



December, 2012  
Castel Vittorio, Italy

## **Dear Yongkang Marathon Hosts and Site Coordinators 2012,**

Thanks to your leadership and organization, some 150 people participated in eight different Yongkang Marathons in six different countries. This year our colleagues in France joined in the Belgium YKM and one new school stepped up to host a YKM in Illinois (USA) - the Chicago Joseph Morris Yangjia Michuan Taijiquan Society.

Thank you Taipei, Torhout, Berlin, Munich, Nova Scotia, Hermanus, Chicago and Madison, for welcoming the Yongkang Marathon with open arms and so quickly.

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As the organizer for your YKM, you were in the best position to match local culture, students' experience, and your school's resources to optimize the value for attendees as they participated in this global event. Out of the Yongkang Marathon has come a realization that this decentralized and self-organized communal contribution to Yangjia Michuan Taijiquan is perfectly suited to our wonderfully diverse group of friends, from the southernmost tip of Africa to a most northern point in Canada, from Asia to Europe to the Mid-West in the USA!

The photos and video clips you sent demonstrate an amazing spirit and are a beautiful present to our ancestors. Many are now posted at [ymti.org](http://ymti.org)

<http://www.ymti.org/us/modules/news/article.php?storyid=103>

and on several of the Yongkang Marathon Hosts' websites.

This year two of our eight marathons were 7 hours of non-stop Yangjia Michuan Taijiquan, with Taipei and Torhout keeping more or less to the same schedule of events. During this time, three Neigong periods of between fifteen and twenty five minutes were

built in to allow our bodies to absorb the energies built up during our practice, to rest our legs, and take time to eat or drink beverages other than Qi and saliva!

This period of seven hours I believe is enough to merit being called a "marathon;" it is enough to strengthen our bodies and minds in the noblest way we can imagine. We will probably not extend this time to longer than seven hours for it is sufficient time to perform the entire Yangjia Michuan Taijiquan Curriculum. Neither will we reduce this time because it seems to be rewarding for all marathoners of all ages, for people of all physical and mental health conditions, and of all levels of Yangjia Michuan Taijiquan experience – a beginner can participate.

We would like to share with you a few of the heart-warming, humorous and interesting comments and suggestions we received from Second Annual Yongkang Marathon hosts from around the world:

"Our marathon was five hours long. Many of our participants had only been learning Yangjia Michuan Taijiquan for six months! And yet they followed along for the entire five hours. The weather in Berlin had turned bad and because it was a weekend, the heating was not turned on. We had to keep moving if we wanted to stay warm! It was good it happened like that, because now we will be better prepared for our Third Annual Yongkang Marathon. We know we'll need to 1- keep warm, 2- stay comfortable, and 3- have a big enough space." - L.U.

"Chicago looks so great - when will the [international] YK marathon be there?" - S.B.

"Yes, we had a very successful YKM." - D.D.

"...Having the second Annual Yongkang Marathon was an opportunity for existing and new (six new) people to get together, practice, and enjoy relating to each other. So I thank you for having a Second Marathon. - B.C."

"...Our local YKM grew by 67% from year one (15 participants) to year two (25 participants). If this is the beginning of a geometric progression, we will have 1,488 participants in the

10th year and 246,141 participants in the 20<sup>th</sup> year. After that, the numbers get really big. Seriously, it will be fun to watch YKM evolve through time. - R.E.B.

"Hi All,

Well we did it, but only just. Mainly because the average age here is probably considerably higher than in most other places! The picture is from while I could still lift my arm and press the shutter. From ltr: me, Li Smith, Mariska and Alma Wyness. In front: Andrea Ledell, one of the beginners and very enthusiastic, with Mariska's little son Noah.

Well done to all who took part,  
From the team in South Africa." -D.N.

"From Yongkang Marathon 2012-Canada

Here are some photos of our modest but enthusiastic participation in this year's event." - M.& R.W.

"...Madison participants ranged from brand new students of YMT (lessons for a few months and working on 13 Postures) to some who have studied YMT for more than a decade. ... The Madison Yongkang Marathon was a good experience for all.

"... Based on your description of events, it sounds like the Torhout organizers did a great job connecting with the Mayor's Office and the Belgium Office of Cultural Affairs [for Taiwan in Europe]. Such official recognition adds an air of importance to the event and may heighten even more its significance for some participants.

"The growing connections in Taipei and the large turnout are certainly satisfying. Shumei and David continue to impress as amazing individuals and tremendous ambassadors for Yangjia Michuan Taijiquan.

"In my opening comments at the Madison YKM, I described the main purposes of YKM as

- Connecting with each other (locally and with the global community of YMT practitioners)
- Connecting with our roots (five generations of YMT lineage holders)

- Focusing on better health for the long run, the primary purpose of YMT (as described in WYN's Four Greatest Answers)

"My impression is that the second annual YKM achieved all of these purposes as the YKM continues to grow and evolve from year to year." - R.E.B.

**The Third Annual Yongkang Marathon is scheduled for:  
Sunday, November 3, 2013**

Wishing you a happy, daily, and continued practice of our art,

**Sincerely yours,**

**Julia Fairchild,  
Yangjia Michuan Taijiquan,  
5th Generation Lineage Holder**

**Du Jing,  
YKM Chairperson**

**Zhuang Shumei, Robert E. Burt, and Marc Jonckheere,  
Yongkang Marathon 2012 Administrators**

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