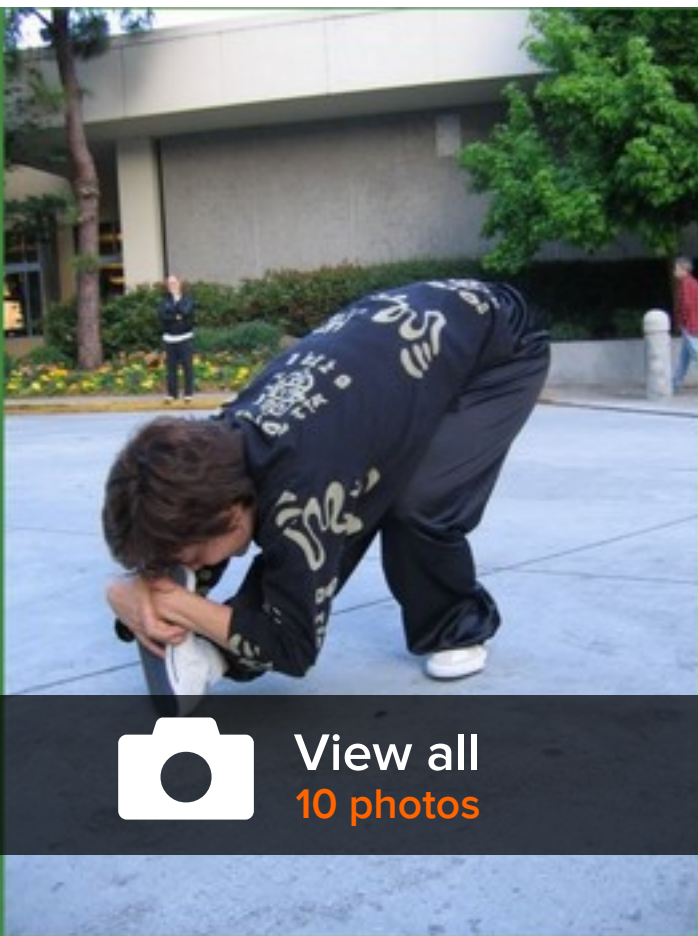


## Want to learn the secret Yang Tai Chi Style?

October 5, 2011

5:03 PM MST

Most people's impression of [Tai Chi](#) is its slow and fluid movements. This is probably based on Yang Style Tai Chi, which is slow and even-paced, and has been mostly portrayed in the media. However, there is an exception to this, which is [Guang Ping Yang Tai Chi](#). Guang Ping Yang Tai Chi is not as slow as regular Yang Style Tai Chi. Additionally, not all movements in Guang Ping Tai Chi are executed at the same pace. It consists of many explosive moves as well. Guang Ping Tai Chi can be physically challenging. Some postures are low stance. The chin-to-toe exercise is hard to do until someone has years of practice. The second part of Master Y.C. Chiang's [video](#) is fast Tai Chi which may surprise most Yang Style practitioners. If you are interested in it and want to learn more about this secret Yang Style Tai Chi, you can attend the 15th Annual Guang Ping Yang Conference hosted at the beautiful [Resort at Squaw Creek in Lake Tahoe](#) on Oct 28 – 30, 2011.



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10 photos

Famous Guang Ping Chin-to-Toe exercise  
*Guang Ping Yang Tai Chi Association*



*Guang Ping Yang Tai Chi Association*

Legend has it that Guang Ping Yang Tai Chi was created by the original Yang Style creator Grandmaster Yang Lu-Chan (1799 – 1872) with his second son Yang Ban-Hou (1837 – 1892). This form is more explosive, similar to Chen Style Tai Chi and full of [martial arts](#) applications. Yang Ban-Hou belonged to the Han ethnic group and considered the emperors and royal families of the [Qing Dynasty](#) as invaders from [Manchuria](#). Even though he was employed by the Imperial Guard to teach Tai Chi, he hid the Guang Ping style from the Imperial Guard and the general population. He did not teach anyone except a few close disciples who were ethnic Han people. Wang Jiao-Yu was one of the trusted disciples with great dedication. Wang kept the art totally hidden until his old age when the Qing Dynasty was no longer in power. He only accepted four disciples and [Kuo Lieng-Ying](#) (1895 – 1985) was one of them. Kuo taught the art to others in China and brought it first to Taiwan and then to the U.S. in 1965.

[Grandmaster Henry Look](#) wrote a colorful story about Yang Ban-Hou and Wang Jiao-Yu at the [Guang Ping Tai Chi Association's website](#). It is quite fascinating to learn about the history of Guang Ping.

Today there are Guang Ping practitioners in China, Taiwan, the U.S., Japan, Denmark and some other countries. It is hard to estimate how many followers are there. But there are more than 400 members in Guang Ping Association which was established to honor Master Kuo Lien Ying for his unselfishness to share and preserve the art. The association's mission is to promote, perpetuate, develop interest in and preserve the quality of the style world-wide as well as to provide support for research and education in Guang Ping Yang Tai Chi. The annual conference is one of the events hosted by the association.

This year the conference program is very rich and diverse. It will include but not limited to the below workshops:

Grandmaster Henry Look on Applications of the Guang Ping Yang Tai Chi. Students will learn the martial art applications for each of the 64 Guang Ping Tai Chi movements.

- [Master Randy Elia](#) on Hsing-I Five Movements
- [Master Jiang Jianye](#) on Wuji 8-Section Brocade
- Sifu Paul Taylor on Wave Hands Like Cloud.
- [Jarr Forsman and Steve Sekhon](#) on Principles of Tai Chi as Metaphors for Right Living.
- [Marilyn Cooper](#) on Four Hands.
- [Sifu Tom Carney](#) on Chin Na – 10 Points Locking Drill and Ducking Drill

To find more about this conference, you can click the link [here](#).

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## SUGGESTED LINKS

- [Shifu Loretta Wollering on Knee Therapy](#)
- [Shifu Justin Meehan remembers Robert W. Smith](#)
- [An inspiring chat with Arthur Rosenfeld on Tai Chi](#)
- [Tai Chi and weight loss](#)
- [Master Jianye Jiang and Chinese Yoga for Longevity](#)



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