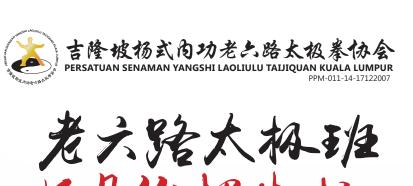


diligence in practices and both masters' teachings had seen him progress by leaps and bounds.

In 2006, to cultivate the arts of Taijiquan, Qian Feng came to Malaysia and founded the "Association of Yang-style Laoliulu Taijiquan Kuala Lumpur". He dedicated his times in teach-

ing Laoliulu Taijiquan and has over thousands of students. He makes great contributions to taiji-

quan culture in Malaysia, and receives the highest respect from fellow martial arts practitioners.





20-1, Jalan SP 3/2, Taman Saujana Puchong, 47110 Puchong, Selangor Darul Ehsan, Malaysia.

杨式太极拳开山祖师杨露禅,为中国河北省邯鄲市永年县人,是第 一个将太极拳发扬光大的人。杨式太极拳分为大、中、小三种架式。老 六路是一套中架传统内功太极拳, 为杨家第二代宗师杨健候所传。

老六路太极拳针对人体内部,内劲,内气和思想意念进行训练,内 功无形无象,但每个人通过练习都会有深刻的体会都能感觉到内功的存 在。中国武术渊源流长,内练"神意气"外练"筋骨皮"。太极拳为内 家拳法如果没有内功实与体操无异, 名相同, 而大不相同。

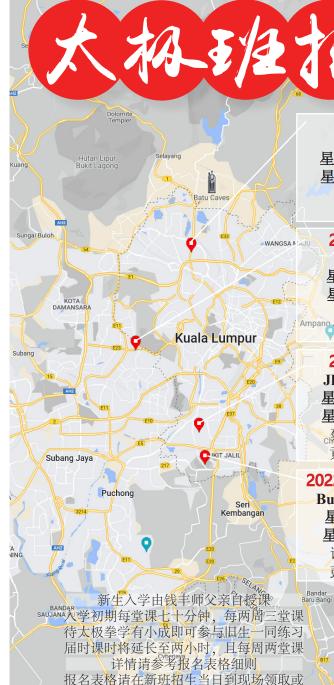
神意气本身就是道家文化的核心内涵和修道达真的修炼内容,是事 理合一、理法不二的表述。对于太极拳来说,神意气也同样是构成传统 太极拳艺之内功三个要素: 心法是符合生命活动及事物发展规律的途径 和训练方法; 而内功是通过这些途径和方法训练所积蓄而成的能量及内 向性的体验。

The founder of Yang-style Taijiquan was Yang Luchan, a native of Yongnian county of Hebei province. He is amongst the most well-known figures in Taijiquan history and had made remarkable contributions in spreading Taijiquan.

"Laoliulu" or Yang-style Old Six Sets is the traditional middle frame of inner energy Yang-style Taijiquan, founded by the second-generation master Yang Jianhou. Laoliulu Tajiquan emphasis on uncovering, cultivating, and application of our inner energy. Inner energy is formless and invisible, which exist within our body. The physical motion of Laoliulu Taijiquan are manifested through the practice of combining "spirit, mind and vitality".

Spirit, mind and vitality are the core connotations and the context of reaching truth in Taoism culture, it is "the principle of unity, and the law of the expression". For Taijiquan, these 3 elements are also key for the training of inner energy. To definite inner energy, we could say that it is a invisible force that conforms to the paths of natural activities of life and obeys the laws regulating natural physics. One's inner energy is the introversive force accumulated by following these paths and laws.





可在本协会官网 www.laoliulu-taiji.com下载

2022年7月6日 (三) 民众站

Boulevard Business Park

星期三 Wednesday 8:00pm-9:10pm 星期六 Saturday 8:00pm-9:10pm 吴先生 Mr Ngu 019-332 9217 钱先生 Mr Qian 016-331 0996

2022年7月5日(二)白沙罗站

Jalan 17A/1, Petaling Java 星期二 Tuesday 8:00pm-9:10pm 星期四 Thursday 8:00pm-9:10pm 张先生 Mr Teoh 012-229 9735

2022年7月12日 (二) 华联站

Jln Hujan Emas 6, Taman OUG 星期二 Tuesday 8:00pm-9:10pm 星期六 Saturday 4:00pm-5:10pm 蒸先生 Mr Chua 019-364 1097 黄先生 Mr Wong 012-494 0025

2022年7月10日(日)武吉加里尔站

Bukit Jalil Golf & Country Resort

星期五 Friday 8:00pm-9:10pm 星期日 Sunday 9:30am-10:40am 谭先生. Mr Tham 012-525 5911 彭先生 Mr Phing 010-511 5445

NEGERI SEMBILAN