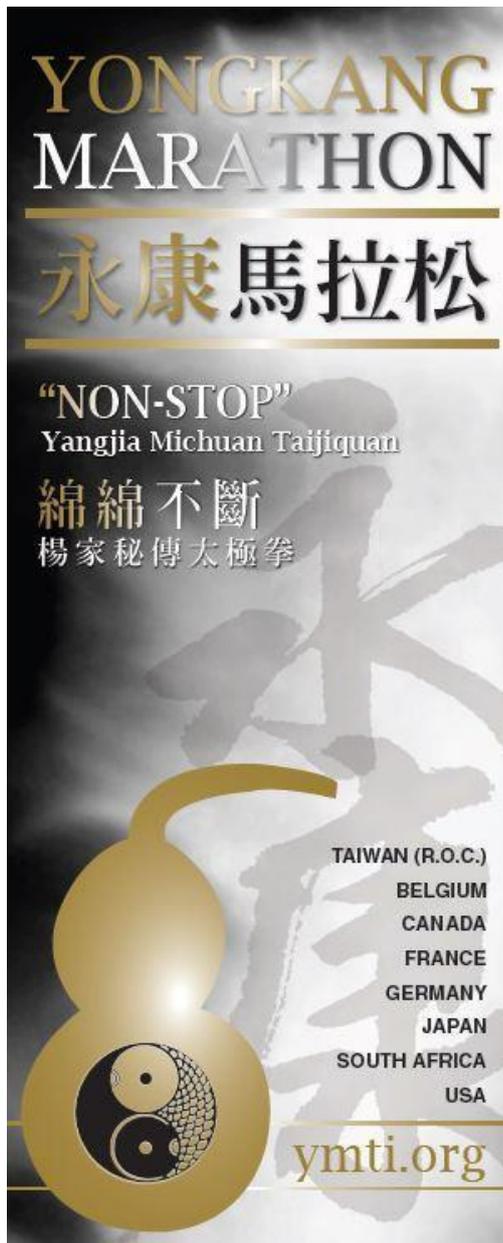


2013 YKM Thank You Note



Dear Yongkang Marathon Participant,

Thank you for joining the 2013 Third Annual Yongkang Marathon, held simultaneously in Belgium, Canada, France, Germany, Japan, Taiwan (R.O.C.), South Africa and the U.S.A., in this, the 102nd year of the Republic of China.

Du Jing and I took great pride and pleasure in practicing with those of you who attended the Berlin Yongkang Marathon this year. While all who participated in a Yongkang Marathon somewhere in the world this November 3rd may have *appeared* separated in some way - by body, space, time - the Yongkang Marathon provides a simple way for all of us to unite in a single purpose - better health - and meet beyond appearances. I find happiness knowing that no matter whether someone is new to this tradition or a highly experienced teacher - everyone who participates contributes to the significance and meaningfulness of this event for everyone else.

The Yongkang Marathon (YKM) is named after Master Wang Yen-nien (1914-2008), whose second name in everyday life was “Yongkang” [Forever Healthy].

The YKM logo, the calabash, is a symbol of the *Dao* and contains a *Taiji* diagram. Together they represent the practice of Yangjia Michuan Taijiquan

intrinsically founded on Gold Mountain School Daoist Meditation and Neigong (the Daoist Art of Breathing). When combined, one’s practice may be directed toward Self-realization. In other words, *Dao Ji Jian Xiu* (“The [Inner] Way and [Outer] Skills Cultivated Simultaneously.”)

In the decade before Master Wang’s death in 2008, he had turned away from competition, but had not left us with an alternative. During this period of void, Du Jing came up with the idea of a Yangjia Michuan Taijiquan “marathon.” We passed the idea around to our colleagues and others and received positive and enthusiastic feedback. We decided to call it the “Yongkang Marathon” (YKM) in honor of Master Wang and his far-reaching vision.

The first Annual YKM was held in 2011. Each YKM is organized locally, in accordance with individual group needs and wants. Out of the YKM has come a realization that this decentralized and self-organized communal contribution to Yangjia Michuan Taijiquan is eminently suited to our diverse group of Yangjia Michuan Taijiquan friends, from the southernmost tip of Africa to the north of Canada, from Asia to Europe to the Mid-West of the USA.



I would like to especially thank the following groups for all their work in making this worldwide event possible:

- **2013 Third Annual World Yongkang Marathon International Hosts:** the Lilo&Lotta School of Yangjia Michuan Taijiquan, Berlin, (DE) in conjunction with Taiji am teich, Berlin (DE);
- **World Yongkang Marathon Sponsors:** Jingdao Yen-nien Daoguan, Antwerpen (BE); YMTI-Canada, Nova Scotia (CA); Yen-nien Daoguan, Open-the-Door Branch of Yangjia Michuan Taijiquan, Munich, (DE); Taijiquan (Tai Chi Chuan) im atelier drei, Munich, (DE); Polarstern School of Yangjia Michuan Taijiquan, Munich (DE); YMT-Burin, Okayama (JP); Yen-nien Daoguan, Taipei (R.O.C.); Yangjia Michuan Taijiquan Club of Hermanus (SA); Chicago Joseph Morris Yangjia Michuan Taijiquan Society, Chicago, IL (USA) and ymtvideos.com, Madison, WI (USA); and
- **World Yongkang Marathon Supporters:** Yen-nien Daoguan-Double Dragon Branch, Torhout (BE) and Centre Parisien de Tai Chi Chuan, Paris (FR).

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

Sincerely,

Julia Fairchild, Yangjia Michuan Taijiquan, 5th Generation, Lineage Holder
Du Jing, Annual World Yongkang Marathon Chairperson

November 3, 2013
Berlin, Germany

