



Linda's T'ai Chi Weekly Handout October 2, 2022

### Tung Style T'ai Chi

There are 5 basic forms of Tai Chi- Chen, Yang, Wu/Hao, Wu and Sun. Yang is the most popular form in the world. These forms are recognized by the Chinese Government who in 1956 the Chinese government sponsored the Chinese Sports Committee (CSC), which brought together four *wushu* teachers to truncate the Yang family hand form to 24 postures. This was an attempt to standardize t'ai-chi ch'üan for tournaments as they wanted to create a routine that would be much less difficult to learn than the classical 88 to 108 posture solo hand forms. I can tell you that when I have been in Taiwan, the people who are practicing in the early morning at the Chang monument, recognize and know the Tung style. It is popular world-wide.

This is the form that I teach. The Tung style long form. The Tung style is taught around the world in many countries by Master Tung Kai Ying, his son, Master Chen Wei (Tai Chi Academy of Los Angeles, CA and Chen Wei's cousin, Alex Dong who holds classes in New York City. The Tung style is quite popular here in Bellingham.

The Tung family (also pronounced Dong) comes from a long line of Tai Chi practitioners dating back centuries. Tung Kai Ying brings an interesting and unique approach to the form. Because of his years of study in many forms, he created a form that blends Yang style and the Hao Wu style. What this means is that he blends the tall stature and large circular, graceful movements of Yang with the smaller more contained movements of Wu.

Students who have been taught Yang style will recognize all of the postures with some slight difference. Yang style uses a roll-back movement: Tung style does not. Tung style is more efficient in its postures and expresses more courage, spirit, and deeply rooted physical strength not found in other styles, except for Chen.



Yang Chen Fu

Cross of Wings

Notice: knees over the toes, bent knees, upright position, Soft hands, fingers open and relaxed

Peace, Linda