

第六届华盛顿太极节暨第五届太极论坛

TAI CHI FESTIVAL & FORUM

- 10:00 -11:30: Group Morning Practice 集体晨练
- 10:00 -11:30: Tai Chi book / Equipment show 太极书和器械展览
- 11:30 -13:00: Picnic 太极拳友共进野餐
- 12:40 -13:00: 太极推手练习 Taichi Push hand Practice
- 13:00 -13:30: VIP Greetings 贵宾讲话
- 13:30 -17:00: Tai Chi Performances 太极表演 (名家风范百花齐放)
- 14:30 -16:30: Tai Chi Forum/Workshops 太极论坛/小型讲习班 (拳友互动加深体会)

Primary Organizers 主办机构

大华府太极友社 (属大华府西北同乡会NCAAGW) www.ncaagw.org
 Tai Chi Friends Club of Greater Washington (TFCGW, an affiliation of
 Northwestern Chinese American Association of Greater Washington)
 Quince Orchard Chapter **昆士分社** (TFCGW@QOHS)
 Assiduous Chen Tai Chi Club **笃行分社** (又名笃行陈式太极社, ACTC of TFCGW)
 Northern Virginia Chapter **北维分社** (TFCGW@NVA)

陈正雷美国陈式太极拳促进会 ChenZhengLei Taichi International

Promotion Organization www.taichichenusa.org

美国气功协会 American Qigong Association www.uswushuacademy.com

默舞 Dancing in Silence www.dancinginsilence.com

Co-Organizers 协办机构

Coordination Council of Chinese-American Associations (CCCAA)

华盛顿地区同乡会联合会 www.cccaa.org

美国武术学院 **United States Whushu Academy**

哈维太极健身社 **Ellicott Tai Chi Health Club (ETHC)**

雅竹音韵太极班陈凤凰 **Yah-Jue Tai Chi Phoenix Chen**

郑子太极拳团队 **Cheng Man-Ching Tai Chi Team**

美中实验学校 **American Chinese School**

蒙郡社区合作办 **Office of Community Partnerships, Montgomery County**

www.montgomerycountymd.gov/partnerships/

Business Sponsors 赞助机构

美国庄讯投资集团公司 **Topteam International Investment Group** 谢新坦Sammy Tse

美国孔子教育基金会常务副会长辛洪军先生 **American Confucius Education**

Committee VP Mr.Xin Hong Jun



2017 WASHINGTON TAI CHI FESTIVAL AND FORUM



节目单 PROGRAM

集体晨练 GROUP MORNING

- 1 85式传统杨氏太极拳 85-Form Traditional Yang-style Tai Chi
所有拳友 all Tai Chi practitioners Led by 李继泽
- 2 易筋经 Yi Jin Jing 所有拳友 all Tai Chi practitioners Led by 李继泽
- 3 太极推手团体练习 Tai Chi Push Hand Practice Led by Julia Chu

午餐和嘉宾发言 LUNCH BREAK AND VIP GREETINGS

太极表演 TAI CHI PERFORMANCES

- 1 古箏太极杨24式 Guzheng and Yang Taichi 大华府太极友社, 顾磊 TFCGW, Gu Lei
- 2 张三丰太极拳 Zhang San Feng Taichi 林瑞彬 Lin Ruibin
- 3 陈式太极 Chen Taichi 林欣捷, 林文新 Yan Chit Lam, Man San Lam
- 4 八段锦 Eight Brocades TFCGW Led by 林瑞彬 Lin Rui Bin
- 5 赵堡太极拳 ZhaoBao Taichi 白文祥 Bai Wenxiang
- 6 太极扇 Taichi Fan, United States Wushu Academy, coach 张桂凤 Zhang Guifeng
- 7 形意拳表演 Xingyi Quan Performance 李德印 Li Deyin
- 8 孙式太极拳 Sun Taichi 刘晓凌 Liu Xiaolin
- 9 郑子太极拳 Cheng-Man-Ching Taichi 朱殿蓉及学生团队 Julia Chu and team
- 10 传统杨式太极剑 Tradition Yang Taichi Sword 朱殿蓉及学生团队 Julia Chu and team
- 11 传统杨式太极刀 Tradition Yang Taichi Saber 朱殿蓉及学生团队 Julia Chu and team
- 12 太极拳之刚和柔 A Selection of Rou(Soft) and Gang(Hard) movement C.P 王宗平
- 13 陈式太极拳综合演示套路 Chen Taichi Performance 笃行太极社 Assiduous Taichi Club
- 14 老杨太极 Lao Yang Taichi 默舞 Dancing in Silence, Led by Janet Thomas
- 15 武当太和拳 Wudang Taihe Quan 梅懋姿阳 Stephanie Mayer-Sattin
- 16 武当太极剑 Wudang Taichi Sword Nick Gracenin
- 17 五行连环刀 Five-Element Saber 杨涵 Yang Han
- 18 孙氏太极拳 Sun Taichi 胡小鹏, 高广领 Hu Xiao Peng, Gao Guangling
- 19 32式太极拳 32-Form Taichi 哈维太极健身社 Howard Taichi Club, Led by 胡小鹏, Hu Xiao Peng
- 20 陈式太极拳新架一路 Chen Taichi New Frame I 西北希望太极 Hope Chinese school 孙速, 刘德龙
- 21 孙氏太极拳 Sun Taichi Nick Gracenin and student, DC Taichi
- 22 洪传陈式太极拳 Hong (Chen) Taichi Quan 马永 Ma Yong
- 23 42式太极拳 竞赛套路 42-Form Tai Chi Competition Form Led by Andrea, NASA Taichi team
- 24 太极神韵 Taichi Charm 大华府太极友社昆士分社 TFCGW@QOHS Led by 吴桃春 Wu TaoChun

- 25 镜像太极 (杨式24式拳) Mirror Taichi 胡小鹏 Hu Xiaopeng
- 26 张三丰太极拳13式 Zhang San Feng 13 Dynamic form by Charles Cashell
- 27 32式太极剑 32-Form Tai Chi Sword 大华府太极友社 TFCGW
- 28 太极扇 Taichi Fan 大华府太极友社 TFCGW Led by 胡小鹏 Hu Xiaopeng

太极论坛/讲习班 TAI CHI FORUM/WORKSHOPS

PAVILION K

- 1 推手扎根的物理法则 Physical Principles of Rooting in Push Hands by Steve Han
- 2 太极之密:提放术的三个技能水平 Tai Chi's Secret: Ti-Fang & Its Three Skill Levels by Stephen Goodson
- 3 走化是推手的重要原则 The Importance of Yielding as Practice and Discipline in Push Hands by Dr. David Walls-Kaufman
- 4 如何四两拨千斤 How to Use Four Ounces to Deflect Thousand Pounds by Julian Chu
- 5 武术家论健康:正是医生从东方西方所取得的 Martial Artist Health: Just What the Doctor Ordered from East and West by 梅懋姿阳 Stephanie Mayer-Sattin & Dr David Kaplan

PAVILION J

- 1 传统太极剑的基本剑法 Traditional Taichi Sword 白文祥, Bai Wenxiang
- 2 中国传统武技之擒拿术 Art of Catch in Tradition Wushu 刘晓凌 Liu Xiao lin
- 3 太极拳的标准化 Standardized in Taiji Quan 孙振波 Sun Zhengbo
- 4 训练内劲的刚和柔 Training for the Softness (Rou) and Hardness (Gang) of Neijin By C.P 王宗平
- 5 浅谈尚式形意拳 Briefing of Shang-style Xin Yi Quan . 杨涵. Yan Han

特别感谢我们太极社区的领袖多年的无私奉献,才有我们今天的太极节和聚会。
同时感谢所有赞助单位和个人,参与筹办的社团和义工,参加活动的大师和拳友们。
Let us give our appreciation to our Taichi Community and the leaders for many years contribution and hosting the Taichi festival.
Thanks for the sponsors, volunteers and participants.