



Contents

Comment page 4

The chairman page 5

World Tai Chi Day pages 7–10

Zhan zhuang pages 11 – 14

Qi gong: history pages 15–17

Qi gong: yin yang page 18

Wolf Lowenthal pages 19–22

Mirror image page 23

Tai chi social pages 24–25

Chen retreat pages 27 – 29

Strange encounters page 30

Ice swimming pages 31 – 33

Odds at the end pages 34

