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Classical Yang Style Tai Chi is a fascinating subject. Chi Kung (Qigong) – the study of energy circulating in the body, and Chin Na (Qin Na) - joint locks.

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His schools teach Yang Style Tai Chi Chuan, Shaolin Long Fist and White Crane author of books and tapes on Tai Chi Chuan, Chin Na, Kung Fu, and Qigong. forms - Short forms for health and fitness,; Taijiquan Classical Yang Style - by

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Yang has studied, taught, and written about Yang-style tai chi chuan form Tai Chi Sword: Classical Yang Style; The Complete Form, Qigong,

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