



# Canada One Family Network

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## Introduction:

Yang Jizong is a former standing committee member of the Beijing Xing Yi Quan Research Association, the third generation of Sun Style Tai Chi, the fifth generation of baguazhang, and the sixth generation of xing yi quan. Yang Jizong learned xing yi quan and sun style tai chi in 1969 under the guidance of Sun Fenglin, a master of xing yi quan. During this period, Yang Jizong was taught alongside his senior brother Wang Tong. They were personally guided by Mr. Sun Lutang's beloved daughter and his successor, Uncle Sun Jianyun.

In the 1980s, Yang Jizong learned Baguazhang from his senior brother Wang Tong (the fourth-generation descendant of Baguazhang, president of the Beijing Xing Yi Quan Research Association, and one of the founders of the Beijing Baguazhang Research Association).

Yang Jizong's inner boxing master:

1. The third generation descendants of Sun Style Tai chi:  
Sun Lutang, Sun Fenglin, Wang Tong, and Yang Jizong.
2. The fifth generation descendants of Baguazhang:  
Dong Haichuan, Liang Zhenfu, Li Ziming, Wang Tong and Yang Jizong.
3. The sixth generation descendants of Xingyiquan:  
Li Luoneng-Liu Qilan-Li Cunyi-Li Ziyang-Sun Fenglin-Wang Tong, Yang Jizong.

## 《Sun's Tai chi Class》

1. Phase 1 of the primary class: Teach stances and basic exercises (12x each)
2. Phase 2, 3, 4 of the beginner class: Teach Sun Style Tai Chi breakdown movements 1, 2 and 3 (12 times each)
3. Intermediate class: Teach the 74-style "Sun Style Tai Chi " routine (12x)  
(Note: The 74-style is from the ancient book "Sun's Taijiquan", which is different from the 73-style "Sun's Taijiquan" circulated on the Internet, which is used in martial arts competitions. Anyone who wants to participate in Tai Chi competitions, please do not register.)
4. Advanced class: Sun Style Tai Chi exercises (12x)