

Dr. Yang, Jwing-Ming (楊俊敏博士) started his Gongfu (Kung Fu) training at the age of fifteen under the Shaolin White Crane (Bai He) Master Cheng, Gin Gsao (曾金灶). In thirteen years of study (1961-1974) under Master Cheng, Dr. Yang became an expert in the White Crane style of Chinese martial arts, which includes both the use of bare hands and of various weapons such as saber, staff, spear, trident, two short rods, and many others. With the same master he also studied White Crane Qin Na (or Chin Na), Tui Na and Dian Xue massages, and herbal treatment.

At the age of sixteen, Dr. Yang began the study of Taijiquan (Yang Style) under **Master Kao, Tao** (高濤). Dr. Yang's tai chi can be traced back to the Yang family through Master Kao's teacher Yue, Huanzhi (樂喚之), an indoor disciple of Yang, Chengfu (楊澄甫). After learning from Master Kao, Dr. Yang continued his study and research of Taijiquan with **Master Li, Mao-Ching** (李茂清) and training partner Mr. Wilson Chen in Taipei. Master Li learned his Taijiquan from the well-known Master Han, Ching-Tang, and Mr. Chen learned his Taijiquan from Master Chang, Xiang-San. Dr. Yang has mastered the Taiji barehand sequence, pushing hands, the two-man fighting sequence, Taiji sword, Taiji saber, and Taiji Qigong.

### **Becoming an Author**

Founded in 1984, YMAA Publication Center has published many of Dr. Yang's groundbreaking books and videos, and is a pioneer in the cultural exchange between the East and West. While the West has successfully developed the material sciences, the East is celebrated for its levels of spiritual cultivation. During this ongoing period of exchange, the building of bridges is critical for the successful integration of the achievements of both societies. His books and videos have been translated into French, Italian, Spanish, Polish, Czech, Dutch, Bulgarian, Russian, Hungarian, Portuguese, Croatian, German, and Farsi.

In summary, Dr. Yang has been involved in Chinese Gongfu since 1961. During this time, he has spent 13 years learning Shaolin White Crane (Bai He), Shaolin Long Fist (Changquan), and Taijiquan. Dr. Yang has more than thirty years of instructional experience: seven years in Taiwan, five years at Purdue University, two years in Houston, TX, and 24 years in Boston, MA. On November 29, 2005, Dr. Yang conferred the title of Taiji Master to one of his senior students (Roger Whidden) for the first time, which by tradition bestows the honorable title of Grandmaster upon Dr. Yang.

### **Worldwide Acclaim**

Throughout the year, Dr. Yang travels between **YMAA International Branch and Provisional schools** worldwide. He also frequently travels within America and around the world presenting lectures and seminars on Chinese martial arts and Qigong. He has visited Argentina, Austria, Barbados, Botswana, Belgium, Bermuda, Canada, China, Chile, England, Egypt, France, Germany, Holland, Hungary, Iran, Ireland, Italy, Latvia, Mexico, Poland, Portugal, Qatar, Saudi Arabia, Spain, South Africa, Switzerland, and Venezuela. Dr. Yang has published over 35 books and more than 50 videos on the martial arts and Qigong. Currently he is president of Yang's Oriental Arts Association, Boston, MA.

Since 2004, Dr. Yang has worked to develop the nonprofit **YMAA Retreat Center**, a training facility in Humboldt County, CA, where he is training a select group of students in a comprehensive 10-year program.

He continues to offer **seminars**, in California, Boston, and around the world.

**Dr. Yang has published 40 Gung Fu and Qi Gong books, more than 50 DVDs.**

#### **Offices**

- President of Yang's Martial Arts Association, YMAA International.
- Board of Directors of YMAA Publication Center
- Vice President of the International Wushu-San Shou Dao Association
- Co-Leader of the 1994 North American Martial Arts Demo Team
- Honorary Member of the American Shiatsu Association
- Honorary Advisor of the Martial Arts of China Historical Society
- Honorable Appointee to the Eastern U.S. Kung-Fu Federation

#### **Awards**

- Prix Bushido, French Book Award, 1st Place, 1997
- Inside Kung Fu Magazine - Man of the Year 1990
- Black Belt Magazine - Kung Fu Artist of the Year 2003
- Inside Kung Fu Magazine - Man of the Year 2007
- Martial Arts Publisher of the Year 2008 by the 11th World Congress on Qigong and TCM, Dr. Effie Chow and the American Qigong Association