



ACA  
2016 Taiji Exercise Program



**Push Hand**  
**Instructor: Master Jie Gu**

Chinese Community Center  
32585 Concord Drive  
Madison Heights, MI 48071  
248-585-9343

Saturdays 8:30am-9:30am (subject to modification in summer weeks)

No class on: January 2, Mar 26, May 28, July 2, September 3, November 26, December 24, December 31

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Annual Fee (including Push Hand Instruction Fee or Drop in Fee \$5.00 weekly):**

**\$70 ACA Member**

**\$85 Non-ACA Member**

**Donation needed:** internet materials, facility usage and handouts.

**Extra instruction Fee:** as required

**Weekly practice:** TARB , Yang 37, Yang 24, GEM Tai Chi, GEM Sword, Push hand.

**Master Gu's week:** Push Hand

**Payment**

Registration Fee: \$ \_\_\_\_\_ Cash / Credit Card / Check # \_\_\_\_\_ Date Paid: \_\_\_\_\_

Staff member's name \_\_\_\_\_ Total Paid: \$ \_\_\_\_\_ Receipt # \_\_\_\_\_

## Jie Gu

### Taiji Credentials

1. Yang Taijiquan sixth generation master (lineage: Yang, ChengFu – Fu, ZhongWen – Xi, GuiZhong)
2. China Martial Art rank six.
3. Han Dan Taiji college guest Professor.

### General

1970-1978 Mason of 7th construction company of Suzhou.  
1980 graduate from teacher's training program from Jiangsu Teacher's college.  
1980-1983 middle school Physics teacher in Suzhou 38th middle school.  
1986 Master of Suzhou University Physics Department.  
1986-1989 Associate professor of Suzhou University Physics Department.  
1989-1990 visiting scholar to USA.  
1991 Master of mechanics from Oakland University in USA  
1997 PhD of manufacturing from Oakland University in USA.  
1994-present Engineer of General Motors in USA.

### Taiji Practice Accomplishments

1965-1975, Practice Shao Lin Martial Art  
1989, learn classic Yang 84 from XiaoGang Ye  
2000, learn assorted Taiji routines from Chunlin Pu  
2004, learn Traditional Yang Taijiquan from GuiZhong Xi (fifth generation master)  
2008, learn assorted Taiji routines from HeZhen Shao  
1989-present, Practice Taijiquan form: (1) Taiji Art of Relaxation and Breathing, (2) 24 Taijiquan, (3) 48 Taijiquan, (4) Yang 40 competition Taijiquan, (5) 32 Taiji sword, (6) 42 Taiji sword, (7) 56 Chen Taijiquan, (8) Yang Taiji broad sword, (9) 42 competition Taijiquan, (10) Yang 85 Taijiquan, (11) Taiji Kung Fu fan, (13) Huyuan 24 Taijiquan, (14) Gem Taijiquan, (15) Gem Taiji dagger, (16) Gem Taiji sword, (17) Taijiquan push hand double routine

### Taiji Teaching Accomplishments

1989-present, coach Taiji QuanTaiji Art of Relaxation and Breathing  
2002, Found Taiji Start Association  
2002-2005, serve two terms as the president for Taiji Start Association  
2005-present, honorable president for Taiji Star Association  
2014-present, ACA Taiji class instructor

### Taiji Choreography

- Taiji Art of Relaxation and Breathing (taught at ACA class in 2014)
- Gem Taijiquan (taught at ACA class in 2014)
- Gem Taiji dagger
- Gem Taiji sword (taught at ACA class in 2014)

### Taiji Publication

- Jie Gu, "Soul of Taiji ", <Taiji> Journal, 2004, vol.4.
- Jie Gu, "Taiji 26", <Taiji> Journal, 2008, vol.2.
- Jie Gu, "The Chest motion in Taijiquan", <Taiji> Journal, 2008, vol.4.
- Jie Gu, <Gem Taijiquan> Soochow University publishing house, 2012.
- Jie Gu, 《Taiji Art of Relaxation and Breathing》, Amazon.com, 2008
- Jie Gu, 《Gem Taijiquan Solo》, Amazon.com, 2010
- Jie Gu, 《Mechanical Principle of Taijiquan》, Amazon.com, 2012
- Jie Gu, "Explosive and Sequential Strength in Tai Chi", T'ai Chi, Vol. 37, No. 3, Fall 2013, page10~17
- Jie Gu, "Tai Chi Spring Boxing", T'ai Chi, Vol. 37, No. 3, Winter 2013, page24~34