

## 2016 6<sup>th</sup> ANNUAL YONGKANG MARATHON WRAP-UP AND THANK YOU NOTE

Dear Friends of Yangjia Michuan Taijiquan & Yongkang Marathon Participants, ☐☐

Our 6th Annual Yongkang Marathon has drawn to a close. We made it! Again!

Fifteen Yongkang Marathons were completed in nine different countries around the world. All 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 was a little different, designed with the specific participants and local cultures in mind.

Based on correspondence, here are a few interesting things I learned about some of them. Despite recovering from emergency oral surgery, John Whittaker (Southern California) bravely led the group in their first Yongkang Marathon. In Madison (WI), several students stepped up to co-lead portions of the curriculum with Bob Constantine, which helped given the relatively large size of the group. Other memorable tidbits: pumpkin pie for breakfast in Neeham (WI); the courageous eight (some barefoot) in Halifax (CA); the beautiful orange and yellow leaves in Paris (FR); the ancient park in the middle of Rome; a YKM in Taiyuan (Master Wang's birth place); strong and steady in Antwerp (BE) and Berlin (DE); a true community effort in Munich (DE); and a super "selfie" photo from Taipei.☐

Almost all the group photos from around the world this year included the YKM flag facing forward. Perhaps a small thing, but this helps emphasize the global nature of our community and how we are all tied together.

"Only good health is real, everything else is an illusion," Master Wang liked to say. Participating in a Yongkang Marathon, demonstrates an awareness of the primary purpose of Yangjia Michuan Taijiquan: better health. **Thank you for taking part in this year's YKM.**

I would like to share some of the comments I received from Hosts of YKM's around the world:

- Greetings, Dear Fellow Members of the Chicago JMYMT Association: We experienced a wonderful YONGKANG Marathon Celebration about a month ago, and, since that time, I've been constantly thinking about our Windsor Church YMT program and how to evolve /improve it. Please excuse the intrusion of this letter, but I only wanted to share my thinking and my enthusiasm: To begin, I wish to extend a BIG THANK YOU, to EVERYONE that was able to attend our YKM Celebration. Though our numbers were modest, our spirit and our enthusiasm was quite strong. Three years ago, when we first began to observe this commemoration, for me, it was just

another thing to do and another preparation to make. Now, after having observed three (3) successive YKM Celebrations, I am absolutely enthusiastic, and I'm already thinking about next year's YKM Event. For we YMT practitioners, YONGKANG has come to be a celebration of our discovery of the importance of therapeutic movement and the cultivation of Qi, as a means of improving and building health, increasing longevity and improving well-being. The unique beauty of the YKM Celebration is that one need not be in the physical presence of other celebrants/practitioners. Though the celebration can be done alone, one can also do it within a social setting, wherein the individual celebrants/practitioners can workout harmoniously with other practitioners and render advice and emotional and social supports to one another. In our case, the concluding "pot luck" banquet was absolutely off-the-chain! I wish everyone a healthy body and a peaceful spirit! Peace! Respectfully, donaldjones (dj)

- Good Day from Halifax! We were eight faithful and dedicated ones at the 6th Marathon. - Mireille and Ronald Wensel
- Greetings from Belgium! Yesterday it was a very beautiful and sunny autumn Sunday, the perfect day for practicing a whole day of Yangjia Michuan Taijiquan. All together we were with six to participate in the 6th edition of the Yongkang Marathon. For 6 hours we went through a big part of the curriculum. I was very pleased that some participants, from time to time, took a break in their practice and rested a bit, keeping the health goal of the marathon in mind. -- Carl
- Hi from Wisconsin! We had a great day with unusually warm weather, great participants and of course, wonderful food! And even pumpkin pie for breakfast! We couldn't resist! Thanks for keeping in contact and holding this ancient practice alive for us to enjoy and learn from! - Margie
- Dear All, We had a great Marathon and really did a lot, but every one was happy and relaxed...very nice. Hugs from Berlin, Lilo & Lotta
- Hallo! Our 6th Marathon in Munich. It was a very happy, peaceful and we-worked-hard time. Best wishes, Petra, on behalf of all participants.

**Please find News and Updates (including PHOTOS!) of the 6th Annual Yongkang Marathon here:**

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

**US/ <http://www.ymti.org/us/modules/news/article.php?storyid=156>**

**FR/ <http://www.ymti.org/fr/modules/news/article.php?storyid=160>**

**DE/ <http://www.ymti.org/de/modules/news/article.php?storyid=157>**

**In addition! The group photo from each of the six Yongkang Marathons held in**

**Madison, WI are posted at [http://www.ymtvideos.com/Yongkang\\_Marathon.html](http://www.ymtvideos.com/Yongkang_Marathon.html) . If you scroll to the bottom, you can see a commemorative video from the very first Yongkang Marathon, with pictures from all locations and several video clips from Taipei. The page also includes a video of Du Yu, created months before the first Yongkang Marathons were held, in which she describes our vision for what the Yongkang Marathons could be. It's wonderful to see how this annual event has taken hold and grown from this initial seed of an idea. If you are not already familiar with [www.ymtvideos.com](http://www.ymtvideos.com) , look around to see what resources Bob Burt has pulled together for all students and teachers of Yangjia Michuan Taijiquan.**

**Our next YKM: The 7th Annual YKM, to be held over the weekend of October 28 & 29, 2017.**

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

**Sincerely,**

**Julia**