

Dear YKM Hosts, below is a "thank you for participating letter." Please feel free to pass it along to your YKM participants. Yangjia Michuan Taijiquan is an extraordinary style of Taijiquan. With your leadership as Hosts of the Annual Yongkang Marathon and the support of YKM participants and friends of Yangjia Michuan Taijiquan, we are working to unite YMT players everywhere. I am proud and pleased that the YKM reflects the essence of what YMT has been and what we want it to be in the future: A Concentration on the primary purpose of Yangjia Michuan Taijiquan: better health. Thank YOU! – Julia

P.S. All Group Photos are up and may be found following the links at the bottom of this letter.

THE EIGHTH ANNUAL YONGKANG MARATHON

Held October 27 & 28, 2018,

in many places around the world.

Dear Yongkang Marathon Participants and Friends of Yangjia Michuan Taijiquan,

I express my deep and sincere gratitude to those who hosted a Yongkang Marathon somewhere in the world this year; to all who participated, at any level, in a Yongkang Marathon this year; and to the families and friends of Yongkang Marathon participants for their generous support and understanding.

This year I would also like to give special thanks to Anne Dourday (a.k.a. Du Yu) who came up with the idea of a "Marathon" in the first place. It has proved eminently suitable to our needs as a scattered Brother and Sisterhood.

Some 130 people joined in on one of 13 Yongkang Marathons held in 8 different countries: Belgium, Canada, France, Germany, Italy, Taiwan (R.O.C.), Switzerland or U.S.A., in this Year of the Dog, the 107th Year of the Republic of China, 2018.

The Yongkang Marathon is designed to encourage us, our small circle of like-minded taijiquan friends, to speed-up. By "speeding up" I mean bringing the Yangjia Michuan Taijiquan curriculum to completion as quickly as possible. Using this annual event to help direct our thoughts and efforts throughout the year toward adding one new bit, large or small - ***it makes no difference*** - to our current abilities, is one great use of the Yongkang Marathon, for the whole IS greater than the sum of its parts. *No effort is wasted.*

The Yongkang Marathon is an easy way to practice pulling with one heart and mind, so that, in the end, we are not strangers to each other. If someone from X

City / Country decides to join in practice with a group in Y City / Country, the joyous feeling should be as if finding long lost cousins!

Last year, Gianvittorio Ardito, our colleague in Rome, wrote, "*Saremo tutti collegati nel ricordo di Laoshir (Wang Yen-nien) ed uniti nella pratica.*" "We will all be connected [in thought] to the memory of Master Wang and united in practice."

In these words we understand **how to** "pull with one heart and mind": we are united by **beneficent thought**, thought with love and deep gratitude behind it.

I would like to share two more YKM 2018 impressions received from Hosts of YKM's in Switzerland and Canada:

- In **Lausanne, Switzerland**, an unexpected snowstorm and cars without winter tires...! Below I share with you a letter sent in by Christine Schurmann and Bernadette Laplanche (graciously translated into English by Julie Pai). I think you too will feel the infectious happiness their letter was imbued with.

"So here we are - just finished the Yongkang Marathon!

It was a wonderful day which began with snow - and summer tires - to get to the rendezvous! Fortunately, all went well by driving at 2 km per hour!

The place was magical and from the windows we had a magnificent view over the surrounding countryside. A hearty stove warmed the inside of the chalet.

We began at 10:00 this morning and ended our practice at 3 p.m. Then we shared some soup and whatever the participants had brought along.

We practiced 3 sets of 1½-hour sessions with mini-breaks in-between and each participant thoroughly respected the spirit of the practice; it was really special. A corner had been arranged for neigong meditation. Most of our practice took place inside except for the 8 Basic Sword Cuts, which we practiced outside in the biting cold! We also practiced a little with the CD.

It was really a beautiful moment of sharing and everyone was surprised by the force that we felt united us and our other Brothers and Sisters throughout the World. We also took the opportunity to thank in our hearts "The Ancients" and the whole lineage of our School for allowing us the sharing and transmission of this beautiful form of Yangjia Michuan Taijiquan.

As a memento of this day we offered each participant a small parchment inscribed with the Song of the 13 Postures and a packet of ginger candies.

A big THANK YOU! for this beautiful initiative of the Yongkang Marathon and for letting us take part." - Taiji du Chaudron, Switzerland.

- And YKM News from **Halifax, Canada:**

Yes, our the 2018 YKM went well. The group met in Musquodoboit Harbour, Nova Scotia at the location of the regularly scheduled class. It was a cold, damp day so Taijiquan was good medicine. The participants, a mix of past students and present, were honoured to have Ronald & Mireille Wensel in attendance. Ron & Mireille are credited with bringing this form of Taijiquan to the Eastern Shore of Nova Scotia and so it is always a pleasure to do the form with them. Following our practice of Taijiquan, we enjoyed each other's company over homemade pumpkin pie and a locally wild crafted herbal tea blend. All the best, Michele Graveline.

Looking forward to seeing you ALL again next year!

I would like to specifically thank the following groups for all their work in making this worldwide event possible: The Yen-nien Daoguan, Taipei; Jingdao Yen-nien Daoguan, Antwerpen (BE); YMTI-Canada (CA); Tian-Yuan Daoguan & WYN Fu Long Dao, Brehand (FR); Yangjia Michuan Taijiquan Club d'Annemasse (FR); Yen-nien Daoguan, Berlin (DE); Amici Internazionali di Yangjia Michuan Taijiquan, Castel Vittorio, (IT); Associazione Wuxing, Rome (IT); Taiji du Chaudron, (CH); Chicago Joseph Morris Yangjia Michuan Taijiquan Society, Chicago, IL (USA); Southern California Yangjia Michuan Taijiquan; ymtvideos.com, Madison, WI (USA); and Friends of Yangjia Michuan Taijiquan, Wisconsin, Neenah, WI (U.S.A);

Our next YKM: [The 9th Annual YKM](#), to be held over the weekend of October 26 & 27, 2019. For links to this year's YKM news and photos, go to

TW: <http://www.ymti.org/tw/modules/news/article.php?storyid=143>

EN: <http://www.ymti.org/us/modules/news/article.php?storyid=197>

FR: <http://www.ymti.org/fr/modules/news/article.php?storyid=174>

DE: <http://www.ymti.org/de/modules/news/article.php?storyid=166>

All the best wishes for the Holidays and the New Year,

"*Yong Bao An Kang*" [Peace & Good Health Maintained Forever],

Sincerely,

Julia Fairchild,

Yangjia Michuan Taijiquan, 5th Generation, Lineage Holder

November 2018

Castel Vittorio, Italy

