

新 班 招 生

NEW
INTAKE

- 2018年9月4日 (二)
📍 吉隆坡陆佑路中国华文小学站
SJK (C) CHUNG KWO
JALAN LOKE YEW, 55200 KL
星期二和五 Tuesday and Friday 8:00pm-9:30pm
联络 Contact: 陆先生 Mr Lok 012-667 9200
杨先生 Mr Jong 016-856 9280
- 2018年9月5日 (三)
📍 吉隆坡育南华文小学站
SJK (C) YOKE NAM KUALA LUMPUR
JALAN HUJAN EMAS 6, TAMAN OUG, 58200 KL
星期三 Wednesday 8:00pm-9:30pm
星期六 Saturday 4:00pm-5:30pm
联络 Contact: 胡先生 Mr Foo 019-274 3626
蔡先生 Mr Chua 019-364 1097
- 2018年9月6日 (四)
📍 八打灵白沙罗中华小学站
SJK (C) CHUNG HWA DAMANSARA
JALAN 17A/1, 46400 PETALING JAYA
星期一和四 Monday & Thursday 8:00pm-9:30pm
联络 Contact: 邱先生 Mr Kaw 018-908 2668
伍先生 Mr Ng 012-206 8881
- 2018年9月8日 (六)
📍 吉隆坡孟加拉民众国民型华文小学站
SJK (C) MUN CHOONG,
BATU 5, JALAN IPOH, 51200 KL
星期三和六 Wednesday & Saturday 8:00pm-9:30pm
联络 Contact: 吴先生 Mr Ngu 019-332 9217
李先生 Mr Lee 012-228 0603
- 2018年9月9日 (日)
📍 蒲种竞智国民型华文小学站
SJK (C) KHENG CHEE PUCHONG,
PERSIARAN INDERA, 47100 PUCHONG
星期五 Friday 8:00pm-9:30pm
星期日 Sunday 9:30am-11:00am
联络 Contact: 谭先生 Mr Tham 012-525 5911
蔡先生 Mr Chua 019-364 1097



吉隆坡杨式内功老六路太极拳协会
PERSATUAN SENAMAN YANGSHI LAOLIULU TAIJIQUAN KUALA LUMPUR
PPM-011-14-17122007

协会宗旨:

- 一、提供更多的学习机会予公众人士，锻炼身体，增强体质，促进身心健康等。
- 二、传承中华武术之精髓，推广杨式内功老六路太极拳及内功太极拳揉手、发劲和技击散手。
- 三、以弘扬中华民族传统武术文化为责任，以增进中马两国的太极拳文化交流为重点。



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43200 Cheras, Selangor Darul Ehsan, Malaysia.

钱丰

永久名誉会长兼武术总教练

QIAN FENG

Honorary Life President
& Chief Instructor

钱丰师傅，中国辽宁鞍山人，1978年生，自幼酷爱中华武术。1995年开始跟随杨式内功老六路太极拳第七代传人姜有奎师傅学习杨式内功老六路太极拳。期间多次受师公已故中国著名武术家李和生大师的亲自悉心指导，得杨式内功老六路太极门真传。对太极拳深入钻研造诣极高。

2006年钱丰老师为了弘扬中华太极拳文化，远渡南洋，来到马来西亚吉隆坡创办了吉隆坡杨式内功老六路太极拳协会。多年来传拳讲课至今，学员已超越千余人，训练方式系统分明适合学习，为马来西亚的太极拳文化发展做出了伟大的贡献，深受武林同道的敬重与爱戴。

Qian Feng was born in 1978 in Anshan city, Liaoning province, China. Qian Feng is fanatic about Chinese martial arts since childhood.

In 1995, at a tender age of 17, he started following the seventh-generation master of Yang-style Laoliulu Taijiquan, Jiang Youkui, to learn the art forms of Taijiquan and combat techniques of Taiji Sanshou. The famous martial arts figure, sixth-generation master of Yang-style Laoliulu Taijiquan, Lee Hesheng had given him personal guidance during his study. Qian Feng's diligence in practices and both masters' teachings had advanced his skills by strides.

In 2006, to cultivate the arts of Taijiquan, Qian Feng came across South China Sea from China to Malaysia, and founded "Association of Yang-style Laoliulu Taijiquan Kuala Lumpur". He dedicated his times in teaching Yang-style Laoliulu Taijiquan to the people and has over thousands of students. He makes great contributions to the culture of martial arts in Malaysia, and receives the highest respect of feat from fellow martial arts practitioners in Malaysia.



老六路太极拳简介

Laoliulu Taijiquan Introduction

杨式太极拳开山祖师杨露禅，为中国河北省邯郸市永年县人，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 wide spreading Taijiquan to Chinese civilization.

Yang-style Taijiquan has large, middle and small frames. "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 Taijiquan focus on the training of the internal spirit, mind and vitality. Inner energy is formless and invisible, but everyone could feel the existing of internal energy through practicing. The art forms of Taijiquan are built on the foundation of inner energy practice of "spirit, mind and vitality", not only on body motions.

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.

