



Linda's T'ai Chi Weekly Handout

Video of the First Set of the Long Form Performed by Master Alex Dong

Alex Dong (Tung) is the great-grandson of Tung Ying Chieh, a famous disciple of the great Yang Cheng Fu. Alex Dong follows in the footsteps of his father, Dong Zeng Chen, his uncle **Tung Kai Ying**, his grandfather Tung Hu Ling, in spreading their family's Tai Chi around the world. Tung Kai Ying is the father of Master Chen Wei who teaches Clifton Gore, my teacher in Ventura, CA. I have studied with both Masters. Alex Dong has a Tai Chi school in Manhattan, NY and teaches around the world.

To open the link, you can select Control and left click OR right click to Open Hyperlink. If you wish, you can go directly to You Tube and type in "Alex Dong performs first set"

<https://www.youtube.com/watch?v=3GdY2QGDNOk>

Enjoy and Peace

Linda