



钱丰

永久名誉会长
兼拳术总教练

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，加上钱丰师傅刻苦勤奋，深入研究，拳术一日千里。

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. He started learning Yang-style Laoliulu Taijiquan and its applications from master Jiang Youkui since age of 17. The late master Lee Hesheng had given him personal guidance during his study. Qian Feng's 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 teaching Laoliulu Taijiquan and has over thousands of students. He makes great contributions to taijiquan culture in Malaysia, and receives the highest respect from fellow martial arts practitioners.



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

老六路太极班
七月份招生啦~
快来报名!



www.laoliulu-taiji.com  Laoliulu MY

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



吉隆坡杨式内功老六路太极拳协会

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太 极 班 招 生

TAIJI
CLASS
NEW
INTAKE

- **2019年7月1日 (一)**
 美华城安邦国民型华小二校站
 SJK (C) ON PONG 2
 JALAN PANDAN MEWAH, 68000 AMPANG
 星期一和三 Monday and Wednesday 8:00pm-9:30pm
 联络 Contact: 陆先生 Mr Lok 012-667 9200
 杨先生 Mr Jong 016-856 9280
- **2019年7月4日 (四)**
 八打灵白沙罗中华小学站
 SJK (C) CHUNG HWA DAMANSARA
 JALAN 17A/1, 46400 PETALING JAYA
 星期二和四 Tuesday & Thursday 8:00pm-9:30pm
 联络 Contact: 邱先生 Mr Kaw 018-908 2668
 伍先生 Mr Ng 012-206 8881
- **2019年7月6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
- **2019年7月12日 (五)**
 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
- **2019年7月13日 (六)**
 吉隆坡育南华文小学站
 SJK (C) YOKE NAM KUALA LUMPUR
 JALAN HUJAN EMAS 6, TAMAN OUG, 58200 KL
 星期二 Tuesday 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

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 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 Taijiquan 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.

