

## THE SEVENTH ANNUAL YONGKANG MARATHON

Held October 28 & 29, 2017,

in many places around the world.

Dear Friends of Yangjia Michuan Taijiquan & Yongkang Marathon Participants,

Thank you for joining in on a Yongkang Marathon held somewhere in the world: Belgium, Canada, Germany, Italy, Taiwan (R.O.C.), South Africa, or U.S.A., in this Year of the Rooster, the 106<sup>th</sup> Year of the Republic of China, 2017.

Fourteen Yongkang Marathons were completed in seven different countries around the world. 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 to the memory of Master Wang and united in practice." - Beautiful!

**ALL** hosts brought people together to practice the YMT curriculum, to be more aware of the global YMT community, and to honor Master Wang and the ancestors of this tradition. Each a little different, each designed with specific participants and local cultures in mind, and each focused on integrating Master Wang Yen-nien's 4<sup>th</sup> Greatest Answer, **better health**, into our lives by the practice of Yangjia Michuan Taijiquan.

But how does this work? How does the practice of Yangjia Michuan Taijiquan bring us to better health? I take this opportunity to share my thoughts with you on this question.

If drawing as close to nature as possible is thought to bring peace and better health, what about those of us who are not living close to nature, for example, someone living on the 24<sup>th</sup> floor of a high-rise apartment in the middle of big city? I have come to the conclusion that *it doesn't matter, it will work anyway. The Practice itself is based on, or rooted in, the Laws of Nature.*

If Taijiquan can be thought of as a choreographed set of movements based on the Laws of Nature, Yin and Yang, then *when practicing Taijiquan we are re-enacting the Laws of Nature and re-aligning ourselves with the Source. At each practice we re-root ourselves in Nature, where better health lies. We do not need to live in Nature to re-align with Nature.* Therefore, courage! Practice on! No matter where you live, you cannot go wrong.

The next question might be, if the Laws of Nature are based on Yin and Yang, as Daoists have believed for centuries, then where is Yin, where is Yang? And for this we turn to **Master Wang's Second Greatest Answer**, where he explains where the Yin and Yang are in Yangjia Michuan Taijiquan. His answer is sophisticated, and not easily understood without help from a teacher. However, not to worry, Yin and Yang are fully integrated in Yangjia Michuan Taijiquan, whether we understand how or not.

I would like to specifically thank the following groups for all their work in making this worldwide event possible: Our Annual World Yongkang Marathon Host, the Yen-nien Daoguan, Taipei; and World Yongkang Marathon Sponsors: Jingdao Yen-nien Daoguan, Antwerpen (BE); YMT-Saint-Sauveur (BE); YMTI-Canada (CA); Yen-nien Daoguan, Berlin (DE); Amici Internazionali di Yangjia Michuan Taijiquan, Castel Vittorio, (IT); Associazione Wuxing, Rome (IT); Associazione Wuxing, Santeramo (IT); Chicago Joseph Morris Yangjia Michuan Taijiquan Society, Chicago, IL (USA); Southern California Yangjia Michuan Taijiquan; [ymtvideos.com](http://ymtvideos.com), Madison, WI (USA); Friends of Yangjia Michuan Taijiquan, Wisconsin, Neenah, WI (U.S.A); and Yangjia Michuan Taijiquan Club of Hermanus (SA).

Our next YKM: The 8th Annual YKM, to be held over the weekend of October 27 & 28, 2018. For links to this year's YKM news and photos, go to

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

<http://www.ymti.org/us/modules/news/article.php?storyid=191>

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

<http://www.ymti.org/de/modules/news/article.php?storyid=163>

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

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

Sincerely,

Julia Fairchild,

Yangjia Michuan Taijiquan, 5th Generation, Lineage Holder

December, 2017

Castel Vittorio, Italy



