极拳网创始人  
President and President of  
World Taijiquan Network Inc.



# 致词贵宾

List of VIPs' Congratulatory Messages at the Opening Ceremony



本次活动受到了来自世界各个领域的知名人士和代表的广泛关注，许多重要嘉宾纷纷寄来贺信、发表视频祝贺，或亲自出席。我们鼓励世界太极科学联合会继续推动健康养生研究和教育推广活动，以更好地服务社区居民的身心健康。

This event has garnered significant positive attention from celebrities and representatives in various fields worldwide. Many distinguished guests have sent letters or video congratulations or have attended in person. The event's primary goal is to encourage the World Taiji Science Federation to further its research on health and wellness, as well as its promotion of exercise and education activities to better serve the community's physical and mental health



第三届国际太极科学论坛  
3rd International Taiji Science Forum  
[www.WTJSE.org](http://www.WTJSE.org)



# 致词贵宾

List of VIPs' Congratulatory Messages at the Opening Ceremony



**杨小林 Yang Xiaolin**  
河南理工大学校长  
President of Henan Polytechnic University



**李玲蔚 Li Lingwei**  
国际奥委会委员  
Members of International  
Olympic committee



**赵美心 Judy Chu**  
美国国会议员  
US Congresswoman



**张建敏 Zhang Jianmin**  
中国驻旧金山总领事  
Consul General of  
China in San Francisco.



**约翰·哈拉贝迪安  
John Harabedian**  
加州针灸局局长  
President of the California  
Broad of Acupuncture



# 致词贵宾

List of VIPs' Congratulatory Messages at the Opening Ceremony



**Matt Mahan**  
圣荷西市市长  
Mayor of San Jose



**Lisa Gilmore**  
圣塔克拉拉市市长  
Mayor of Santa Clara



**Zoran Barac**  
克罗地亚武术联合会主席  
President of the Croatian  
Wushu Federation



**朱为模 Zhu Weimo**  
美国人体运动学和体育科学院院士  
Academician of the American Academy of  
Human Kinematics and Sports Sciences



**李晖 Feye Yip**  
国际健身气功联合会副主席  
Vice President of the International  
Health Qigong Federation



**薛初龙 Xue Chulong**  
美国中医公会主席  
President of American Association of Chinese  
Medicine and Acupuncture (AACMA)

参加开幕式的还有省市相关部门代表

Also attending the opening ceremony are representatives from provincial and municipal departments.



# GUESTS SPEAKERS

## 报告嘉宾







## 24 Hours Timetable (WTSEF)

24小时时区对应表(世太联)

Beijing 北京	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7
New York 纽约	19	20	21	22	23	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
San Jose 圣荷西	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
London 伦敦	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
Paris 巴黎	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0
Brasilia 巴西利亚	21	22	23	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Sydney 悉尼	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	8	9	10

时间 Time	内容 Content	地点 Place
北京时间 12月15日 New York Time Dec 14-15	国内专家报到 Domestic Experts Check-In	焦作市迎宾馆 Jiaozuo City Yingbin Hotel
北京时间 12月16日, 8:00am-8:50am New York Time Dec15, 7:00pm-7:50pm	开幕仪式 Opening Ceremony	
北京时间 12月16日, 9:00am-11:55am New York Time Dec15, 8:00pm-10:55pm	主题报告 Keynote Address 报告 Presentation #B1- #B7	河南理工大学音乐厅 Concert Hall Henan Polytechnic University
北京时间 12月16日, 11:55am-12:15pm New York Time Dec15, 10:55pm-11:15pm	“时尚与健康”Z世代太极拳短视频颁奖仪式 The Fashion and Health” — Z Generation Taijiquan Short Video Awards Ceremony	
北京时间 12月16日 12:15pm-2:00pm	午餐 Lunch	焦作市迎宾馆 Jiaozuo City Yingbin Hotel
北京时间 12月16日, 2:30pm-5:25pm New York Time Dec16, 1:30am-4:25am	主题报告 Keynote Address 报告 Presentation #B8- #B14	河南理工大学音乐厅 Concert Hall Henan Polytechnic University
北京时间 12月16日, 6pm	晚餐 Dinner	
北京时间 12月17日, 7:00am- 7:50am New York Time Dec16, 6:00pm-6:50pm	早餐 Breakfast	焦作市迎宾馆 Jiaozuo City Yingbin Hotel
北京时间 12月17日, 8:00am-11:15am New York Time Dec16, 7:00pm-10:15pm	主题报告 Keynote Address 报告 Presentation #B15- #B22	河南理工大学音乐厅 Concert Hall Henan Polytechnic University
北京时间 12月17日, 11:15am-11:45am New York Time Dec16, 10:15pm-10:45pm	Z世代国际青年太极文化交流展演 "The Fashion and Health” — Z Generation Taijiquan Short Video Awards Ceremony	河南理工大学音乐厅 Henan Polytechnic University
北京时间 12月17日, 12:00pm-1:50pm	午餐 Lunch	焦作市迎宾馆 Jiaozuo City Yingbin Hotel
北京时间 12月17日, 2:00pm New York Time Dec17, 1:00am	赴陈家沟参加国内外太极拳名家展演 Travel to Chenjiagou to Participate in Tai Chi Masters' Exhibition from Home and Abroad	陈家沟 Chen Jiagou
北京时间 12月17日, 5:40pm New York Time Dec17, 4:40am	返回焦作市迎宾馆 Return to Jiaozuo City Yingbin Hotel	焦作市迎宾馆 Jiaozuo City Yingbin Hotel
北京时间 12月17日, 6:00pm	晚餐 Dinner	
北京时间 12月18日, 7:00am-7:50am	早餐 Breakfast	
北京时间 12月18日, 9:00am	离会 Leave the meeting	





**第三届太极科学论坛暨世界非遗传承人展演**  
**3rd TAIJI SCIENCE FORUM & WORLD INTANGIBLE CULTURAL HERITAGE TAIJI**  
**MASTERS EXHIBITION**  
**时间表 Schedule**

**开幕式 Opening Ceremony**

**北京时间12月16日 8am-9:50am, New York Time 12/15 7pm-7:55pm**

<b>开幕式主持人</b> Opening Host	<b>翟耀南 河南理工大学副校长</b> Zhai Yaonan Vice President of Henan Polytechnic University .
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No	时间 Time	嘉宾致辞 Guest of Honor Message		
A1	北京时间12月16日 8:00am-8:50am  New York Time Dec15 7:00pm-7:50pm	杨小林 Yang Xiaolin	河南理工大学校长 President of Henan Polytechnic University	in-person 线下
A2		李玲蔚 Li Lingwei	国际奥委会委员, 国际奥协执委, 中国奥委会副主席 Members of International Olympic Committee, Vice Chairman of the Chinese Olympic Committee	online 线上
A3		赵美心 Judy Chu	美国国会议员 US Congresswoman	online 线上
A4		张建敏 Zhang Jianmin	中华人民共和国驻旧金山总领事 Members of International Olympic committee	online 线上
A5		John Harabedian	加州针灸局局长 President of the California Broad of Acupuncture	online 线上
A6		Matt Mahan	圣荷西市市长 Mayor of San Jose	online 线上
A7		Lisa Gilmore	圣塔克拉拉市市长 Mayor of Santa Clara	online 线上
A8		Zoran Barac	克罗地亚武术联合会主席 President of the Croatian Wushu Federation	online 线上
A9		朱为模 Zhu Weimo	美国人体运动学和体育科学院 (AAKPE) 院士 Academician of the American Academy of Human Kinematics and Sports Sciences	online 线上
A10		李晖 Feye Yip	国际健身气功联合会副主席 Vice President of the International Health Qigong Federation	online 线上
A11		薛初龙 Xue Chulong	美国中医公会主席 President of American Association of Chinese Medicine and Acupuncture (AACMA)	online 线上

**主题报告 Keynote Address**

**北京时间12月16日 9:00am-11:55am, New York Time 12/15 8:00pm-11:55pm**

<b>论坛报告主持人</b> Forum MC	刘红波: 河南理工大学体育学院 院长 Liu HongBo: Dean of Henan Polytechnic University College of physical education 余功保: 世界太极拳网创始人 Yu Gong Bao: President of World Taijiquan Network Inc 周慧君: 斯坦福大学教授 Hui Jun Ring: Professor of Stanford university
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No	时间 Time	主讲嘉宾 Speaks	题目 Topic	机构 Institute	国家 Country	形式 Participate
B1	北京时间12月16日 9:00am-9:25am New York Time Dec15 8:00pm-8:25pm	白晋湘 Bai Jinxiang	非遗视角下传统体育文化数字化保护与传播 Digital protection and dissemination of traditional sports culture from the perspective of intangible cultural heritage	吉首大学 Jishou University	中国 China	in-person 线下
B2	北京时间12月16日 9:25am-9:50am New York Time Dec15 8:25pm-8:50pm	葉榮君 Gloria Yeh	太极在慢性心血管和肺部疾病中的科学: 推动整体人体健康 The Science of Tai Chi in Chronic Cardiovascular and Pulmonary Disease: Advancing Whole Person Health	哈佛大学 Harvard University	美国 USA	online 线上





B3	北京时间12月16日 9:50am-10:15am New York Time Dec15 8:50pm-9:15pm	郭玉成 Guo Yu Cheng	太极拳国际传播方略——基于文明交流互鉴的视角 International Communication Strategy of Taijiquan: From the Perspective of Civilization Exchange and Mutual Learning	上海体育大学 Shanghai University of Sport	中国 China	in-person 线下
B4	北京时间12月16日 10:15am-10:40am New York Time Dec15 9:15pm-9:40pm	欧炳相 Byeongsang Oh	太极气功 (TQ) 被推荐在临床实践指南中: 全球医疗选择趋势 Tai Chi Qigong (TQ) recommended in Clinical Practice Guidelines: Global Trends in Healthcare Choice	悉尼大学 Sydney University	澳大利亚 Australia	online 线上
B5	北京时间12月16日 10:40am-11:05am New York Time Dec15 9:40pm-10:05pm	王艳 Wang Yan	太极拳在健康促进中的作用及实证研究 The Role of Taijiquan in Health Promotion and Empirical Research	北京体育大学 北京体育大学 Sport University	中国 China	in-person 线下
B6	北京时间12月16日 11:05am-11:30am New York Time Dec15 10:05pm-10:30pm	休·布伦特·索尔瓦森 Hugh Brent Solvason	中西医结合治疗难治性抑郁症的协作努力 Collaborative Efforts to Integrate Chinese And Western Medicine For Treatment Resistant Depression	斯坦福大学 Stanford University	美国 USA	online 线上
B7	北京时间12月16日 11:30am-11:55am New York Time Dec15 10:30pm-10:55pm	何辉 He Hui	规律太极拳练习对中老人心血管功能影响的研究 The Impact of Regular Taijiquan Practice on Cardiovascular Function in Middle-aged and Elderly People	北京体育大学 北京体育大学 Sport University	中国 China	in-person 线下
北京时间12月16日 11:55am-12:15pm New York Time Dec15 10:55pm-11:15pm		<b>“时尚与健康”Z世代太极拳短视频颁奖仪式</b> <b>"The Fashion and Health" — Z Generation Taijiquan Short Video Awards Ceremony</b>				
午餐 Lunch 北京时间12月16日 12:20pm-2:00pm, New York Time Dec15 11:20pm- Dec16 1:00am						
B8	北京时间12月16日 2:30pm-2:55pm New York Time Dec16 1:30am-1:55am	王东敏 Wang Dongmin	太极拳与社区运动健康管理-以北大燕园模式为例 The Integration of Taijiquan into Community Sports and Health Management: A Case Study of the Peking University Yan Yuan Mode	北京大学 Peking University	中国 China	in-person 线下
B9	北京时间12月16日 2:55pm-3:20pm New York Time Dec16 1:55am-2:20am	托比亚斯·彭克 Tobias Puntke	太极拳用于抑郁症 - 从抑郁性步态研究中能学到什么? Taijiquan for depression - what can be learned from studies on depressive gait?	独立研究员 维滕/赫德克大学 Expert in scientific studies Witten/Herdecke University	德国 Germany	online 线上
		约翰内斯·米哈拉克 Johannes Michalak				
B10	北京时间12月16日 3:20pm-3:45pm New York Time Dec16 2:20am-2:45am	胡精超 Hu Jingchao	太极拳干预慢性病的理论与实践 The Theory and Practice of Taijiquan Interventions for Chronic Diseases	河南理工大学 Henan Polytechnic University	中国 China	in-person 线下
B11	北京时间12月16日 3:45pm-4:10pm New York Time Dec16 2:45am-3:10am	路易斯·费尔南多·克鲁兹·基罗加 Luis Fernando Cruz Quiroga	太极与细胞荷尔蒙适应过程: 调节氧化应激和调整健康状况 Taichi and Cellular Hormesis: Adaptive Process to Regulate Oxidative Stress and Modulate Health Status	马努埃拉·贝尔特兰大学 Manuela Beltran University	哥伦比亚 Colombia	online 线上
B12	北京时间12月16日 4:10pm-4:35pm New York Time Dec16 3:10am-3:35am	姆拉登·韦德里什 Mladen Vedriš	欧洲联盟的培育武术生命力计划 2.0 Project Wushu Elixir 2.0 Developing Life Force	克罗地亚武术联合会 Croatian Wushu Federation	克罗地亚 Croatia	online 线上
		比利亚娜·孔恰尔 Biljana Končar				
		塔季亚娜·博扎克 Tatjana Božac				
		达米尔·格尔巴克 Damir Grbac				
B13	北京时间12月16日 4:35pm-5:00pm New York Time Dec16 3:35am-4:00am	埃里克·科利尔 Eric Caulier	孙禄堂与太极拳的孙氏传统: 一个生动的传承 Sun Lutang and the Sun Style of Taijiquan: A Living Tradition	蓝色海岸大学 University of the French Riviera	法国 France	online 线上
B14	北京时间12月16日 5:00pm-5:25pm New York Time Dec16 4:00am-4:25am	彼得·迪德曼 Peter Deadman	气功的益处? What's so great about qigong?	出版商, 编辑 Publisher, editor	英国 UK	online 线上

主题报告 Keynote Address (2023/12/17)





早餐 Breakfast

北京时间12月17日 11:30pm-1:30pm, New York Time Dec16 10:30pm-Dec17 12:30am

B15	北京时间12月17日 8:00am-8:25am New York Time Dec16 7:00pm-7:25pm	朱殿蓉 T. Julian Chu	美国太极拳发展历史 History of Taijiquan Development in United States	独立研究员 Independent Researcher	美国 USA	online 线上
B16	北京时间12月17日 8:25am-8:50am New York Time Dec16 7:25pm-7:50pm	翁啟修 Chi-Hsiu Weng	太极原理应用于自卫防身与预防跌倒伤害 Tai-Chi for sustainable security and Prevention of Injury	圣荷西州立大学、全美高校太极联盟 San Jose State University American College Taiji Federation	美国 USA	online 线上
B17	北京时间12月17日 8:50am-9:15am New York Time Dec16 7:50pm-8:15pm	克里斯汀·罗兹 CJ Rhoads	《生活方式评论》中的经济教训 Lessons From Lifestyle Review	卡茨敦大学 Kutztown University	美国 USA	online 线上
B18	北京时间12月17日 9:15am-9:40am New York Time Dec16 8:15pm-8:40pm	保罗·兰 Paul Lam	全球认证 Worldwide Accreditation	太极拳健康研究院创始人 Founder of Tai Chi for Health Institute	澳大利亚 Australia	online 线上
B19	北京时间12月17日 9:40am-10:05am New York Time Dec16 8:40pm-9:05pm	肯尼·佩雷斯 Kenny Perez	通过西方科学解读的气功 Qigong Interpreted Through Western Science	格伦代尔社区学院 Glendale Community College	美国 USA	online 线上
B20	北京时间12月17日 10:05am-10:30am New York Time Dec16 9:05pm-9:30pm	彼得·佐尔 Peter Zoll	握力不对称对太极尺和腕部锻炼的影响 The Influence of Grip Asymmetry on Tai Chi Ruler and Wrist Exercises	太极老师 Taiji Master	美国 USA	online 线上
B21	北京时间12月17日 10:30am-10:55am New York Time Dec16 9:30pm-9:55pm	朱为模 Zhu Weimo	"医学3.0"与太极拳的研究和实践 The Study and Practice of 'Medicine 3.0' in Relation to Taiji	伊利诺伊大学香槟分校 University of Illinois at Urbana-Champaign	美国 USA	online 线上
B22	北京时间12月17日 10:55am-11:15am New York Time Dec16 9:55pm-10:15pm	康伟 Kang Wei	追根溯源-正确认识太极拳的本质 Tracing Back to the Roots - A Correct Understanding of the Essence of Tai Chi Chuan	河南理工大学 Henan Polytechnic University	中国 China	in-person 线下

午餐Lunch

北京时间12月17日 11:30pm-1:30pm, New York Time Dec16 10:30pm-Dec17 12:30am

赴陈家沟参加国内外太极拳名家展演

Travel to Chenjiagou to Participate in Taiji Masters' Exhibition from Home and Abroad

北京时间12月17日 2:00pm, New York Time Dec16 11:00pm-Dec17 1:00am

返回焦作市迎宾馆

Return to Jiaozuo City Yingbin Hotel

北京时间12月17日 5:40pm, New York Time Dec17 4:40am

晚餐 Dinner

北京时间 12月17日 6:00pm

	北京时间12月18日 7:00am-8:50am	早餐 Breakfast				
	北京时间12月18日 9:00am	离会 Leave the meeting				



**KEYNOTE SPEAKER**  
**主讲嘉宾**



北京时间12月16日  
9:00am-9:25am  
New York Time Dec15  
8:00pm-8:25pm

	Bai Jinxiang	China	Jishou University
	<i>Topic:</i> Digital protection and dissemination of traditional sports culture from the perspective of intangible cultural heritage		
B1	<i>Bio:</i> Distinguished Professor, Researcher, Doctor of Management, Ph.D. Supervisor, Member of the National Higher Education Physical Education Teaching Guidance Committee under the Ministry of Education, Expert Evaluator for the National Social Science Fund Projects, Recipient of the State Council Special Allowance, Selected as a High-Contribution Scholar of China (2022, 2023), National Candidate of the "New Century Talents Project," and Supported by the Ministry of Education's "New Century Excellent Talents Support Program." Editor-in-Chief of the Journal of Jishou University (Social Sciences Edition) (CSSCI Source Journal), Head of the Doctoral Program in the First-level Discipline of Sports Science, Leader of the National Teaching Team, and Responsible for National First-class Majors and First-class Courses.		

	白晋湘	中国	吉首大学
	<b>题目:</b> 非遗视角下传统体育文化数字化保护与传播		
B1	<b>简历:</b> 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、2023）、“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》10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。		



**KEYNOTE SPEAKER**  
**主讲嘉宾**



北京时间12月16日  
9:25am-9:50am  
New York Time Dec15  
8:25pm-8:50pm

	Gloria Yeh	USA	Harvard University (online)
	<i>Topic:</i> The Science of Tai Chi in Chronic Cardiovascular and Pulmonary Disease: Advancing Whole Person Health		
B2	<i>Bio:</i> Associate Professor of Medicine at Harvard Medical School. Director of the HMS Research Fellowship in Integrative Medicine She is an internationally recognized leader in the field of mind-body research, including tai chi, yoga, and meditation. She is principal investigator or co-investigator on a number of NIH-funded studies investigating mind-body exercise, including two R01's investigating tai chi and meditative breathing in patients with COPD.		

	葉榮君	美国	哈佛大学（线上）
	<b>题目:</b> 太极在慢性心血管和肺部疾病中的科学：推动整体人体健康		
B2	<b>简历:</b> 哈佛医学院的医学副教授。哈佛医学院综合医学研究奖学金的主任。她是国际上在心身研究领域，包括太极、瑜伽和冥想，备受认可的领导者。她是多项由NIH资助的研究的主要调查员或共同调查员，包括两项研究太极和冥想呼吸对COPD患者的影响的R01项目。		



**KEYNOTE SPEAKER**  
**主讲嘉宾**



北京时间12月16日  
9:50am-10:15am  
New York Time Dec15  
8:50pm-9:15pm

	<b>Guo Yu Cheng</b>	<b>China</b>	<b>Shanghai University of Sport</b>
	<i>Topic:</i> International Communication Strategy of Taijiquan: From the Perspective of Civilization Exchange and Mutual Learning		
B3	<p><b>Bio:</b> Distinguished Professor, Researcher, Doctor of Management, Ph.D. Supervisor, Member of the National Higher Education Physical Education Teaching Guidance Committee under the Ministry of Education, Expert Evaluator for the National Social Science Fund Projects, Recipient of the State Council Special Allowance, Selected as a High-Contribution Scholar of China (2022, 2023), National Candidate of the "New Century Talents Project," and Supported by the Ministry of Education's "New Century Excellent Talents Support Program." Editor-in-Chief of the Journal of Jishou University (Social Sciences Edition) (CSSCI Source Journal), Head of the Doctoral Program in the First-level Discipline of Sports Science, Leader of the National Teaching Team, and Responsible for National First-class Majors and First-class Courses.</p>		

	<b>郭玉成</b>	<b>中国</b>	<b>上海体育大学</b>
	<b>题目:</b> 太极拳国际传播方略——基于文明交流互鉴的视角		
B3	<p><b>简历:</b> 郭玉成, 上海体育大学教授、博士、博士生导师、博士后合作导师、武术学院院长、中国武术博物馆馆长, 中国体育历史研究院、中国体育非物质文化遗产研究院常务副院长, 民族传统体育学学科带头人、国家级一流本科专业武术与民族传统体育专业负责人、国家级一流本科课程《武术》负责人, 教育部中华优秀传统文化传承基地(武术)负责人。兼任中国体育科学学会理事、武术与民族传统体育分会秘书长, 教育部全国学校体育联盟(中华武术)秘书处负责人, 中国岩画学会副理事长、体育岩画研究专业委员会秘书长。先后主持国家社会科学基金项目4项, 担任国家社会科学基金重大项目《中华武术通史研究与编纂》首席专家、大型武术丛书《武藏》总主编。入选2009年教育部新世纪优秀人才支持计划、2012年国家体育总局首批优秀中青年专业技术人才百人计划、2013年山西131领军人才工程、2015年上海市浦江人才计划、2019年楚天学者计划。2009年、2020年获教育部高等学校科学研究优秀成果著作奖(人文社会科学)。2021年获教育部首批新文科研究与改革实践项目。2022年入选上海市特聘教授东方学者岗位计划。</p>		



**KEYNOTE SPEAKER**  
**主讲嘉宾**



北京时间12月16日  
10:15am-10:40am  
New York Time Dec15  
9:15pm-9:40pm

	<b>Byeongsang Oh</b>	<b>Australia</b>	<b>Sydney University (online)</b>
	<i>Topic:</i> Tai Chi Qigong (TQ) recommended in Clinical Practice Guidelines: Global Trends in Healthcare Choice		
B4	<p><b>Bio:</b> He is an Associate Professor at Sydney Medical School, University of Sydney, and the President of the International Medical Tai Chi &amp; Qigong Association. He works as an integrative medicine consultant at Northern Sydney Cancer Centre, Royal North Shore Hospital (RNSH), and Mater Hospital. He also holds a visiting Associate Professor position at the University of Kansas Medical Center, USA, and previously worked as a Research Fellow at the Dana-Farber Cancer Institute (DFCI), Harvard Medical School. Dr. Oh is a member of the Natural Therapies Review Expert Advisory Panel for the Australian Government's Ministry of Health and is affiliated with the Society for Integrative Oncology (SIO), AACMA, and AHPRA. He is currently involved in training experienced practitioners at Mater and RNSH. He collaborates in integrative oncology research with institutions like the Dana Farber Cancer Institute (DFCI), Harvard Medical School, Massachusetts General Hospital (MGH), Yale University, and Arizona State University. His work focuses on bridging Western medicine and complementary and alternative medicine (CAM), particularly in the context of cancer survivorship at Sydney Medical School and RNSH.</p>		

	<b>欧炳相</b>	<b>澳大利亚</b>	<b>悉尼大学 (线上)</b>
	<b>题目:</b> 太极气功 (TQ) 被推荐在临床实践指南中: 全球医疗选择趋势。		
B4	<p><b>简历:</b> 悉尼大学悉尼医学院副教授, 国际医学太极拳与气功协会主席, 欧炳相博士, 担任多家医院的综合医学顾问, 还是美国堪萨斯大学医学中心客座副教授, 曾在哈佛医学院丹娜法伯癌症研究所担任研究员。他是澳大利亚政府卫生部自然疗法审查专家咨询小组成员, 也是综合肿瘤学会、澳洲中医针灸中医师学会和澳大利亚卫生从业者登记局的会员。目前, 他正在培训经验丰富的从业者, 积极参与综合肿瘤学研究, 致力于发展综合肿瘤学临床医学, 关注悉尼大学医学院和RNSH的癌症幸存者。</p>		





**KEYNOTE SPEAKER**  
**主讲嘉宾**

**北京时间12月16日**  
**10:40am-11:05am**  
**New York Time Dec15**  
**9:40pm-10:05pm**

	<b>Wang Yan</b>	<b>China</b>	<b>Beijing Sport University</b>
	<i>Topic:</i> The Role of Taijiquan in Health Promotion and Empirical Research		
5	<p><b>Bio:</b> Dr. Wang Yan, a Ph.D., is a professor and doctoral supervisor at Beijing Sport University. She's also a practicing clinical internist and serves as a specially appointed lecturer for the "Exercise Prescription" program by the Chinese Society of Sports Science. She holds positions in various academic associations, focusing on exercise rehabilitation for chronic diseases, fitness prescriptions for the public, and sports medicine. With over 20 years of clinical experience, she's the deputy editor-in-chief of the national textbook "Exercise Prescription" and responsible for the online course "Principles and Applications of Exercise Prescription." Dr. Wang has authored 30+ research papers, including more than 10 SCI papers, and contributed to 10+ textbooks. She's led multiple research projects and given keynote speeches at academic conferences. She's also been invited for training and lectures by government and healthcare institutions at all levels. Currently, she's working on editing a book about "Exercise and Sleep."</p>		

	<b>王艳</b>	<b>中国</b>	<b>北京体育大学教授</b>
	<b>题目:</b> 太极拳在健康促进中的作用及实证研究		
5	<p><b>简历:</b> 王艳博士, 北京体育大学教授、博士生导师, 临床内科执业医师, 现任中国体育科学学会“运动处方师”培训特聘授课专家, 以及多个学术协会的委员和专家。她的主要研究领域包括慢性疾病运动康复、大众健身运动处方指导和运动医务监督, 拥有超过20年的临床内科经验。她还是高等教育出版社全国通用教材《运动处方》的副主编, 并且负责网上《运动处方原理与应用》的课程。她在学术领域发表了30多篇学术论文, 包括10多篇SCI论文, 参与编写了10多部教材和著作, 主持了多项省部级课题和校自主课题, 参与了多个国家和省部级科研项目。此外, 她还曾在国内外学术会议上发表专题报告, 并多次受邀为各级政府和健康机构进行培训和授课。她目前正在编写一本主编专著《运动与睡眠》。</p>		



**KEYNOTE SPEAKER**  
**主讲嘉宾**

**北京时间12月16日**  
**11:05am-11:30am**  
**New York Time Dec15**  
**10:05pm-10:30pm**

	<b>Hugh Brent Solvason</b>	<b>USA</b>	<b>Stanford University</b>
	<i>Topic:</i> Collaborative Efforts to Integrate Chinese And Western Medicine For Treatment Resistant Depression		
B6	<p><b>Bio:</b> As a Clinical Professor at Stanford University School of Medicine, he specializes in psychiatry, with a particular focus on electroconvulsive therapy and transcranial magnetic stimulation. He held the position of Medical Director of Interventional Psychiatry from 2003 to 2010. In recognition of his contributions, he received the Stanford Department of Psychiatry Academic Teaching Award on June 18, 2001, and was honored with the George D. Gulevich MD Award from the Stanford Department of Psychiatry on June 21, 1997.</p>		

	<b>休·布伦特·索尔瓦森</b>	<b>美国</b>	<b>斯坦福大学</b>
	<b>题目:</b> 中西医结合治疗难治性抑郁症的协作努力		
B6	<p><b>简历:</b> 作为斯坦福大学医学院的临床教授, 他专攻精神病学, 特别关注电抽搐疗法和经颅磁刺激。他曾担任干预性精神病学的医学主任, 从2003年至2010年。为了表彰他的贡献, 他于2001年6月18日获得了斯坦福精神病学系学术教学奖, 并于1997年6月21日获得了斯坦福精神病学系颁发的George D. Gulevich MD奖。</p>		





**KEYNOTE SPEAKER**  
**主讲嘉宾**

**北京时间12月16日**  
**11:30am-11:55am**  
**New York Time Dec15**  
**10:30pm-10:55pm**

	<b>He Hui</b>	<b>China</b>	<b>Beijing Sport University</b>
	<i>Topic:</i> The Impact of Regular Taijiquan Practice on Cardiovascular Function in Middle-aged and Elderly People		
B7	<p><b>Bio:</b> Dr. He Hui, a researcher with a Ph.D., serves as a doctoral supervisor. He currently holds the position of Deputy Director at the Key Laboratory of Exercise and Physical Health Education at Beijing Sport University. He is also the Director of the Science and Technology Office at the China Institute of Sports Science at Beijing Sport University. Furthermore, he holds the position of Vice Chairman of the Exercise Physiology Committee of the Chinese Society of Physiology, and is a member of the Exercise Physiology Committee of the Chinese Society of Physiology. He has been selected for both the Beijing Youth Talent Program and the Beijing Youth Backbone Talent Program. Dr. He has led or participated in over 20 research projects at the national and provincial levels. He has received three second-class teaching achievement awards in Beijing, authored or co-authored over 50 academic papers as the first author or corresponding author, obtained two national invention patents, and holds the rights to use three new patents.</p>		

	<b>何辉</b>	<b>中国</b>	<b>北京体育大学</b>
	<b>题目:</b> 规律太极拳练习对中老人心血管功能影响的研究		
B7	<p><b>简历:</b> 何辉, 博士, 研究员, 博士研究生导师, 现任北京体育大学运动与体质健康教育重点实验室副主任, 北京体育大学中国运动与健康研究院科技办公室主任, 中国生理学会体适能研究专业委员会副主任委员, 中国生理学会运动生理学专业委员会委员。曾入选北京市青年英才项目和北京市青年骨干人才项目, 主持、参与国家级、省部级等各类课题20余项, 获得北京市教学成果二等奖3项, 以第一或通讯作者发表学术论文50余篇, 获得国家发明专利2项, 使用新型专利3项。</p>		



**北京时间12月16日**  
**11:55am-12:15pm**  
**New York Time Dec15**  
**10:55pm-11:15pm**

**颁奖典礼**

**“时尚与健康” Z世代太极拳短视频颁奖仪式**

**"The Fashion and Health" — Z Generation Taijiquan Short Video Awards Ceremony**

**AWARDS CEREMONY**

**CHEN TAI CHI**





**KEYNOTE SPEAKER**  
**主讲嘉宾**

**北京时间12月16日**  
**2:30pm-2:55pm**  
**New York Time Dec16**  
**1:30am-1:55am**

	<b>Wang Dongmin</b>	<b>China</b>	<b>Peking University</b>
	<i>Topic:</i> The Integration of Taijiquan into Community Sports and Health Management: A Case Study of the Peking University Yan Yuan Mode		
B8	<p><b>Bio:</b> A Ph.D. in Demography from Peking University, he is an associate professor and holds the title of Beijing Municipality Teaching Master for Ideological and Political Education. He has also been a visiting scholar at Washington University in St. Louis. Currently, he serves as the Deputy Secretary of the Party Committee of the Department of Physical Education at Peking University, Director of the Wushu Research Center at Peking University, and Executive Director of the Innovative Laboratory for Sports and Medicine Integration at Peking University. He is a member of the Youth Committee of the China Association of Gerontology and Geriatrics and a member of the Expert Group on Exercise and Health Science of the China Association of Gerontology and Geriatrics. His research focuses on the intersections of sports, demography, and health, with particular emphasis on university-level Tai Chi, Tai Chi exercise prescriptions for chronic disease management, promoting exercise and health among the elderly, and the construction of elderly-friendly communities and health communities. He has undertaken seven national and provincial-level research projects, along with several horizontal projects, and has published over 20 academic papers and authored four academic books.</p>		

	<b>王东敏</b>	<b>中国</b>	<b>北京大学</b>
	<b>题目:</b> 太极拳与社区运动健康管理-以北大燕园模式为例		
B8	<p><b>简历:</b> 北京大学人口学博士, 副教授, 北京市课程思政教学名师, 圣路易斯华盛顿大学访问学者。现任北京大学体育教研部党委副书记、北京大学武术研究中心主任、北京大学体医融合创新实验室执行主任。中国老年学和老年医学学会青年委员会委员、中国老年学和老年医学学会运动健康科学分会专家组成员。研究方向为运动、人口与健康。研究重点领域为高校太极拳、太极拳运动处方与慢性病管理、老年人运动健康促进、老年友好社区及健康社区建设。承担国家级及省部级课题7项, 多项横向课题, 发表学术论文20余篇、出版学术著作4部。</p>		



**KEYNOTE SPEAKER**  
**主讲嘉宾**

**北京时间12月16日**  
**2:55pm-3:20pm**  
**New York Time Dec16**  
**1:55am-2:20am**

	<b>Tobias Puntke</b> <b>Johannes Michalak</b>	<b>Germany</b>	<b>Expert in scientific studies</b> <b>Witten/Herdecke University (online)</b>
	<i>Topic:</i> Taijiquan for depression - what can be learned from studies on depressive gait?		
B9	<p><b>Bio:</b> <b>Tobias Puntke, M.A.</b>, born in 1975, studied sports science and sports medicine at the University of Münster, Germany. He has been a professional Taijiquan teacher for over 25 years, teaching across Europe. He is a master student of Grandmaster Shen Xijing in the 2nd generation of Fuxi Taiji and has served as President and Chief Instructor of the European TaijiDao Association from 2006 to 2022.</p> <p><b>Prof. Dr. phil. Johannes Michalak</b>, born in 1967, is a psychologist and psychological psychotherapist. He has extensive academic experience, including positions at various universities and research on mindfulness-based psychotherapy, the role of the body in mental disorders, and psychotherapy for individuals with disabilities. Currently, he holds the Chair of Clinical Psychology and Psychotherapy at Witten/Herdecke University.</p>		

	<b>托比亚斯·彭克</b> <b>约翰内斯·米哈拉克</b>	<b>德国</b>	<b>独立研究员</b> <b>维滕/赫德克大学 (线上)</b>
	<b>题目:</b> 太极拳用于抑郁症 - 从抑郁性步态研究中能学到什么?		
B9	<p><b>简历:</b> 托比亚斯·彭特克, M.A., 生于1975年, 在德国明斯特大学攻读体育科学和运动医学。他已经是一名专业的太极拳教师超过25年, 在整个欧洲进行教学。他是复杂太极第二代福熙太极的大师沈西京的学生, 并于2006年至2022年担任欧洲太极刀协会的主席兼首席教练。</p> <p>约翰内斯·米哈拉克教授, 哲学博士, 生于1967年, 是一位心理学家和心理治疗师。他在多个大学担任不同职位, 进行了广泛的学术研究, 包括正念心理治疗、身体在心理障碍中的作用以及残疾人士的心理治疗。目前, 他担任维滕/赫德克大学临床心理学和心理治疗主席。</p>		





**KEYNOTE SPEAKER**  
**主讲嘉宾**

**北京时间12月16日**  
**3:20pm-3:45pm**  
**New York Time Dec16**  
**2:20am-2:45am**

	<b>Hu Jingchao</b>	<b>China</b>	<b>Henan Polytechnic University</b>
	<i>Topic:</i> The Theory and Practice of Taijiquan Interventions for Chronic Diseases		
B10	<p><b>Bio:</b> A professor at the School of Physical Education, Henan Polytechnic University, with a Ph.D. degree, associate professor rank, and the role of master's degree supervisor. They are a standing committee member of the Medical Guidance Professional Committee of the China Association for Gerontology and Health Care, the Deputy Director of the Jiaozuo City Taijiquan Health and Wellness Research Center, the Deputy Head of the Integrated Traditional Chinese and Western Medicine Group of the Sports Health and Rehabilitation Professional Committee of the China Rehabilitation Medicine Association, a member of the Qigong Education Professional Committee of the Chinese Medical Qigong Association, and a nationally certified Level 2 psychological counselor. Their primary focus is on teaching and researching traditional sports health, sports rehabilitation, and exercise prescription. They have published over twenty relevant research papers, participated in and led numerous national and provincial research projects, and authored several textbooks on topics such as sports health, home exercise for health, Taijiquan for wellness, and promoting physical fitness and health.</p>		

	<b>胡精超</b>	<b>中国</b>	<b>河南理工大学</b>
	<b>题目: 太极拳干预慢性病的理论与实践</b>		
B10	<p><b>简历:</b> 河南理工大学体育学院教师, 博士, 副教授, 硕士生导师, 中国老年保健协会医疗导引专业委员会常委, 焦作市太极拳健康养生研究中心副主任, 中国康复医学会体育保健康复专业委员会中西体医结合组副组长, 中国医学气功学会气功教育专业委员会委员, 国家二级心理咨询师。主要从事传统体育养生学、运动康复学、运动处方学的教学科研工作。发表相关论文二十多篇, 参与、主持国家级、省部级课题多项, 出版体育保健学、家庭运动健康服务、太极拳养生、体质健康促进等多部教材。</p>		



**KEYNOTE SPEAKER**  
**主讲嘉宾**

**北京时间12月16日**  
**3:45pm-4:10pm**  
**New York Time Dec16**  
**2:45am-3:10am**

	<b>Luis Fernando Cruz Quiroga</b>	<b>Colombia</b>	<b>Manuela Beltran University (online)</b>
	<i>Topic:</i> Taichi and Cellular Hormesis: Adaptive Process to Regulate Oxidative Stress and Modulate Health Status.		
B11	<p><b>Bio:</b> Luis Fernando Cruz Quiroga MD,Esp, MSc, PhD. Posdoct Director of the area of Physical Activity, Exercise and Integral Health of the Doctorate PhD in Science and Technology for Physical Activity and Sport. Manuela Beltran University. Specialist in Traditional Chinese Medicine. Black Belt in Martial Arts-Taichi Chuan. Fourth Dan. Diploma in Physical Activity and Health. Diploma in Public Health. Pedagogical training in Health Sciences. Specialist in University Teaching.</p> <p>MSc in Higher Education Teaching. Ph.D. of Complex Systems and Cognitive Neurosciences and Postdoctoral Degree in Complex Systems and Cognitive Neurosciences. University Of South Florida.</p> <p>Founder and Director of Complex Systems &amp; Education of the Ibero-American Science &amp; Technology Education Consortium (SCED-ISTEC). Founder of the Colombian Academy of Taichi-Chuan. More than thirty years of experience as a Taichi-Qigong teacher in Hospitals, Clinics and private medical practice.</p>		

	<b>路易斯·费尔南多·克鲁兹·基罗加</b>	<b>哥伦比亚</b>	<b>马努埃拉·贝尔特兰大学 (线上)</b>
	<b>题目: 太极与细胞荷尔蒙适应过程: 调节氧化应激和调整健康状况。</b>		
B11	<p><b>简历:</b> 路易斯·费尔南多·克鲁兹·基罗加医学博士, 西班牙医学硕士, 哲学硕士, 博士。体育活动和运动科学博士学位课程, Manuela Beltran大学, 体育活动、运动和综合健康领域博士后导师。传统中医药专家。武术太极拳黑带, 四段。体育活动与健康文凭。公共卫生文凭。卫生科学教育培训。大学教育专家。高等教育教学硕士学位。复杂系统和认知神经科学博士学位以及复杂系统和认知神经科学博士后学位, 南佛罗里达大学。Ibero-American Science &amp; Technology Education Consortium (SCED-ISTEC) 复杂系统与教育创始人和主任。哥伦比亚太极拳学院创始人。拥有超过三十年的太极气功教学经验, 曾在医院、诊所和私人医疗实践中担任太极气功教师。</p>		





**KEYNOTE SPEAKER**  
**主讲嘉宾**

北京时间12月16日  
4:10pm-4:35pm  
New York Time Dec16  
3:10am-3:35am



The authors

Croatia

Croatian Wushu Federation (online)

**Topic:** Project Wushu Elixir 2.0 Developing Life Force

**Mladen Vedriš Bio:** Taijiquan Trainer at Croatian Wushu Federation. Born 1959, graduated at Department of Mathematics, University of Zagreb, Croatia, 1985. In Taijiquan involved for last 30 years. Studied Taijiquan and Pangainoon Quanfa with masters Mario Topolsek and Nedeljko Kalac, and Taiji Sword with master Tathata Kobayashi. Since 2017, holds the rank 3rd Duan in Yang Taijiquan, awarded by Chinese Wushu Association. Obtained the trainer's license by Croatian Olympic Academy 2018. Associate of Croatian Wushu Federation (CWF) since 2015, now in position of Taijiquan Trainer. Co-author of the Training Programme for the projects co-funded by European Union, "Wushu Elixir" and "Wushu Elixir 2.0 - Developing Life Force", together with Biljana Končar, Tatjana Božac and Damir Grbac.

**Biljana Končar Bio:** Taijiquan Trainer at Croatian Wushu Federation, Born 1964 in Ljubljana, graduated at Faculty of Transport and Traffic Sciences, University of Zagreb, Croatia. In Taijiquan has been in charge since 1991. Her teachers were Nedjeljko Kalac and Mario Topolšek (Taijiquan and Uechi-ryu karate), and currently Tathata Kobayashi (Taiji Sword). The carrier of the master degree 3 Duan awarded by Chinese Wushu Association (Duan Wei Taijiquan Yang stile). Together with Mladen Vedriš, she has taught Taijiquan since 2004 and since 2016 she is a Taijiquan coach at Medvednica Wushu Club in Zagreb. Co-author of the Training Programme for the projects co-funded by European Union, "Wushu Elixir" and "Wushu Elixir 2.0 - Developing Life Force", together with Mladen Vedriš, Tatjana Božac and Damir Grbac.

**Tatjana Božac Bio:** Taijiquan Trainer at Croatian Wushu Federation, President of TAI Center for traditional eastern arts non-profit organization. Born 1970, educated as a Mathematical Technician at High school Zvane Črnje, Rovinj (Croatia), 1989. In Taijiquan involved for the last 22 years. Studied Uechy Ryu karate, Taijiquan, Qigong, Yiquan under masters Mario Topolšek and Nedeljko Kalac. Obtained the trainer's license by Croatian Olympic Academy 2018. Associate of Croatian Wushu Federation (CWF) since 2018, now in position of Taijiquan Trainer. Co-author of the Training Program for the projects co-funded by the European Union, "Wushu Elixir" and "Wushu Elixir 2.0 - Developing Life Force", together with Biljana Končar, Mladen Vedriš and Damir Grbac.

**Damir Grbac Bio:** Taijiquan Trainer at Croatian Wushu Federation, Secretary of TAI Center for traditional eastern arts non-profit organization. Born 1975, graduated at Faculty of Organization and Computer Science, University of Zagreb, Croatia, 1999. In Taijiquan involved for the last 20 years. Studied Uechy Ryu karate, Taijiquan, Qigong, Yiquan under masters Mario Topolšek and Nedeljko Kalac. Obtained the trainer's license by Croatian Olympic Academy 2018. Associate of Croatian Wushu Federation (CWF) since 2018, now in position of Taijiquan Trainer. Co-author of the Training Program for the projects co-funded by the European Union, "Wushu Elixir" and "Wushu Elixir 2.0 - Developing Life Force", together with Biljana Končar, Tatjana Božac and Mladen Vedriš.

作者们

克罗地亚

克罗地亚武术联合会 (线上)

**题目:** 欧洲联盟的培育武术生命力计划 2.0

**姆拉登·韦德里什 简介:** 克罗地亚武术联合会太极拳教练。1959年出生，1985年毕业于克罗地亚萨格勒布大学数学系。过去30年专注于太极拳。曾在Mario Topolsek和Nedeljko Kalac大师的指导下学习太极拳和Pangainoon Quanfa，以及在Tathata Kobayashi大师的指导下学习太极剑。自2017年起，获得中国武术协会颁发的杨式太极拳三段段位。于2018年获得克罗地亚奥林匹克学院颁发的教练执照。自2015年起是克罗地亚武术联合会 (CWF) 的成员，现任太极拳教练。与Biljana Končar、Tatjana Božac和Damir Grbac一同合著了由欧洲联盟共资助的项目"武术长寿药"和"武术长寿药2.0 - 开发生命力"的培训计划。

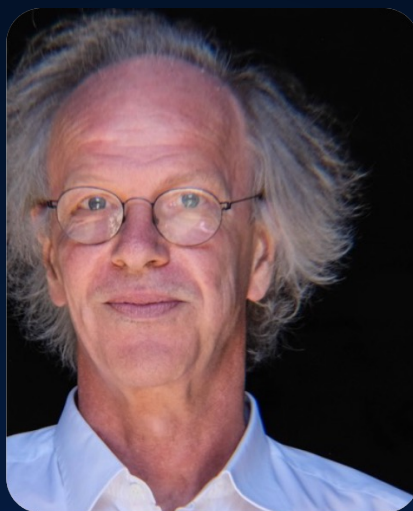
**比利安娜·孔恰尔 简介:** 克罗地亚武术联合会太极拳教练，1964年生于卢布尔雅那，毕业于克罗地亚萨格勒布大学交通与交通科学学院。自1991年以来一直从事太极拳。曾师从Nedeljko Kalac和Mario Topolšek (太极拳和上地流空手道)，目前师从Tathata Kobayashi (太极剑)。获得中国武术协会颁发的杨式太极拳三段段位。自2004年起，与Mladen Vedriš一同教授太极拳，自2016年起担任Zagreb Medvednica武术俱乐部的太极拳教练。与Mladen Vedriš、Tatjana Božac和Damir Grbac一同合著了由欧洲联盟共资助的项目"武术长寿药"和"武术长寿药2.0 - 开发生命力"的培训计划。

**塔季亚娜·博扎克 简介:** 克罗地亚武术联合会太极拳教练，非营利组织TAT中心主席。1970年出生，1989年在克罗地亚Rovinj的Zvane Črnje高中毕业，专业是数学技术。过去22年专注于太极拳。曾在Mario Topolšek和Nedeljko Kalac大师的指导下学习上地流空手道、太极拳、气功和意拳。于2018年获得克罗地亚奥林匹克学院颁发的教练执照。自2018年起是克罗地亚武术联合会 (CWF) 的成员，现任太极拳教练。与Biljana Končar、Mladen Vedriš和Damir Grbac一同合著了由欧洲联盟共资助的项目"武术长寿药"和"武术长寿药2.0 - 开发生命力"的培训计划。

**达米尔·格尔巴克 简介:** 克罗地亚武术联合会太极拳教练，非营利组织TAT中心秘书长。1975年出生，1999年毕业于克罗地亚萨格勒布大学组织与计算机科学学院。过去20年专注于太极拳。曾在Mario Topolšek和Nedeljko Kalac大师的指导下学习上地流空手道、太极拳、气功和意拳。于2018年获得克罗地亚奥林匹克学院颁发的教练执照。自2018年起是克罗地亚武术联合会 (CWF) 的成员，现任太极拳教练。与Biljana Končar、Tatjana Božac和Mladen Vedriš一同合著了由欧洲联盟共资助的项目"武术长寿药"和"武术长寿药2.0 - 开发生命力"的培训计划。



**KEYNOTE SPEAKER**  
主讲嘉宾



北京时间12月16日  
4:35pm-5:00pm  
New York Time Dec16  
3:35am-4:00am

	Eric Caulier	France	University of the French Riviera (online)
B13	<p><i>Topic:</i> Sun Lutang and the Sun Style of Taijiquan: A Living Tradition</p> <p><b>Bio:</b> Eric Caulier, PhD in Anthropology, is an associate member of LAPCOS (Université Côte d'Azur) and a founding member of CoSoCo (Consciousness, Care, and Cognition). With over 30 years of experience in Taijiquan, he has studied various styles and internal arts in China. He trained under renowned experts Men Hui Feng and Kan Gui Xiang, exploring the multifaceted aspects of gesture in a traditional way. Eric has also contributed to academia, training physical education teachers and offering insights into Chinese thought. He's ventured into the corporate world, developing ergonomic principles based on Taiji with Faurecia, a leading automotive equipment manufacturer. He's authored numerous articles and books on Tai Chi and transdisciplinary approaches.</p>		

	埃里克·科利尔	法国	蓝色海岸大学 (线上)
B13	<p><b>题目:</b> 孙禄堂与太极拳的孙氏传统：一个生动的传承</p> <p><b>简历:</b> 埃里克·科利尔，人类学博士，是尼斯大学LAPCOS的副会员和Consciousness、Care和Cognition (CoSoCo) 的创始成员。拥有30多年太极拳经验，他在中国学习了各种风格和内家功夫。他师从著名专家门惠风和甘贵香，以传统方式探索手势的多重层面。</p> <p>埃里克还为学术界作出了贡献，培训体育教育教师并提供了对中国思想的见解。他进入了企业界，在领先的汽车设备制造商Faurecia的合作下，开发了基于太极的人体工程学原则。他撰写了大量关于太极拳和跨学科方法的文章和书籍。</p>		



**KEYNOTE SPEAKER**  
主讲嘉宾



北京时间12月16日  
5:00pm-5:25pm  
New York Time Dec16  
4:00am-4:25am

	Peter Deadman	UK	Publisher, editor (online)
B14	<p><i>Topic:</i> What's so great about qigong?</p> <p><b>Bio:</b> Author and co-author of the book "The Acupuncture Handbook" and "Live Longer: Teachings of Chinese Health Preservation Traditions". Founded and published the Journal of Traditional Chinese Medicine.</p>		

	彼得·迪德曼	英国	出版商，编辑 (线上)
B14	<p><b>题目:</b> 气功的益处?</p> <p><b>简历:</b> 彼得·迪德曼是书籍《针灸手册》和《长寿：中国养生传统教义》的作者和合著者。创立并出版了《中医杂志》</p>		



# DEC 17<sup>th</sup> GUESTS SPEAKERS

## 12月17日报告嘉宾



**KEYNOTE SPEAKER**  
**主讲嘉宾**

北京时间12月17日  
8:00am-8:25am  
New York Time Dec16  
7:00pm-7:25pm

	<b>T. Julian Chu</b>	<b>USA</b>	<b>Independent Researcher (online)</b>
B15	<p><b>Topic:</b> History of Taijiquan Development in United States</p> <p><b>Bio:</b> Leader of the Washington D.C. Cheng Man-Ching style Taijiquan enthusiasts' group and Taiji cultural research scholar. He has been teaching Cheng Man-Ching style Taijiquan, traditional Yang-style Taiji sword, saber, spear, and pushing hands for over 40 years. He served as the National Program Manager with the U.S. Army Engineering before retirement. He has been teaching Taijiquan, and regularly organizing Taijiquan seminars and routine push hands activities. Moreover, he has published over 50 scientific and engineering articles including many Taijiquan articles being featured in the Taijiquan Journal of Taiwan, as well as Journals of Applied Bionics and Biomechanics, Taiji Science, Martial Arts Anthropology, and other magazines in U.S. and Europe.</p>		

	<b>朱殿蓉</b>	<b>美国</b>	<b>独立研究员</b>
B15	<p><b>题目:</b> 美国太极拳发展历史</p> <p><b>简历:</b> 朱殿蓉博士，美国华府郑子太极拳爱好者团体领导人和太极文化研究学者。传授郑子太极拳，杨式传统太极剑、刀、枪，和太极推手四十多年。历任美国陆军工程单位国家项目主管，业余传授太极拳艺及定期举办太极拳研讨会和日常推手活动。陆续发表50多篇科学及工程论文，其中太极拳著作分别刊登于台湾太极拳杂志和美国及欧洲的应用仿生学与生物力学、太极科学、武术人类学等杂志。</p>		



**KEYNOTE SPEAKER**  
**主讲嘉宾**

北京时间12月17日  
8:25am-8:50am  
New York Time Dec16  
7:25pm-7:50pm

	<b>Chi-Hsiu Weng</b>	<b>USA</b>	<b>San Jose State University American College Taiji Federation (online)</b>
B16	<p><b>Topic</b> Tai-Chi for sustainable security and Prevention of Injury</p> <p><b>Bio:</b> Dr.Chi-Hsiu D Weng: President of US Collegiate Taiji Federation, Vice President of the World Shuaijiao Federation, Professor at San Jose State University, Founding Dean of College of Tai Chi at UEWM, Winner of The 16th Global Chinese Culture&amp;Arts Award 2010 . Dr.Weng mainly advocates the Body-Mind-Spiritual cultivation methods in authentic Tai-Chi principle, and the Tai-Chi application in self-defense for martial art, as well as the Integrative Medicine.</p>		

	<b>翁啟修</b>	<b>美国</b>	<b>圣荷西州立大学，全美高校太极联盟（线上）</b>
B16	<p><b>题目:</b> 太极原理应用于自卫防身与预防跌倒伤害</p> <p><b>简历:</b> 翁啟修博士，全美高校太极联盟主席，功夫跤世界联盟副主席，圣荷西州立大学教授，美国国际医药大学太极学院荣誉院长，2010年第十六届全球中华文化艺术薪传奖得主。翁博士传播身-心-灵合一的传统太极训练方式，太极哲理技法应用于自卫防身应用，提升太极哲理，太极拳在整合医学领域的应用。</p>		



**KEYNOTE SPEAKER**  
主讲嘉宾



北京时间12月17日  
8:50am-9:15am  
New York Time Dec16  
7:50pm-8:15pm

	CJ Rhoads	USA	Kutztown University (online)
	Topic: Economic Lessons From Lifestyle Review		
17	<p><b>Bio:</b> Dr. Christine "CJ" Rhoads has been studying Tai Chi and Qigong for more than thirty years. She is the managing director of Health, Prosperity, and Leadership Institute, an umbrella organization with over 30 health and leadership programs devoted to helping develop for everyone, everywhere. She's also a Professor in the College of Business at Kutztown University, and an avid integrative healthcare researcher on integrative health practices such as Tai Chi and Qigong. She has been received the 21st World Congress Leadership Award, Top Faculty <b>Researcher</b> of the Year, the Taijiquan Promoter of the Year and was admitted to the Hall of Fame by the Fellowship of United Martial Artists as well as a gold medalist for woman's push hands. She has also been honored with over a dozen community awards including the Athena Leadership Award and Top 50 Business Women in Pennsylvania. Dr. Rhoads also teaches at Kutztown University. She authored ten books and over 250 articles. She holds a B.S. in Education from Kutztown University, an M.A. in Education Psychology and Instructional Design from Temple University, and a D.Ed. in Educational Technology from Lehigh University.</p>		

	克里斯汀·罗兹	美国	卡茨敦大学 (线上)
	题目: 《生活方式评论》中的经济教训		
17	<p><b>简历:</b> 克里斯汀·“CJ”·罗兹博士已经研究太极和气功超过三十年。她是健康、繁荣和领导力研究所的管理总监, 这是一个拥有30多个健康和领导力项目的综合性组织, 致力于帮助每个人的全面发展。她还是卡茨敦大学商学院的教授, 并是一位积极参与综合医疗研究的研究员, 研究综合医疗实践, 如太极拳和气功。她曾获得第21届世界大会领导奖、年度杰出教师研究员奖、年度太极拳推广者奖, 以及被联合武术大师联合会接纳入名人堂, 并荣获女子推手金牌。她还获得了超过十个社区奖项, 包括雅典娜领导奖和宾夕法尼亚州前50位商业女性奖。罗兹博士还在卡茨敦大学教授课程。她撰写了十本书和超过250篇文章。她拥有卡茨敦大学的教育学学士学位, 天普大学的教育心理学和教学设计硕士学位, 以及莱赫大学的教育技术博士学位。</p>		



**KEYNOTE SPEAKER**  
主讲嘉宾



北京时间12月17日  
9:15am-9:40am  
New York Time Dec16  
8:15pm-8:40pm

	Paul Lam	Australia	Founder of Tai Chi for Health Institute (online)
	Topic: Worldwide Accreditation		
B18	<p><b>Bio:</b> Dr. Paul Lam, a retired family physician from Sydney, Australia, is a global leader in using tai chi for health improvement. He began studying tai chi in 1975 under his late father-in-law, Mr. Lum, who was a close student of Yang Shou-zhong, the great-grandson of Yang style creator. In the 1980s, Dr. Lam received personal training for over a decade from Professor Men Hui Feng and Professor Kan Gui Xiang, two renowned tai chi masters. Professor Men, the director of the Wushu Department at Beijing University of Sport, created several tai chi forms, while Professor Kan composed various Chen style forms. Dr. Lam achieved significant success in the Third International Tai Chi Competition in Beijing in 1993, winning gold and two silver medals. Since the late 1990s, he has devoted himself to Tai Chi for Health, collaborating with medical and tai chi experts to develop a series of 12 Tai Chi for Health programs. These programs integrate his western medical knowledge as a family physician and lecturer at the University of New South Wales with traditional Chinese medical acupuncture practice and tai chi expertise. They have gained support from governmental bodies, including the CDC, NCOA, and arthritis foundations in multiple countries. Dr. Lam co-founded the Tai Chi for Health Institute, a non-profit educational institution that has trained over 50,000 certified instructors and empowered millions worldwide for better health and harmony. In September 2023, he was invited by Harvard University's Science of Tai Chi and Qigong conference to present his "Worldwide Accreditation." Tai Chi for Health programs are easy and enjoyable, offering numerous health benefits safely and quickly. Over 30 medical studies have confirmed their safety and effectiveness in improving health. Dr. Lam has authored books, online lessons, and instructional DVDs to facilitate easy and enjoyable tai chi learning, providing quick health benefits.</p>		

	保罗兰	澳大利亚	太极拳健康研究院创始人 (线上)
	题目: 全球认证		
B18	<p><b>简历:</b> 澳大利亚悉尼的退休家庭医生、全球太极拳领袖保罗兰博士。1975年开始学习太极拳, 获得杨式太极拳创始人杨守中的曾孙弟子指导。上世纪80年代, 他接受了北京体育大学武术系主任门会峰教授和教授闾桂香的培训, 两位是太极拳大师。兰博士在1993年的第三届国际太极拳比赛中荣获金牌和两枚银牌。自上世纪90年代末以来, 他致力于太极拳健康事业, 开发了12个太极拳健康项目, 得到多个国家的政府机构支持。他是太极拳健康研究所的联合创始人, 已培训了50,000多名认证教练, 推广全球健康与和谐。2023年, 哈佛大学邀请他演讲。太极拳健康项目安全、快速, 已有30多项医学研究证实有效。兰博士还著有书籍、在线课程和教学DVD, 使太极拳学习更轻松愉悦, 快速获得健康益处。</p>		



**KEYNOTE SPEAKER**  
主讲嘉宾



北京时间12月17日  
9:40am-10:05am  
New York Time Dec16  
8:40pm-9:05pm

	<b>Kenny Perez</b>	<b>USA</b>	<b>Glendale Community College (online)</b>
	<i>Topic: Qigong Interpreted Through Western Science</i>		
B19	<p><b>Bio:</b> Kenny Perez is a U.S. wushu pioneer, champion, coach, judge, author, passionate professor, performer, and promoter of Chinese Martial arts. He began his training in "Wing Chun" Gung fu in 1975 and later studied "5 Animals" Gung fu under Sifu Douglas Wong. Kenny is a five-time US Wushu Team member and was part of the first U.S. wushu team to train in China in 1981. He trained under Master/Coach Wu Bin alongside talented classmates Jet Li and Donnie Yen, eventually working with them on movie projects. Kenny is the only U.S. wushu athlete to achieve the 8th Duan ranking under Master-Coach Wu Bin. He also made history as the first non-Asian "Wushu actor" in the Hong Kong film industry during the 1980s. Additionally, he co-founded the "North American Wushu Association" and holds roles in various martial arts organizations and as an adjunct instructor at Glendale Community College, specializing in Tai Chi.</p>		

	<b>肯尼·佩雷斯</b>	<b>美国</b>	<b>格伦代尔社区学院 (线上)</b>
	<b>题目: 通过西方科学解读的气功</b>		
B19	<p><b>简历:</b> 肯尼·佩雷斯 是美国武术的先驱, 曾获冠军、担任教练、裁判、作家、充满激情的教授、表演者以及中国武术的推广者。他于1975年开始接受“咏春拳”功夫的传统培训, 后来在Sifu Douglas Wong的指导下学习了“五形拳”功夫。Kenny 曾五次入选美国武术队, 并于1981年成为第一支被正式允许在中国接受培训的美国武术队的一员。他曾在传奇大师/教练吴斌的指导下接受培训, 与才华横溢的同学李连杰和甄子丹一同训练, 并最终与他们一起合作拍摄了电影项目。Kenny 是唯一一位在吴斌大师的指导下获得第八段位的美国武术运动员, 这是他武道生涯中的一个显著里程碑。</p> <p>此外, Kenny Perez还在20世纪80年代成为香港电影业中第一位非亚洲“武术演员”, 这标志着他的历史性成就。此外, 他还是“北美武术协会”的共同创始人, 担任多个武术组织的职务, 以及在格伦代尔社区学院担任兼职教师, 专攻太极。</p>		



**KEYNOTE SPEAKER**  
主讲嘉宾



北京时间12月17日  
10:05am-10:30am  
New York Time Dec16  
9:05pm-9:30pm

	<b>Peter Zoll</b>	<b>USA</b>	<b>Taiji Master (online)</b>
	<i>Topic: The Influence of Grip Asymmetry on Tai Chi Ruler and Wrist Exercises</i>		
B20	<p><b>Bio:</b> Dr. Zoll has studied martial arts for fifty years and is currently teaching Chen Family style Tai Chi Chuan in the manner of Grandmaster Chen Zhenglei to people with special needs both over the internet and in person in the Northern California foothills east of Sacramento. As many of the students have challenges in addition to autism and other genetic difficulties the curriculum also includes extensive Qigong routines and Tai Chi tools, including the Tai Chi ruler. He still works as a consulting mathematician and as a software engineer dealing primarily with the multi-national economic impact of epidemics, earthquakes, volcanic eruptions, tsunamis and other disasters.</p>		

	<b>彼得·佐尔</b>	<b>美国</b>	<b>太极老师</b>
	<b>题目: 握力不对称对太极尺和腕部锻炼的影响</b>		
B20	<p><b>简历:</b> 佐尔博士已经学习武术五十年, 目前正在北加利福尼亚山脉东部, 位于萨克拉门托东部, 以陈正雷大师的方式教授陈家太极拳, 专门面向特殊需求的人群, 包括自闭症和其他遗传性困难的学生, 课程还包括广泛的气功练习和太极工具, 包括太极尺。他仍然从事咨询数学家和软件工程师的工作, 主要涉及流行病、地震、火山爆发、海啸和其他灾害对跨国经济的影响。</p>		



**KEYNOTE SPEAKER**  
主讲嘉宾



北京时间12月17日  
10:30am-10:55am  
New York Time Dec16  
9:30pm-9:55pm

	Zhu Weimo	USA	University of Illinois at Urbana-Champaign (online)
B21	<p><b>Topic:</b> The Study and Practice of 'Medicine 3.0' in Relation to Taiji</p> <p><b>Bio:</b> Dr. Zhu is a professor in the Department of Kinesiology and Community Health at the University of Illinois at Urbana-Champaign, USA. 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 models/methods to the field of Kinesiology, especially in youth physical fitness, the impact of body-mind exercises on health, 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, one of the most respected research journals in Kinesiology, and was the associate editors of Journal of Physical Activity and Health and Frontiers in Physiology. He is an active fellow of the US National Academy of Kinesiology, American College of Sports Medicine, and Research Consortium of SHAPE America. He was a member of the Scientific Board of the President's Council on Physical Fitness and Sports between 2005 and 2008, and a panel member of "Fitness Measures and Health Outcomes in Youth," Institute of Medicine in 2011, and has served on the FITNESSGRAM Advisory Committee since 2002. Dr. Zhu has been very active to study and promote Tai Chi and Qigong and has published "Tai Chi Illustrated: For Greater Balance, Relaxation, and Health" with Master Qiu. Dr. Zhu received the M&amp;E Lifetime Achievement Award, the highest award in Kinesmetrics, from SHAPE America in 2020.</p>		

	朱为模	美国	伊利诺伊大学香槟分校 (线上)
B21	<p><b>题目:</b> "医学3.0" 与太极拳的研究和实践</p> <p><b>简历:</b> 朱为模院士，美国人体运动学科学院 (National Academy of Kinesiology, 仅限160人) 院士，美国伊利诺伊大学 (University of Illinois at Urbana-Champaign) 终身教授，博士生导师。朱为模院士是运动健康测量与评价领域的国际知名学者，在SCI和SSCI杂志上发表科研论文100多篇并曾担任美国体育测量与评价协会主席 (1997-1999年)，美国总统体质与竞技体育委员会 (Scientific Board of the President's Council on Physical Fitness and Sports) 科学顾问 (2003—2006年)。2012-2018年间任美国著名《锻炼与运动研究季刊》 (Research Quarterly for Exercise and Sports) 主编。朱院士还担任过美国《体力活动与健康期刊》 (Journal of Physical Activity and Health) 《生理前沿》 (Frontiers in Physiology) 副主编，并现任10多本英文体育杂志的编委。朱教授的研究得到许多基金的资助，包括美国国家卫生研究所(NIH)和约翰逊基金会(RWJF)。他是美国运动医学协会和美国健康教育体育休闲舞蹈学会研究院的资深研究员，也是世界著名的青少年体质和健康研究的专家之一。自2002年以来就一直担任现为美国国家健康体质测验“FITNESSGRAM”的科学顾问。多年来朱院士还通过自身的教学和邀请国内专家的多种形式对太极拳和气功积极推广，并与上海体育学院邱丕相教授合著英文太极拳介绍一书“Tai Chi illustrated: For greater balance, relaxation, and health《太极图解：改善平衡，放松与健康》,由国际著名体育出版社——美国人体运动出版社 (Human Kinetics) 出版并已全球发行。朱院士目前科研的重点为体育锻炼，尤其是东西方有氧运动，对健康促进和疾病防治的作用。他和澳大利亚著名学者Neville Owen主编的“Sedentary Behavior and Health”《久坐与健康》一书最近也由美国人体运动出版社出版并已全球发行。面对新型冠状病毒肺炎的疫情，朱院士团队急疫情所急，在很短的时间里就编创了《抗疫健身操》一书和视频。在人民体育出版社和新华社的全力支持下，《抗疫健身操》一书和视频于2020年2月17日推出，不到24小时就被浏览超过百万次。朱院士在2020年获得体育测量与评价终身奖。</p>		

**KEYNOTE SPEAKER**  
主讲嘉宾



北京时间12月17日  
10:55am-11:15am  
New York Time Dec16  
9:55pm-10:15pm

	Kang Wei	China	Henan Polytechnic University
B22	<p><b>Topic:</b> Henan Polytechnic University</p> <p><b>Bio:</b> A researcher specializing in traditional Taiji theory, serving as an adjunct professor at Dalian University of Technology and Henan Polytechnic University's Taijiqian Institute. From a young age, they studied under the renowned Chen-style Taiji master, Mr. Li Linguang, and systematically acquired the traditional Chen-style Taiji techniques. Over the years, they have dedicated themselves to the study of traditional Taiji theory, forming a comprehensive and organically integrated system that encompasses theory and practice. They have also created a set of six and eight foundational Taijiqian exercises, with the core principles of Taijiqian serving as their foundation. They have conducted Taijiqian basic theory and exercises training for tens of thousands of people in government organizations, enterprises, and Taijiqian teaching institutions for several consecutive years.</p>		

	康伟	中国	河南理工大学
B22	<p><b>题目:</b></p> <p><b>简历:</b> 陈氏太极拳名家，传统太极拳理论研究学者，大连理工大学、河南理工大学太极拳学院兼职教授。自幼拜陈氏太极拳名家李灵光先生门下，系统学习传统陈氏太极拳技艺。多年来，潜心研究传统太极拳理论，形成了由理论到实践的完整闭环及有机融合体系。创编了以太极拳基础原理为核心的六式、八式传统太极拳基本功法，连续数年在机关、企事业单位及太极拳教学机构进行太极拳基础理法及功法培训达万余人次。</p>		



# T

**GENERATION Z  
FUTURE LEADERSHIP  
TALENT EXCHANGE**  
Z世代(青少年)未来领袖人才交流

# LAIJI



Dec 17, 11:10-12:00  
12月17日(Beijing)

太极  
交流



SITAN  
TAICHI



Portland, Oregon



## U.S. WU SHU CENTER





# 太极非遗传承人展演 Taiji Masters Exhibition



北京时间12月17日2:00-5:00pm  
New York Time

展演地点  
河南焦作温县陈家沟

Exhibition Place

Chenjiagou, Wen County, Jiaozuo, Henan, China



## ABOUT

The World Taiji Science Federation is composed of universities, scientific research institutions, health and wellness associations, medical health experts, researchers, and professors from the United States, Europe, and China. The Federation's primary mission is to contribute to the field of "Taiji Science" through research and events. It collaborates with American organizations and groups to analyze scientific experimental data, aiming to develop Taiji standards, certification programs, and educational initiatives for Taiji, Qigong, and other wellness practices. Through scientific research, international exchanges, forums, and festivals, the Federation promotes Taiji science, culture, and wellness globally.

## 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



世界太极科学联合会

World Taiji Science Federation

[www.WTJSE.org](http://www.WTJSE.org)





# JTS

Original research

The Journal of Taiji Science (JTS) is available in both 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 review articles in the fields of psychological health wellness, sports medicine, and exercise. The journal is published in English and welcomes contributions from all fields, including the humanities.

《太极科学期刊》提供印刷版 (ISSN 2832-0611) 和电子版 (ISSN 2832-062X) 两种形式的刊物。这是一本同行评议、开放获取、被索引的英文期刊，专注于心理健康、体育、医学和养生锻炼领域的原创研究文章和评论文章。我们也欢迎来自人文学科等其他领域的原创文章。