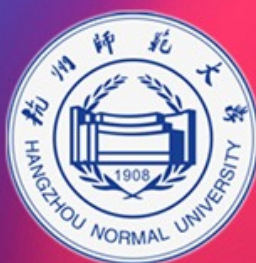


首届国际太极科学网络论坛 暨世界太极非遗传承人展演

First International Taiji Science online Forum
& World Intangible Cultural Heritage
Taiji Masters Online Exhibition

2021年12月4日-5日
Dec 4th-5th, 2021



主办

太极科学联合会

共同主办

伊利诺伊大学 香槟分校
杭州师范大学
世界太极拳网

HOST

Taiji Science Federation

CO-HOST

University of Illinois
Hangzhou Normal University
World Taijiquan Website



会议目的

Purpose of this Forum

以科学为引领
以文化为纽带
全球同练太极
共享快乐健康

Leading with science.
Linking through culture.
Practicing taiji globally.
Sharing health and happiness!



会议信息

Forum Information

时间日期 Date and Time

2021年12月4日-5日, 8点至16点
Dec 4 -5 ,2021, 8:00-18:00 (Beijing)

开幕时间 Opening Ceremony

12月4日, 8点至8点40分, 北京时间
Dec 4, 2021, 8:00-8:40 (Beijing)

会议主场 Forum Host Place

杭州师范大学会议厅 / 世界太极拳网演播厅
Hangzhou Normal University Conference Hall
and World Tai Chi Network Studio



YouTube
Channel



翻译字幕直播
EN /CN
subtitles



世界太极拳网
直播平台

加入WTJSF会员可收到视频回放
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Join WTJSF member to receive video Playback
Please go to WTJSF Official Website to Join

www.WTJSF.org
Email: Forum@WTJSF.org



大会组织架构

Organization Structure



大会顾问

FORUM ADVISERS

(中国 China)

陈正雷 (传人,九段)

胡晓飞 (教授、博导)

刘天君 (教授、博导)

李德印 (教授、九段)

石爱桥 (教授、九段)

虞定海 (教授、九段)

朱天才 (传人、九段)

赵幼斌 (传人、八段)

(其它国家OTHER COUNTY)

Albert Yeung (USA)

C.P Ong (USA)

Beverley Kane (USA)

Drougas Vasileios (Greece)

Eric Caulier (Belgium)

Jurgen Mittag (Germany)

Robson Gutierre (Brazil)

Ron Zaidman (USA)

Victor Henderson (USA)

William Douglas (USA)



大会组织团队 ORGANIZING TEAM



大会共同主席

Chairman of the Forum

朱为模 Zhu, Weimo

周武 Zhou, Wu

余功保 Yu, Gongbao

组委会主任

Director of Organizing Committee

李书东博士 Dr. Li Shudong

组委会副主任

Deputy Director of Organizing Committee

薛欣教授 Prof. Xue, Xin

组委会委员

Members of the Organizing Committee

Blase Iuliano 顾杰 Gu, Jie 康涛 Kang, Tao

柯文 Ke, Wen 李晖 Feye Yip 王会儒 Wang, Huiru

YOKO 杨慧馨 Yang, Huiqing 于玲玲 Yu, lingling

Serena Li 张茂林 Zhang, Maolin 赵影 Zhao, Ying

媒体联络

钱承飞 Qian, Chengfei



时区对应表

TABLE OF TIME ZONE

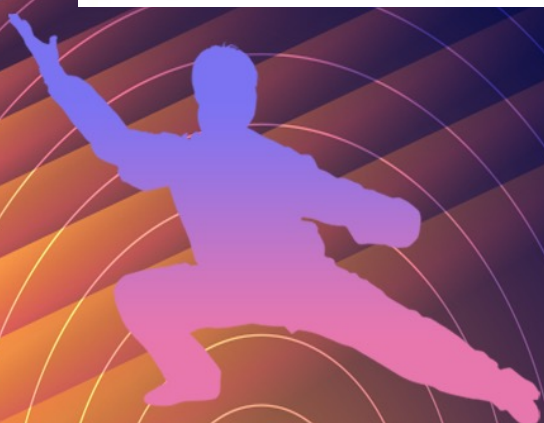
By WTJSF



嘉宾所在城市 24 小时对应表

(WTJSF 组委会制)

北京 Beijing	0	1	2	3	4	5	6	7
美东 New York	11	12	13	14	15	16	17	18
美西 San Jose	8	9	10	11	12	13	14	15
伦敦 London	16	17	18	19	20	21	22	23
巴黎 Paris	17	18	19	20	21	22	23	0
巴西 Brasilia	13	14	15	16	17	18	19	20
北京 Beijing	8	9	10	11	12	13	14	15
美东 New York	19	20	21	22	23	0	1	2
美西 San Jose	16	17	18	19	20	21	22	23
伦敦 London	0	1	2	3	4	5	6	7
巴黎 Paris	1	2	3	4	5	6	7	8
巴西 Brasilia	21	22	23	0	1	2	3	4
北京 Beijing	16	17	18	19	20	21	22	23
美东 New York	3	4	5	6	7	8	9	10
美西 San Jose	0	1	2	3	4	5	6	7
伦敦 London	8	9	10	11	12	13	14	15
巴黎 Paris	9	10	11	12	13	14	15	16
巴西 Brasilia	5	6	7	8	9	10	11	12



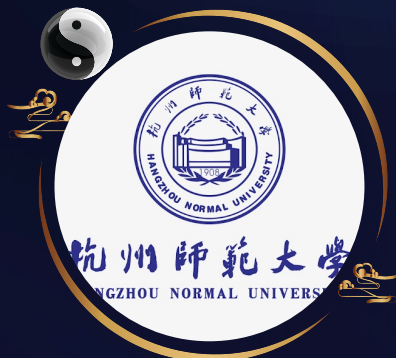
GUEST SPEAKERS

嘉宾介绍



演讲嘉宾

FORUM SPEAKERS



李泽泉书记
Dr. Li, Zequan
(中国 China)

杭州师范大学代表致辞
杭州师范大学纪委书记、副校长。哲学博士、研究员，兼任浙江省伦理学会副会长、全国党建研究会特邀研究员、浙江省委讲师团兼职讲师、浙江省委党校兼职教授、浙江省社会科学院高端智库特聘专家。
Representative from Hangzhou Normal University
Dr. Li, Zequan: Vice President of Hangzhou Normal University. Doctor of Philosophy, researcher, concurrently vice president of Zhejiang Provincial Ethics Society, part-time lecturer of Zhejiang Provincial Committee Lecturer Group, part-time professor of Zhejiang Provincial School, and distinguished expert of high-end think tank of Zhejiang Academy of Social Sciences.



沃伊泰克·乔兹科·扎伊科院长
Dean. Wojtek Chodzko Zajko
(美国 USA)

伊利诺伊大学研究生院院长，他曾在世界卫生组织委员会任职，该委员会制定了世界卫生组织老年人体育活动指南。他也是《衰老与体力活动杂志》的创始主编，目前担任 AAU 研究生院协会执行委员会主席和 ETS 研究生教育咨询委员会主席。
Dean of the Graduate College at the University of Illinois. He served on the World Health Organization committee that developed the WHO Guidelines for Physical Activity among Older Persons. He currently serves as chair of the Executive Committee of the AAU Association of Graduate Schools and is chair of the ETS Graduate Education Advisory Council.

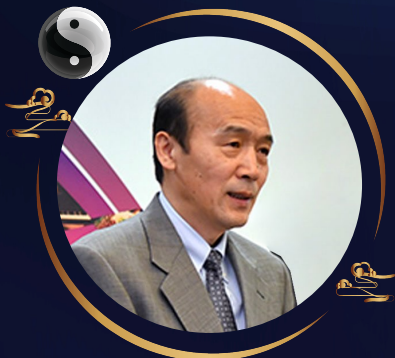


李玲蔚
Li, Lingwei
(中国 China)

国际奥林匹克委员会委员，中国奥委会副主席，是世界羽毛球史上首位囊括世锦赛、世界杯、全英赛和大奖赛总决赛金牌的女子单打羽毛球运动员。
Member of the International Olympic Committee, Vice Chairman of the Chinese Olympic Committee, She is the first female singles badminton player in world badminton history to win gold medals in the World Championships, World Cup, All England Championship and Grand Prix finals.

演讲嘉宾

FORUM SPEAKERS



翟德玉参赞
Counselor Zhai, Deyu
(中国 China)

中华人民共和国驻旧金山总领馆文化参赞 翟德玉
参赞致辞

Speech by Cultural Counselor of the People's
Republic of China in San Francisco.

Mr. Zhai, Deyu



吴廷贵
Anthony Goh
(美国 USA)

国际武术联合会副主席，泛美洲武术联合会主席，美国武术联合会主席。是国际武术发展的主要管理者和武术进奥运的重要推动者。

Vice Chairman of the International Wushu Federation (IWUF), Chairman of the Pan-American Wushu Federation (PAWF), Chairman of the United States of America Wushu-Kungfu Federation. He is the main administrator of the international Wushu development Team and an important promoter of Wushu entering the Olympics.



朱为模院士
Prof. Zhu, Weimo
(美国 USA)

美国人体运动学和体育科学院院士，曾担任美国体育测量与评价协会主席，美国总统体质与竞技体育委员会科学顾问。曾任美国著名《锻炼与运动研究季刊》主编。《体力活动与健康期刊》、《生理前沿》副主编，并现任10多本英文体育杂志的编委。现任美国国家健康体质测验的科学顾问。

Professor in the Department of Kinesiology and Community Health at the University of Illinois at Urbana-Champaign, He was the editor-in-chief of the Research Quarterly for Exercise and Sport, and was the associate editors of Journal of Physical Activity and Health and Frontiers in Physiology.

演讲嘉宾

FORUM SPEAKERS



余功保
Dr. Yu, Gongbao
(中国 China)

世界太极网总编，著名太极文化学者，研究家。中国太极拳词典的主编出版者，举行过上百场的太极文化活动演讲。创办了中国第一个中国高等学校武术协会：北大武协并担任主席。Editor-in-chief of World Tai Chi Net, a famous Tai Chi cultural scholar. The editor-in-chief and publisher of the Chinese Taijiquan Dictionary has given hundreds of lectures on Taiji cultural activities. Founded China's first Chinese martial arts association of colleges and universities: Peking University Wushu Association and served as the chairman.



维克多·亨德森教授
Prof. Victor Henderson
(美国 USA)

美国知名流行病学与人口健康教授，神经学与神经科学教授，美国国家卫生研究院（NIH）院士，尔茨海默病研究中心主任，并共同指导流行病学与临床研究硕士学位项目。他是丹麦奥胡斯大学的Skou荣誉教授。

Professor of Epidemiology & Population Health and of Neurology & Neurological Sciences, He directs the NIH Stanford Alzheimer's Disease Research Center and co-directs the master's degree program in Epidemiology & Clinical Research. He is an Honorary Skou Professor at Aarhus University in Denmark.



陈正雷大师
Chen, Zhenglei
(中国 China)

陈家沟陈氏十九世、太极拳第十一代嫡宗传人，历届中国武术协会委员，中国体育科学学会委员，“中国当代十大武术名师”之一，中国武术9段，中国武术研究院专家委员会专家。首批国家级非物质文化遗产项目--陈氏太极拳杰出传承人。

Grandmaster Chen was the 19th generation of the Chen family, the 11th generation descendant of Taijiquan, member of the Chinese Sports Science Association, rated as "One of the 'Top Ten Famous Martial Arts Masters in Contemporary China'", Chinese Wushu 9th Duan, The first batch of national-level intangible cultural heritage projects-outstanding inheritors of Chen style Taijiquan.

演讲嘉宾

FORUM SPEAKRS



朱感生
Kansen Chu
(美国 USA)

前加州众议员议员、加州众议院体育委员主席。
Former California State Assembly Member
and Chair of Sports committee of California
State Assembly

大会主持

FORUM HOST



李书东博士
Dr. Li, Shudong
(美国 USA)

太极科学联合会秘书长，大会组委会主任，加州政府
针灸局委员，美国武术联合会副主席，体育博士，国
际级武术裁判和陈式太极拳第二十代传人。曾任国际
健身气功联合会副主席和斯坦福大学兼职教授。国际
医疗养生太极拳发起人，是美国美国陈式太极拳代表
人物。 Secretary-General of the Taiji Science Federation,
Director of the Organizing Committee of this Conference,
Broad of Acupuncture of California, Vice Chairman of
USAWKF, 20th generation successor of Chen Style Taiji.
He was the vice chairman of the International Health
Qigong Federation, The initiator of the “Medical Taiji” is
the representative of the Chen Style Taijiquan.



周武院长
Prof. Zhou, Wu
(中国 China)

杭州师范大学体育学院，院长，教授，博士，硕士研
究生导师。主持国家社科基金项目1项，主持与参与
完成7项省部课题，获省部级成果奖1项。入选江苏省
“333”工程学术带头人，省青蓝工程中青年学术带头
人，省优秀青年骨干教师等人才项目。
Dean of the School of Physical Education and Health,
Hangzhou Normal University, Hangzhou, China. Dr.
Zhou presided 1 National Social Science Funded project,
hosted 7 provincial and ministerial projects, He was
voted as the academic leader of the “333” project in
JiangSu province, the young academic leader of the
provincial QingLan project.

演讲嘉宾

FORUM SPEAKERS



名单顺序是根据论坛专题、报告形式和
不同时区嘉宾的适合时间排列

The following list is based on the forum
topics and suitable time arrangement
of guests in different time zones



1. 中老年太极桩功锻炼动机与身体管理行为的质性研究
A qualitative study on the motivation of Taiji Standing meditation
exercise and physical management behavior of middle-aged and
elderly people

周武 Prof. Zhou u (中国 China)



2. 太极与心智
Taiji and Mental Ability

维克多·亨德森教授 Prof. Victor Henderson (美国 USA)



3. “太极拳是良药”的过来和未来科学之路
Science of “Taichi Is Medicine”: Lessons Learned and To be
Learned

朱为模院士 Prof. Zhu Weimo (美国 USA)

演讲嘉宾

FORUM SPEAKERS



罗布森·古铁雷博士
Dr. Robson Gutierrez
(巴西 Brazil)

4. 太极拳、气功和中医药的生理学探讨
Taijiquan, Qigong and Traditional Chinese Medicine -
Physiological Cross Talk

巴西圣保罗联邦大学保利斯塔医学院医学院神经生理学和运动生理学客座讲师-UNIFESP。UNIFESP组织学和结构生物学讲师；解剖学特邀讲师。自1987年以来担任中医医生。曾任世界中医药学会联合会前副主席

Visiting Lecturer in Neurophysiology and Exercise
Physiology at the Federal University of São Paulo, Paulista
School of Medicine, Brazil – UNIFESP.



楊世賢教授
Prof. Albert Yeung
(美国 USA)

5. 气功和太极治疗抑郁症
Qigong and Tai-Chi for treatment of depression

Albert Yeung (楊世賢醫師) 是麻省總醫院 (MGH) 的抑鬱症臨床和研究項目基礎醫療研究主任，哈佛醫學院精神科副教授。他從台灣大學取得醫學學位。他還獲得哈佛大學公共衛生學院流行病學碩士學位和科學博士學位。他在MGH完成了精神醫學的住院醫師培訓。

Director of Primary Care Research at the Depression Clinical and Research Program at Massachusetts General Hospital (MGH) and Associate Professor of Psychiatry at Harvard Medical School.



威廉·道格拉斯
William Douglas
(美国 USA)

6. “太极拳是良药”的过来和未来之路
Science of “Taichi Is Medicine”: Lessons Learned and To be Learned

世界太极气功日 (WTCQD) 的创始人，每年在80多个国家的100多个城市的“4月最后一个星期六”庆祝。他是《太极道：创造一门新科学》和《太极与气功傻瓜指南》(企鹅出版社第四版)的作者。

Founder of World Tai Chi & Qigong Day (WTCQD), celebrated annually in 100s of cities in over 80 nations on the “last Saturday of April” each year. He is the author of “The Tao of Tai Chi: The Making of a New Science,” and “The Complete Idiot’s Guide to Tai Chi & Qigong” (4th edition Penguin Publishing).

演讲嘉宾

FORUM SPEAKERS



朱殿蓉博士
Dr. Julian Chu
(美国 USA)

7. 太极拳对抗航天健康威胁的生物力学分析 Biomechanical Aspects of Taijiquan Countermeasure against Health Threats during Spaceflight

曾在田纳西河谷管理局工作，然后在陆军部工作了43年，分别担任研究员和国家项目经理。曾在多个专业期刊的委员会任职。他获得了许多成就奖，包括两枚美国陆军立功勋章和两枚美国高级平民勋章。

Dr. Julian Chu has been teaching Yang-Style Taijiquan, traditional Yang-Style Taiji Weapons (Sword, Saber, Staff), and Push Hands in U.S. over 40 years.



陈正雷
Chen, Zhenglei
(中国 China)

8. 太极介绍和展演 - 陈氏太极拳 Chen Style Taiji Introduction and Masters Demonstration

陈家沟陈氏十九世、太极拳第十一代嫡宗传人，历届中国武术协会委员,中国体育科学学会委员，“中国当代十大武术名师”之一，中国武术9段，中国武术研究院专家委员会专家。首批国家级非物质文化遗产项目--陈氏太极拳杰出传承人。

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赵幼斌
Zhao, Youbin
(中国 China)

9. 太极介绍和展演 - 杨式太极拳 Yang Style Taiji Introduction and Master Demonstration

赵幼斌大师，杨氏太极拳世家。七岁起随父赵斌习拳，赵斌是杨澄甫宗师之侄外孙，为杨氏太极拳第四代亲族传人，一代太极名宿。赵幼斌是太极拳十大家族中赵斌家族的掌门人。国家级太极非遗传承人

He was born in Yongnian County, Hebei Province. From the age of seven, he followed his father Bin Zhao to practice Taijiquan. Bin Zhao is the grandson of grandmaster Yang Chengfu. Youbin is the first batch of national-level intangible cultural heritage projects-outstanding inheritors of Yang style Taijiquan.

演讲嘉宾

FORUM SPEAKERS



罗布森·古铁雷博士
Dr. Robson Gutierrez
(巴西 Brazil)

4. 太极拳、气功和中医药的生理学探讨
Taijiquan, Qigong and Traditional Chinese Medicine -
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巴西圣保罗联邦大学保利斯塔医学院医学院神经生理学和运动生理学客座讲师-UNIFESP。UNIFESP组织学和结构生物学讲师；解剖学特邀讲师。自1987年以来担任中医医生。曾任世界中医药学会联合会前副主席

Visiting Lecturer in Neurophysiology and Exercise
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School of Medicine, Brazil – UNIFESP.



楊世賢教授
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Director of Primary Care Research at the Depression Clinical and Research Program at Massachusetts General Hospital (MGH) and Associate Professor of Psychiatry at Harvard Medical School.



威廉·道格拉斯
William Douglas
(美国 USA)

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Science of “Tai Chi Is Medicine”: Lessons Learned and To be Learned

世界太极气功日 (WTCQD) 的创始人，每年在80多个国家的100多个城市的“4月最后一个星期六”庆祝。他是《太极道：创造一门新科学》和《太极与气功傻瓜指南》(企鹅出版社第四版)的作者。

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演讲嘉宾

FORUM SPEAKERS



高佳敏
Gao, Jia Min
(美国 USA)

10. 太极介绍和展演: 世界冠军高佳敏太极拳展示
World Champion Gao Jiamin Taijiquan introduction and Demonstration

中国第一位“亚洲武术锦标赛”女子太极拳冠军、第一位集“世锦赛、亚运会、东亚运动会、亚锦赛、全运会”五个重大赛事冠军于一身，唯一大满贯的武术运动员。
China's first "Asian Wushu Championship" women's Tai Chi champion, the first collection of "World Championships, Asian Games, East Asian Games, Asian Championships, National Games" "Five major event champions in one, the only "Grand Slam" Wushu athlete..

主题讨论(1)

Panel Discussion (1)

11. 太极气功的国际推广
International development of Taijiquan and Qigong



李书东博士
Dr. Li, Shudong
(美国 USA)



罗恩.扎伊德曼校长
Dr. Ron Zaidman
(美国 USA)



马克斯. 阿尔维斯
Marcus Alves
(巴西 Brazil)

"Round Table" Summit

圆桌会议



贾斯汀·埃格特 (和风)
Justin Eggert
(美国 USA)



威廉·道格拉斯
William Douglas
(美国 USA)

圆桌会议嘉宾

"ROUND TALBEL" SUMMIT SPEAKERS



罗恩·扎伊德曼校长
Dr. Ron Zaidman
(美国 USA)

罗恩·扎伊德曼校长
加州中医药大学校长兼联合创始人，罗恩先生获得了斯坦福大学的MBA学位，任针灸和东方医学学院理事会，成员；针灸和东方医学认证委员会现场考察，主席；加州针灸和传统医学协会顾问。

Dr. Ron Zaidman

President and Co-founder of Five Branches University, Graduate School of Traditional Chinese Medicine with campuses in Santa Cruz and San Jose California.



马克斯·阿尔维斯
Marcus Alves
(巴西 Brazil)

马克斯·阿尔维斯

国际武术联合会裁判委员会委员，泛美美洲武术协会秘书长，巴西武术联合会秘书长。

Marcus Alves:

Member of Judge Committee of International Wushu Federation, Secretary General of Pan American Wushu Federation and Secretary General of Brazilian Wushu Federation.



贾斯汀·埃格特（和风）
Justin Eggert
(美国 USA)

贾斯汀·埃格特（和风）

美国武术联合会理事，国际级武术裁判，多次作为美国国家武术队领队、教练和裁判参加世界武术锦标赛。

Justin Eggert

Broad of Member and Director or License Committee of United States of America Wushu-Kungfu Federation, international level Wushu referee. He has participated in the World Wushu Championships as the leader, coach and referee of the US National Wushu Team for many times

演讲嘉宾

FORUM SPEAKRS



12. 科学视角下的太极拳结构

The structure of Taijiquan from a scientific perspective

世界太极网总编，著名太极文化学者，研究家。

中国太极拳词典的主编出版者，举行过上百场的太极文化活动策划演讲。创办了中国第一个中国高等学校武术协会：北大武协并担任主席。Editor-in-chief of World Tai Chi Net, a famous Tai Chi cultural scholar. The editor-in-chief and publisher of the Chinese Taijiquan Dictionary has given hundreds of lectures on Taiji cultural activities. Founded China's first Chinese martial arts association of colleges and universities: Peking University Wushu Association and served as the chairman.



余功保
Yu, Gnogbao
(中国 China)

演讲嘉宾

FORUM SPEAKERS



刘天君教授
Prof. Liu, Tian Jun
(中国 China)

13. 太极与气功 Taiji and Qigong

北京中医药大学针灸学院临床系教授，主任医师，博士生导师 气功实验室主任 中国医学气功学会 名誉会长 世界医学气功学会 常务理事 中国心理学会 心理督导师 中国心理卫生协会 心理督导师 中国认知行为专业委员会 顾问。Professor, Doctoral Supervisor, Director of Qigong Laboratory Clinical Department, School of Acupuncture and Moxibustion, Beijing University of Chinese Medicine, Honorary President of Chinese Medical Qigong Association Standing Director of World Medical Qigong Association



李德印教授
Prof. Li, Deyin
(中国 China)

14. 新中国第一套武术规定套路—简化太极拳始末 The first set of Contemporary Taijiquan – simplified Taijiquan"

出身武术世家，中国武术九段，人民大学军体教研室教授主任、校学术委员会委员。享受国务院特殊津贴。曾任北京市武术协会副主席，北京市大学生武术协会主席，中国武术协会委员，中国体育科学学会武术分会委员。Born in a family of Taiji, Chinese Wushu 9th Duan Grandmaster, professor, director of the military sports teaching and research section of Renmin University, and member of the academic committee of the school.



崔仲三
Cui, Zhongsan
(中国 China)

15. 太极介绍和展演 - 杨式太极拳 Yang Style Taiji Introduction and Master Demonstration

崔仲三出身太极世家，自幼随祖父习练传统杨氏太极拳，至今已有40余年。他的祖父崔立志，号毅士，是太极宗师杨澄甫的入门弟子，杨露蝉门下第四代正宗传人，北京永年太极拳社创办人，在武术界享有北崔南傅(钟文)之美誉。

Cui Zhongsan was born in a Tai Chi family and practiced traditional Yang style Tai Chi with his grandfather since he was a child. He has been practicing traditional Yang style Tai Chi for more than 40 years. His grandfather Cui Lizhi, Hao Yishi, was the introductory disciple of Tai Chi master Yang Chengfu, the fourth generation of authentic heirs under Yang Luchan's school

演讲嘉宾

FORUM SPEAKRS



于尔根·米塔格院长
Dean. Jürgen Mittag
(德国 Germany)

16. “德国和欧洲的体育与健康：发展、结构和制约因素” “Sport and Health in Germany and Europe: “Developments, Structures and Constraints”

欧盟 让·莫内 教授。德国科隆体育大学欧洲体育发展与休闲研究学院教授、院长。德国历史社会学研究量化及方法学学会 副主席； Historical Social Research (HSR) 联合主编；欧洲联盟协会波鸿地区主席。

Honorary Board member of the foundation “Library of the Ruhr” Head of European Sport Development and Leisure Studies at German Sport University Cologne; Appointment of Jean Monnet Professor (European Commission);



王会儒主任
Prof. Wang, Huiru
(中国 China)

17. 乳腺癌幸存者化疗期间练习八段锦的益处与障碍 “Facilitators and Barriers of Baduanjin for Breast Cancer Survivors undergoing Chemotherapy”.

上海交通大学体育系教授，硕士研究生导师，上海交通大学健康长三角研究院“体医养康护融合发展研究中心”主任，中国体育科学学会武术与民族传统体育分会委员，中国康复医学会体育保健康复专委会科普专业组常委，上海体育科学学会运动康复分会委员。 Born in a family of Taiji, Chinese Wushu 9th Duan Grandmaster, professor, director of the military sports teaching and research section of Renmin University, and member of the academic committee of the school.



杨慧馨院长
Dean. Yang, Huiqing
(中国 China)

18. 太极拳干预研究的实践与反思 Practice and Reflection on the Research of Taijiquan Intervention

哈尔滨体育学院民族传统体育学院院长。博士生导师，民族传统体育学学科群带头人，武术理论与方法学科梯队带头人。兼任黑龙江省康复医学会常务委员，黑龙江省体育科学学会体育社会学分会副主任委员。Dean of the National Traditional Sports College of Harbin Institute of Physical Education. Doctoral supervisor, leader of traditional national sports disciplines, leader of echelon of martial arts theory and methods. Concurrently serving as a standing committee member of the Heilongjiang Provincial Rehabilitation Medicine Association, a vice chairman of the Sports Sociology Branch of the Heilongjiang Sports Science Society...

演讲嘉宾

FORUM SPEAKERS



张茂林副院长
Dean Zhang Maolin
(中国 China)

19. 太极拳锻炼对肥胖老年人肠道益生菌和血脂代谢影响的相关性研究 Correlation study of Taijiquan Exercise on intestinal probiotics and blood lipid metabolism in obese elderly

山东体育学院武术学院副院长，硕士生导师，山东省高校教学名师，舞龙舞狮国际级裁判，国家级社会体育指导员，兼任中国武术协会科研委员会委员、山东省龙狮运动协会常务副会长。 Deputy Dean of Wushu College of Shandong Sport University, Master's Supervisor, Famous Teacher of Shandong University Teaching, International Referee of Dragon Dance and Lion Dance, National Social Sports Instructor, concurrently member of Scientific Research Committee of China Wushu Association,



康涛博士
Dr. Kang, Tao
(中国 China)

20. 太极疗法对免疫系统的影响：关注炎症生物标志物 Effects of Tai Chi therapies on the immune system: Focusing on inflammatory biomarkers

中山大学管理学院高级研究员。担任中国康复医学会居家康复专委会委员、中国健康管理协会分会委员、广东省人口文化促进会健康管理及医疗产业分会副主任委员、广东省临床医学学会整合康复专业委员会委员,主持完成了包括国家社科项目在内的各级各类课题研究12项。

Dr. Kang Tao is a senior researcher at the School of Management, Sun Yat-Sen University. Main research directions: sports and public health, health management and services, health education and communication.



朱天才
Zhu, Tiancai
(中国 China)

21. 太极介绍和展演 -陈式太极拳
Chen Style Taiji Introduction and Master
Demonstration

朱天才大师是陈家沟陈氏第十九代外孙，陈氏太极拳第十九代传人，首批国家级非物质文化遗产项目（陈氏太极拳）代表性传承人，中国武术九段，中国高级武术教练。被誉为陈氏太极拳“四大金刚”之一。

Grandmaster Zhu Tiancai was the 19th generation grandson of the Chen family of Chenjiagou, the 19th generation successor of Chen's Taijiquan, representative of the first batch of national intangible cultural heritage items (Chen's Taijiquan) Inheritor, Chinese martial arts 9 dan Grandmaster.

主题讨论(2)

Panel Discussion (2)

22. “新常态”下太极、健身气功等养生运动的作用及发展方向
The role and development direction of Taiji, Health Qigong and other health preservation exercise under the "new normal"



虞定海教授
Prof. Yu, Dinghai



刘天君教授
Prof. Liu, Tianjun:



胡晓飞教授
Prof. Hu, Xiaofei



石爱桥教授
Prof. Shi, Aiqiao

"Round Table" Summit 圆桌会议

虞定海教授：上海体育学院教授、博士生导师。曾任武术学院院长，上海体育学院学术委员会委员、中国健身气功协会常委、中国武术协会委员、上海市武术协会副主席、上海市健身气功协会副主席、中国武术九段、国家级武术裁判

Prof. Yu, Dinghai: Former dean and professor of the Wushu College of Shanghai Sports University. He was awarded National Excellent Teacher Award by the National Education Commission and the Ministry of Personnel; National Sports Science and Technology Advanced Worker by the National Sports Bureau

石爱桥教授：前武汉体育学院武术学院院长，博士生导师，健身气功九段、民族传统体育专业养生方向学科带头人、国家体育总局教材委员会委员、中国体育科学学会武术与民族传统体育分会副主任委员、中国健身气功协会常委。

Prof. Shi, Aiqiao: Former dean and professor of Wushu College of Wuhan Sports University. 9-duan Level of Health Qigong Master, leader of the discipline of traditional national sports major in health preservation, and expert of Hubei Provincial Government subsidy.

刘天君教授：北京中医药大学针灸学院临床系教授，主任医师，博士生导师，气功实验室主任 中国医学气功学会 名誉会长 世界医学气功学会 常务理事 中国心理学会 心理督导师，国心理卫生协会 心理督导师 中国认知行为专业委员会顾问。

Professor Liu, Tianjun: Professor and Chief Physician of Clinical Department, School of Acupuncture and Moxibustion, Beijing University of Chinese Medicine, Honorary President of Chinese Medical Qigong Society, Executive Director of World Medical Qigong Society

胡晓飞教授：北京体育大学教授、博导，恒源祥集团博士后科研工作站学术导师，北京市高校名师，中国体育科学学会“运动处方师培训”特聘专家，国际健身气功联合会技委会副主任，中国健身气功协会常委、推广委员会副主任，健身气功国际A级裁判。

Prof. Hu, Xiaofei: Professor and doctoral supervisor of Beijing Sports University, special expert of "sports prescription training" of the Chinese Sports Science Association, board member of the International Health Qigong Federation,

演讲嘉宾

FORUM SPEAKERS



德鲁加斯·瓦西里奥斯
Dr. Drougas Vasileios
(希腊 Greece)

23. 太极拳时空知觉参数变化的研究

Study of the changes of the parameters of the perception of space and time in Tai Chi Chuan

希腊约阿尼纳大学物理学教授和神经生理学博士陈式太极拳第十三代传人，宗道太极拳与气功学院院长

Dr. Bill Drougas MSc. PhD. PhD

Professor of Physics and Doctor of Neurophysiology

University of Ioannina Greece Master 13th Generation in

Chen Style Tai Chi Chuan Lineage Head of the Cheng Dao Academy of Tai Chi Chuan and Qi Gong



鲍里斯拉瓦·莱切瓦
Borislava Lecheva
(保加利亚 Bulgaria)

24. 保加利亚太极拳—发展与未来展望

Taijiquan in Bulgaria – Development and Future Perspectives

2014 年第五届世界太极拳健康大会，中国杭州：24 太极拳 – 银奖；32 太极剑——银牌，现任保加利亚大特尔诺沃大学担任武术教练。

The 5th World Taijiquan Health Conference 2014, Hangzhou, China: 24 Taijiquan – silver; 32 Taijijian – silver. Wushu teacher at the Confucius Institute at the University of Veliko Tarnovo



牛爱军教授
Pro. Niu, Aijun
(中国 China)

25. 论吴普在五禽戏传承中的作用及华佗五禽戏原貌的探究和应用 On Wu Pu's Role in the Inheritance of Wu Qin Xi and the Exploration and Application of Hua Tuo Wu Qin Xi's Original Features

上海体育学院民族传统体育学专业博士研究生毕业，复旦大学历史学博士后；目前任教于深圳信息职业技术学院。2015年获“全国体育事业突出贡献奖”。

Graduated with a doctoral degree in traditional ethnic sports from Shanghai Sports University, and a post-doctorate in history at Fudan University; currently teaches at Shenzhen Vocational and Technical College of Information Technology. In 2015, he won the "National Sports Outstanding Contribution Award".

演讲嘉宾

FORUM SPEAKERS



埃里克·考利尔
Dr. Eric Caulier
(比利时 Belgium)

26. 太极拳时空知觉参数变化的研究
Study of the changes of the parameters of the perception of space and time in Tai Chi Chuan

人类学博士 Eric Caulier 是 LAPCOS（蔚蓝海岸大学）成员和 CoSoCo（意识、关怀和认知）的创始成员。他学习了五种主要的太极拳（中国武术协会第6段）
Eric Caulier, PhD in anthropology, is an associate member of LAPCOS (Côte d'Azur University) and a founding member of CoSoCo (Consciousness, Care and Cognition).



管永星
Guan, Yongxing
(中国 China)

27. 研习《道德经》与习练“武当太极拳”的体悟
The comprehension of studying "Tao De Jing" and practicing "Wudang Taijiquan"

毕业于中国道教大学，现任武当道教文化发展中心副主任、武当道教功夫团副团长。2016年8月回到武当山道教协会，负责道教协会武当太极公益推广活动。2017年起担任中国道教协会会长秘书。
Graduated from China Taoist University, currently serves as deputy director of Wudang Taoist Cultural Development Center and deputy head of Wudang Taoist Kungfu Group.

第一天论坛结束
End of the first day of the forum

第二天论坛
The second day of the forum
(12月5日 北京时间 / Dec 4 (PST Time))

演讲嘉宾

FORUM SPEAKRS



翁启修教授
Dr. Chi-hsiu Weng
(美国 USA)

28. “太極拳實踐於保持安全與全適能” The Implementation of Taijiquan for Security and Wellness

翁启修教授，体育学博士，美国高校太极联合会主席，美国加州圣荷西州立大学教授，国际医药大学太极学院名誉院长。功夫跤世界聯盟副主席，泛美洲摔角聯盟主席，全美摔角協會主席，曾任過台灣中國文化大學國術組主任，國立體育學院體育研究所所長及大專院校國術委員會主任委員。

He is the president of US Collegiate Taiji Federation and Vice President of the World Shuai Jiao Federation, Professor at San Jose State University and the Honorary Dean of College of Taijii at University of East-West Medicine, California.



王战军
Wang, Zhanjun
(中国 China)

29. 太极传人介绍展演 - 太极内功与实战 Taiji Energy with Actual Combat

太极拳新一代领军人物、全国武术锦标赛太极拳推手蝉联冠军、央视武林大会六大门派总冠军，吉尼斯世界纪录丹田弹抖的保持者、曾代表中国传统武术击败日本最大级别相扑横纲·曙太郎。A new generation of Tai Chi champions, the National Wushu Championships Tai Chi Push Hands re-elected champions, CCTV Martial Arts Championships six martial arts championships, Guinness World Record Dantian trembling holder, once represented traditional Chinese martial arts to defeat Japan's largest level of Sumo Yokozuna · Akutaro.



杨军
Yang, Jun
(美国 USA)

30. 太极传人介绍展演 - 太极拳之虚实 Understanding Taijiquan Theory - Empty and Full

杨军，杨氏太极拳创始人杨露禅第六代孙（来孙），祖籍河北永年广府镇大名府。自幼在祖父杨振铎的教导下开始习练家传杨氏太极拳，十几岁便随祖父开始在全球各地教学，深得家传技艺的真传，乃振铎先生的衣钵传人。He is the sixth-generation grandson of Luchan Yang, the founder of Yang style Taijiquan, He started to practice Yang Family Taijiquan under the guidance of his grandfather Yang Zhenduo since he was a child, and started teaching around the world with his grandfather when he was a teenager.

演讲嘉宾

FORUM SPEAKERS



陈思坦
Chen, Sitan
(美国 USA)

31. 太极拳介绍和展演: 世界冠军陈思坦太极拳展示 World Champion Chen Sitan Taijiquan introduction and Demonstration

第一位集“世锦赛、亚运会、全国运动会”三大重要赛事冠军，“大满贯”男子武术太极拳选手，第一套国际武术竞赛套路“42式太极拳录像示范”，荣获中国国家体育总局授予的最高荣誉，“体育运动荣誉奖章”，并当选“中华武林百杰”，被评为“37位全球最具影响力太极人物”，被海内外誉为“太极王子”。
The first champion of three major events including the “World Championships, Asian Games and National Games”, and the “Grand Slam” men’s martial arts Taijiquan player, won the highest honor awarded by the national Sports Bureau of China, “Sports Honor Medal”



王宗平
Cp.Ong
(美国 USA)

32. 太极拳和体育三合原理的科学研究 The Science of the Principle of Three Harmonies in Taijiquan and Sports

王宗平博士, 柏克莱大学数学博士, 独立研究员。曾主持和参加第八届、第八届世界功夫锦标赛研讨会, 美国国家标准与技术研究院 (NIST) 2017亚裔美国人太平洋岛民遗产庆典等多次国际太极气功养生论坛。现任美国武术联合会常务副主席。
Dr. CP. Ong. He received his Ph.D. in Mathematics from U.C. Berkeley in 1973. Scientist of the Year 2016 Awarded at World Congress on Qigong, Taiji and TCM)Scientist of the Year 2016. Executive Vice President of Unite States of America Wushu-Kungfu Federation



陶翼青校长
Dr. Eric Y. Tao
(美国 USA)

33. 辟谷及生酮-分析东西方的饮食养生方式 Comparing the Eastern and the Western Diet Regiments

现任美国国际医药大学校长，同时兼任加州州大蒙湾分校终身教授及美国联邦政府所支持的创新及经济发展学院院长。参与许多教育机构及高科技创新公司的咨询或董事会-包括 Monterey Bay University Corporation, Phillips Graduate University, 还曾任西部大学联盟委员会的委员。
President of the University of East West Medicine, also a full professor of innovation and computer science at the California State University Monterey Bay since 1998*

演讲嘉宾

FORUM SPEAKERS



甘宝丽教授
Pro. Beverley Kane
(美国 USA)

34. 斯坦福马术—马上气功

Stanford Equine-imity—Qigong with Horses

医学博士 Beverley Kane 教授是斯坦福大学的兼职临床医学助理教授。她是斯坦福医学太极拳的项目主任。她最近出版的书是基于斯坦福大学的课程，是马匹——通过骑马的减压和情绪自我调节。Professor Beverley Kane, MD, is Adjunct Clinical Assistant Professor of Medicine at Stanford. She is Program Director for Stanford Medical Tai Chi . Her recently published book, based on the Stanford class, is Equine-imity— Stress Reduction and Emotional Self-Regulation in the Company of Horses. <http://equine-imity.com>.



马文国教授
Pro. Ma, Wenguo
(美国 USA)

35. 太极的力量、智慧与深情

The power, wisdom and affection of Tai Chi

西安体育学院武术系主任、教授和武术博士，中国武术协会常务委员会委员，陕西武术协会副主席，陕西拳击协会副主席。他系统学习和研究国内和国外各种流派武道，进行了系统研究。

Dr. Ma Wenguo is a highly respected Professor and Wushu Doctor. He is the former Director of the Wushu Department for the prestigious Xi'an Institute of Physical Education. This institution is highly regarded for it's development of many talented individuals in various athletic fields. He is also a member of the Standing Committee for the China Wushu Association, Vice-Chairman of the Shaanxi Wushu Association and Vice-Chairman of the Shaanxi Boxing Association.



罗杰·詹克博士
Roger Jahnke
(美国 USA)

36. 太极拳介绍和展演：三星太极大健康

Sanxing Taiji Optimal Health

曾于1982年至2012年期间担任加利福尼亚州圣塔芭芭拉健康行动中西医结合诊所的主任。中医博士，著有《内在的医治者》和《医治的希望》书籍

Doctor of Traditional Chinese Medicine Director – Health Action Synergies Director, Institute of Integral Qigong and Taiji Doctor of Traditional Chinese Medicine

演讲嘉宾

FORUM SPEAKRS



布伦特·索沃森
Dr. Brent Sovolson
(美国 USA)

37. 气功练习与抑郁症 Qigong Practice and Depression

斯坦福大学医学院临床教授，专注入精神病学、电惊厥疗法、经颅磁刺激。2003-2010年任介入精神治疗医学主任，2001年6月18日荣获斯坦福精神病学系学术教学奖和 George D Gulevic 医学博士奖。Clinical professor at Stanford University School of Medicine, focusing on psychiatry, electroconvulsive therapy, and transcranial magnetic stimulation. From 2003 to 2010, he served as the medical director of interventional psychiatry. On June 18, 2001, he won the Stanford Department of Psychiatry Academic Teaching Award and won George D Gulevic MD Award Stanford Department of Psychiatry on June 21 1997.



35 李蓉
Li, Rong
(加拿大 Canada)

38 太极拳介绍和展演: 三星太极大健康 Sanxing Taiji Optimal Health

三星太极创始人李蓉是加拿大华人，武术气功养生传播者。加拿大三星太极文化学院院长；三星太极国际交流协会会长；世界中医药学会联合会五运六气专业委员会常务理事。The founder of Sanxing Taiji, Li Rong is a Canadian Chinese, and disseminator of Wushu Qigong health preservation. She is the President of Canada Sanxing Taiji Culture College; Presidents of Sanxing Taiji International Exchange Association; Standing Director of the 5 Yun 6 Qi Professional Committee of the World Federation of Chinese Medicine Societies



吴啊敏
Pro. Beverley Kane
(美国 USA)

39. 太极拳介绍和展演: 太极拳锻炼与女性健康 Taijiquan exercise for women's health

中国全国太极拳、械、推手全能冠军。多次蝉联中国全国武术锦标赛女子吴式太极拳冠军。多次蝉联中国全国武术锦标赛女子太极推手冠军。吴式太极拳第五代代表性传承人。毕业于北京体育大学武术系，精研各式太极拳、械、健身气功、导引养生功等。She Had obtained: Weapon and Push Hands and All-around champion of Taiji in China. She has repeatedly won the champion of women's Wu style Taijiquan and the Women's Taiji Push Hands Championship at the China National Wushu Championships. She is the fifth-Generation successor of Wu style Taijiquan.

主题讨论 (3)

Panel Discussion (3)

40. 强化太极科学论坛平台功能推动高校学术科研合作
Strengthen the platform function of Taiji Science Forum to promote academic research cooperation in universities



周武院长：杭州师范大学体育学院院长，教授

Zhou, Wu: Dean of the School of Physical Education, Hangzhou Normal University

杨慧馨院长：哈尔滨体育学院民族传统体育学院院长，教授

Yang, Huiqing: Dean of the traditional ethnic sports college, Harbin Sports University.

高娃院长：内蒙古师范大学体育学院院长，教授

Dean of the School of Physical Education, Inner Mongolia Normal University

林强院长：浙江工业大学理学院院长，教授

Lin, Qiang: Dean of the Faculty of Science, Zhejiang University of Technology

张茂林副院长：山东体育学院武术学院副院长，教授

Zhang, Maolin: Vice Dean of the Wushu College of Shandong Sports

王会儒主任：上海交通大学 体医养康护融合发展研究中心主任，教授

Wang, Huiru: Director of the Care Integrated Development Research Center of Shanghai Jiao Tong University

朱为模院士：美国人体运动学和体育科学院院士伊利诺伊大学教授

Zhu, Weimo: Fellow of the American Academy of Kinesiology, Professor, University of Illinois

杨世贤主任：麻省總醫院（MGH）基礎醫療研究主任，哈佛醫學院教授

Albert Yeung: Director of Primary Care Research at the Depression Clinical of Harvard Medical School.

罗恩·扎伊德曼：美国加州中医药大学校长

Ron zaidman: President of Five Branch University

圆桌会议嘉宾

"ROUND TALBEL" SUMMIT SPEAKERS

部分嘉宾已经介绍，这里仅介绍新的嘉宾
Some guests have already been introduced,
but only new guests are introduced here



林强院长
Dean. Lin, Qiang
(中国 China)

现任浙江工业大学理学院院长、教授、博士生导师，中国国家自然科学基金杰出青年基金、德国洪堡基金获得者。练习太极多年，对太极文化情有独钟，近年来利用现代科学手段开展了太极运动对人体机能的影响方面的研究。

Dean of the Faculty of Science, Zhejiang University of Technology, doctoral supervisor, winner of the Outstanding Youth Fund of the National Natural Science Foundation of China and the Humboldt Fund of Germany. Professor Lin practiced Tai Chi for many years, and I have a special liking for Tai Chi culture.



高娃院长
Dean. Gao, Wa
(中国 China)

内蒙古师范大学体育学院院长、教授、硕士生导师。主要致力于蒙古族传统体育的教学和研究。中国民族体育专委会理事，中国老年运动健康研究会理事，内蒙古体育科学学会 民族传统体育分会主任。

Gao, Wa, Dean, Professor and Master Tutor of the School of Physical Education, Inner Mongolia Normal University. Mainly study the teaching and teaching of Mongolian traditional sports. Director of Traditional Sports Branch.

演讲嘉宾

FORUM SPEAKERS



傅清泉
Fu, Qingquan
(中国 China)

41. 太极介绍和展演 - 杨式太极拳 Yang Style Taiji Introduction and Master Demonstration

太极传人-傅清泉简介 傅清泉老师是国家非物质文化遗产杨式太极拳亲族传承人。自5岁起受祖父傅钟文、父亲傅声远两位宗师的严格教诲和训导，深得太极真传，年少时屡次荣获国内外比赛冠军，享有“太极少帅”美誉，是杨式太极拳的主要代表人物。
Master Qingquan Fu is the family inheritor of Yang-style Taijiquan, a national intangible cultural heritage. Since the age of 5, he has received strict teaching and instruction from his grandfather Zhongwen Fu and his father Shengyuan Fu. He is the one of main representative of Yang-style Taiji.

演讲嘉宾

FORUM SPEAKERS



路芳教授
Pro. Lu, Fang
(中国 China)

42. 现代瑜伽在全球的推广传播及其对太极拳推广传播的启示
The Reflection on the Global Promotion of Modern Yoga to the Promotion of Taiji

路芳教授； 现任教于云南民族大学中印瑜伽学院（国际太极学院），教授，硕士生导师，厦门大学人类学博士，曾任云南民族大学中印瑜伽学院、南亚学院副院长。国家体育总局社体中心健身瑜伽教学组成员、健身瑜伽晋段官培训教师。印度辨喜瑜伽大学博士论文盲审专家。 Currently teaching at the China-India Yoga College (International Tai Chi College), Yunnan Nationalities University, professor, master tutor, PhD in Anthropology, Xiamen University. Former Vice Dean of the China-India Yoga School and South Asia College of Yunnan Nationalities University.



杨磊
Philip Yang
(美国 China)

43. 真气传语
Message from Qi

杨博士毕业于中国当地一所师范学院，在美国拥有东方医学硕士和博士学位。他是加利福尼亚州的执业针灸师。 Dr. Yang graduated from a local Normal Institute in China and possesses a master's and doctor's degree of Oriental Medicine in the US. He is a licensed acupuncturist in California.



任永安
Ren, Yong'an
(中国 China)

44. 医养太极
Taiji Medical Care

山东省医科大学教授，博士生导师，曾任中国CERNET专家委员会专家、国家医学项目评审委员会专家。指导技能专业委员会中国专家、山东省科技厅“科学与管理”执行主任。 Professor and PhD supervisor of Shandong Medical University. Served as an expert of the China CERNET Expert Committee, an expert of the National Medical Project Review Committee. China Expert of Guiding Skills Professional Committee, Executive Director of “Science and Management” of Shandong Provincial Department of Science and Technology...

演讲嘉宾

FORUM SPEAKERS



平展
Dr. Ping, Zhan
(美国 USA)

45. 太极与硅谷科技 Taiji movements @ Silicon Valley High Tech

现任苹果公司首席架构师，也曾任多个世界五百强公司如英特尔、三星、亚马逊的首席架构师。热爱太极运动，致力于太极养生运动在高科技公司的推广，服务科技精英的健身养生需求。He is currently the system architect of Apple and has also served as the chief system architect of many Fortune 500 companies such as Intel, Samsung, and Amazon. He love Taiji and is committed to the promotion of Taiji health in high-tech companies to serve the fitness and health needs of scientific and technological elites.



许自力
Xu, Zili
(中国 China)

46. 从空间结构的视角看太极运动强健筋膜的作用机理 Study on the mechanism of Tai Chi exercise strengthening fascia from the perspective of spatial structure

华南理工大学建筑学院讲师
硕士生导师 教育部高校教师网络培训中心特聘教授，中国风景园林学会文化景观分会青年委员。
Lecturer, School of Architecture, South China University of Technology. Master Tutor Distinguished Professor of the Ministry of Education University Teachers Network Training Center, Young Member of the Cultural Landscape Sub-Committee of the Chinese Society of Landscape Architecture.



刘绥滨
Liu, Suibin
(中国 China)

47. 居家太极在防控新冠肺炎中的应用与推广 Application and promotion of Jujia Taiji for the prevention and control of Covid-19

刘绥滨大师，出身武林世家，年轻时跟随十余位名师、隐士、道士修习武道，毕业于重庆医科大学，从医12年，而他传授青城武术，三十多年。

Born in a martial arts family, When he was young, he followed more than a dozen famous masters, hermits and Taoists to practice martial arts and Taoism, graduated from Chongqing Medical University, he has been a doctor for 12 years, and he has spread Qingcheng Wushu, for more than 30 years.

演讲嘉宾

FORUM SPEAKERS



刘超
Dr. Liu, chao
(日本 Japan)

48. 静态和练功态的呼吸相关检测的量化以及呼吸对ECG和PPG值的影响 Quantification of breathing-related measurement in static and exercise states, and the effect of breathing on ECG and PPG values

日本NPO气功文化中心和全日本健身气功国际联盟的创始人，现任理事长及东京电机大学研究员。曾任第一届健身气功国际联合会科学委员会委员。曾任北京中医药大学针灸学院客座教授，著有数十篇国际论文和气功相关杂志文章，主要是气功功态的生理效应及电生理方面的研究。

Founder and director of NPO Qigong Culture Center & Japan Health Qigong International Union, and researcher of Tokyo Denki University. She was a member of the 1st Scientific Committee of IHQF, and a visiting professor at the School of Acupuncture, Moxibustion and Tuina, Beijing University of Chinese Medicine.



邢启林
Xing, Qilin
(中国 China)

49. 天真太极文化实践与探源
Practice and Origin of Tian Zhen Taiji Culture

邢启林先生是李氏太极第四代传人，自幼习武，5岁起跟随李氏太极第三代传人学习宫廷养生太极，1977年，邢启林先生考入天津体育学院武术系，后又入北京体育学院深造。30岁后，邢启林先生遍访名山，跟随隐居山林、乡间的高僧大儒修习。

Master Xing Qilin is the fourth-generation disciples of Li's Taijiquan. He has practiced Taiji since he was a child. From the age of 5, he has followed the third-generation heir of Li's Taiji to learn palace health Taiji and received traditional martial arts training. In 1977, Mr. Xing Qilin was admitted to the Wushu Department of Tianjin Sport University, and then to Beijing Sport University for further studies.



陈章波
Dr. Chang-Po Chen
(中国台湾 Taiwan China)

50. 論太極勁的成因及其養生應用
Acquiring delicate force and energy control with Tai Chi therapeutic movements and the applications to healthy aging

2010年至今，中央研究院生物多样性研究中心名誉研究员；2008-至今 台湾湿地学会创办人及常务监事；2007-至今 华江湿地守护者联盟创始人、常务监事。

2010-date Emeritus Research Fellow, Biodiversity Research Center, Academia Sinica; 2008-date Founder and Managing Supervisor, Taiwan Wetland Society; 2007-date Founder and Managing Supervisor, Huajiang Wetland Guardian Alliance.

演讲嘉宾

FORUM SPEAKERS



柯文
Dr. Ke, Wen
(法国 France)

51. 身心健康 思维蜕变 生命圆满—太极气道九转三圆心法
Physical and spirit health、metamorphosis of way of thinking -
Nine Turns and Three Circles Method of Tai Chi Qidao

柯文博士，国际养生文化专家、学者及作家，国际健身气功联合会执委，上海体育学院传统体育学博士，武当武术文化传承人。先后在法出版了四部著作《进入气功世界及它的哲学理论》、《静之道——用心感悟中国文化与智慧》、《中医财富对当今世界的影响》以及《道家智慧与生命文化——‘清静经’的现代诠释及现实意义》。 Dr. Ke Wen, international health culture expert, scholar and writer, executive member of the International Health Qigong Federation, Ph.D. in Traditional Sports from Shanghai Sport University, inheritor of Wudang martial arts culture. She successively published four books in France



黄浩峰
Huang, Haofeng
(中国 China)

52. 太极拳综合方法调理“渐冻症”的可行性分析
Feasibility analysis of comprehensive methods of Taijiquan
to treat als

杜式太极拳衣钵传人。师从杜啸岳隐士，全面传承了历代传人在太极拳、道医等领域的精华。现为台州市第二批非遗代表性传承人、中华百名优秀太极人物、中华太极优秀推广人，其业绩入编《当代武林名家大典》《武当武术名人志》等。 Du Style Taijiquan successor. In the early 1980s, under the tutelage of the hermit Du Xiaoyue, he fully inherited the essence of Taiji, Taoism and other fields from the descendants of the past generations. He is now the second batch of representative inheritors of intangible cultural heritage in Taizhou, the first batch of outstanding folk literary talents in Zhejiang Province, one hundred outstanding Taiji figures in China, and outstanding promoters of Chinese Taiji. ” etc.



于玲玲
Prof. Yu, Linglin
(中国 China)

53. 五禽戏对不同人格大学生心理健康干预的实验研究
An Experimental Study of the Interventional Effects of Five-
Animal Exercise on College Students with Different Personality
Types

副教授，硕士生导师，北京体育大学体育养生高访学者。中国健身气功七段，健身气功国家级裁判、国家级社会体育指导员，内蒙古体育教育学会理事，内蒙古健身气功协会副秘书长，内蒙古学生体育协会教学部主任，内蒙古自治区高校优秀教师，自治区教学成果奖获得者。 Associate professor, master supervisor, senior visiting scholar of sports health preservation of Beijing University of physical education. China Health Qigong 7 Duan Master, Health Qigong national referee, national social sports instructor, director of Inner Mongolia sports education society, Deputy Secretary General of Inner Mongolia Health Qigong Association

演讲嘉宾

FORUM SPEAKERS



李晖
Dr. Feye Yip
(英国 UK)

54. 太极介绍-展演 - 太极拳习练要领与健身功效
Taijiquan key practice essentials and their health benefits

她自幼跟随其父著名太极拳家，中国武术九段大师李德印学习太极拳。现任国际健身气功联合会副主席，英国健身气功协会会长，英国中华艺术文化中心主任，国际太极拳气功联合会副主席，英国德印太极学院院长。

She followed her father's the 9 Duan Chinese Wushu Grandmaster Li Deyin to learn taijiquan since she was a child. She is currently the Vice President of the International Health Qigong Federation and President of British Deyin Tai Chi Academy



田春阳
Dr. Tian, ChunYang
(中国 China)

55. 太极介绍-展演 - 武道元《武式田派太极拳》武学思想
Wu Dao Yuan "The Martial arts thought of Wu Style Taiji Tian Sect"

中国文化体育旅游产业（澳门）投资策划有限公司董事长、世界休闲体育协会澳门分会会长、澳门体育文化产业促进会会长、澳门（文武）中国）ISSN2075 -4760 总裁...

Du Style Taijiquan Chairman of China Culture, Sports and Tourism Industry (Macau) Investment Planning Co., Ltd., President of the World Leisure Sports Association Macau Branch, President of the Macau Sports Culture Industry Promotion Association, Macau (Civil and Martial Arts) China) ISSN2075-4760 President...



林强院长
Dean. Lin, Qiang
(中国 China)

56. 太极站桩对人体脑电的影响
Effect of Taiji Standing on human EEG

现任浙江工业大学理学院院长、教授、博士生导师，中国国家自然科学基金杰出青年基金、德国洪堡基金获得者。练习太极多年，对太极文化情有独钟，近年来利用现代科学手段开展了太极运动对人体机能的影响方面的研究。

Dean of the Faculty of Science, Zhejiang University of Technology, doctoral supervisor, winner of the Outstanding Youth Fund of the National Natural Science Foundation of China and the Humboldt Fund of Germany. Professor Lin practiced Tai Chi for many years, and I have a special liking for Tai Chi culture.

论坛闭幕

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