

# Yang Yang

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## SUMMARY STATEMENT

As both a traditionally trained, life-long practitioner of Taijiquan (T'ai Chi Chuan) and Qigong (Ch'i Kung) and a Ph.D. researcher, I feel I am well qualified to explore the mechanisms and benefits of traditional Taiji/Qigong practice and to explain the principles of practice to a Western audience. I am dedicated to the practice, study, and dissemination of these traditional Chinese arts.

I am the founder of the Center for Taiji Studies (CTS) and the 501c3 non-profit organization China America Living Arts (CALA). In May 2007 I established a CTS office in NYC and am seeking those interested in collaborating in either clinical research or intervention dissemination.

## EDUCATION

**University of Illinois, Urbana-Champaign, IL.**

Ph.D., Kinesiology, 2005.

Dissertation Title: *Yin and Yang: quantitative and qualitative research investigating physical and psychological effects following a 6-month Taiji (T'ai Chi) and Qigong (Ch'i Kung) intervention with older adults*. Description: a mixed-methods study that employed quantitative methods of analysis to evaluate the effect of Taiji/Qigong practice on older adults' strength and balance, and qualitative analyses to explore physical, mental, emotional, social, and spiritual themes experienced by practitioners.

**Illinois State University, Normal, IL.**

M.S., Economics, 1998.

**China University of Political Science and Law, Beijing, China**

B.A., Law, 1987.

**China Textile University, Shanghai, China**

B.S., Textile Management Engineering, 1983.

## ACADEMIC APPOINTMENTS

2009 Chairman of Academic Committee, International Tai Chi Chuan Symposium, hosted by Vanderbilt University, Nashville, TN.

2008 Senior Associate, International Longevity Center, New York, NY

2007-2010 Adjunct faculty, Kinesiology Department, University of Illinois at Urbana-Champaign (UIUC)

2006-2007 Visiting assistant professor of Kinesiology, UIUC

## PUBLICATIONS

### Books

Yang Y. and Grubisich, S. *Taijiquan: the art of nurturing, the science of power*, Zhenwu Publications: Champaign, IL. 2005.

## Articles

- Yang, Y., Decelle, S., R. A., Reed, M., Rosengren, K. S., Schlagal, R., and Greene, J. Subjective Experiences of Older Adults Practicing Taiji and Qigong, *Journal of Aging Research*. In Press.
- Burgener, S. C. , Yang, Y., Gilbert, R. and Marsh-Yant, S. The Effects of a Multimodal Intervention on Outcomes of Persons with Early Stage Dementia. *Am J Alzheimers Dis Other Demen*, 2008: 23(4): 382–394.
- Yang, Y., Verkuilen, J., Grubisich, S., et al. Strategic and sensory mechanisms for improved balance afforded by combined Qigong and Taiji training for older adults: a randomized controlled trial. *Med Sci Monit*, 2007: 13(8): CR339–348.
- Yang, Y., Mariani, R. A., Reed, M., Rosengren, K. S., and Woods, J.A. Effects of a Taiji and Qigong on the antibody response to influenza vaccine in the elderly. *Am J Chin Med*, 2007: 35(4): 597-607.
- Yang Y, Verkuilen J, Grubisich S, Reed M, and Rosengren K. The Effect of Taiji (T'ai Chi)/Qigong (Ch'i Kung) on Balance in Older Adults. *Carle Selected Papers*, 2007;50(2):8-18.
- Ramachandran, A.K., Rosengren, K.S. Yang, Y. and Hsiao-Weckler, E.T. Effect of Tai Chi on gait and obstacle crossing behaviors in middle-aged adults. *Gait Posture*, 2007: Jul;26(2):248–55.
- Christou E. A., Yang Y., & Rosengren K. S. Taiji training improves knee extensor strength and force control in older adults. *J Gerontol A Biol Sci Med Sci*. 2003: 58: M763–M766.
- Rosengren KS, Christou EA, Yang Y., Kass D., Boule A. Quantification of Taiji learning in older adults, *J Am Geriatr Soc*. 2003: 51:1–2.
- Yang, Y. and Grubisich, S. Integrating mind and body. *T'ai Chi Magazine*, 2000, 24(3):10–21.

## SELECT RECENT PRESENTATIONS

- Cleveland Clinic**, November 2011. Presented lecture titled “Taiji & Qigong: A Multidimensional Approach to Wellbeing” at Wellness Grand Rounds, Cleveland, OH
- Society for Integrative Oncology**, November 2011. Gave interactive workshop titled “A Taste of Traditional Qigong” at the 8<sup>th</sup> annual conference, Cleveland, OH.
- 21<sup>st</sup> Annual Puijo Symposium**. July, 2011. Interactive lecture titled “Taiji and Qigong: Presentation and Interactive Demonstration.” Kuopio, Finland.
- Memorial Sloan-Kettering Cancer Center**. May 2011. Gave interactive lecture titled “Traditional Taiji (Tai Chi) & Qigong: Potential Benefits to Cancer Survivors.” New York, NY.
- Society for Integrative Oncology**, November 2010. Gave interactive presentation at the 7<sup>th</sup> annual conference, New York, NY.
- Mayo Clinic**, October 2010. Gave interactive lecture titled “Taiji and Qigong: Multidimensional Exercise for Successful Aging” at International Exercise Conference sponsored by Mayo Clinic and the Karolinska Institute, Rochester, MN.
- Weill Cornell Medical College**, September 2010. Gave interactive lecture at Spine Center Multi-Disciplinary Conference titled “Taiji and Qigong: Ancient Wisdom for Neck and Back Pain,” New York, New York.
- Dana Farber Cancer Institute**, May 2010. Gave interactive lecture titled “Traditional Taiji & Qigong: Methods, Purpose, and Theoretical Foundation for Benefit to Cancer Survivors,” Boston, MA.
- World Bank, Sept 2009**. Gave interactive lecture/workshop at the Leadership for Development Impact Round Table Meeting, Washington, DC.

**International T'ai Chi Symposium**, July 2009. Delivered opening keynote lecture, Nashville, TN.

**National Institutes of Health (NIH)**, May 2009. One of four international experts invited to lecture at campus-wide conference titled "Mind-Body Medicine: Science or Fiction," Bethesda, MD.

**Hospital for Special Surgery (HSS)**, March 2009. Gave interactive presentation titled "No Pain, More Gain: Methods, Mechanisms, Evidence, and Potential of Taiji and Qigong," New York, New York.

**Mayo Clinic**, January 2009. Began on-site Teacher Certification Training in Evidenced-Based Taiji and Qigong Program for clinic staff, Rochester, MN.

**International Council on Active Aging (ICAA)**, December 2008 and December 2007. Presented lectures and workshops at annual conferences titled "Increasing participation in Taiji/Qigong exercise: challenges, possibilities, and a successful case study" and "Evidence-based Taiji/Qigong morning exercises," San Antonio, TX, and "Evidence-Based T'ai Chi/Qigong Morning Exercises" and "Multi-Dimensional Benefits of T'ai Chi/Qigong," Orlando, FL.

**University of Chicago/Mayo Clinic Annual Conference on Complimentary and Alternative Medicine**, December 2008 and December 2007. Gave presentation and interactive workshops at annual conferences titled "Qigong, Taiji, and Cardiac Longevity" and "Taiji, Qigong, and successful Aging," Chicago, IL.

**American Public Health Association (APHA)**, October 2008 and November 2007. Presented lecture titled "Mechanisms for improved balance afforded by traditional Taiji and Qigong exercise: A randomized controlled trial of older adults" and interactive presentation titled "An evidence based Taiji and Qigong program for medical professionals" at 2008 annual conference, San Diego, CA, and gave oral presentation titled "Best Taiji (T'ai Chi) practices: Essential aspects of traditional curriculum and methods of training" at 2007 annual conference, Washington, DC.

**Vanderbilt University Medical Center Clinical Research Center**, September 2008. Presented lecture titled "Taiji, Qigong, and Cardiac Longevity," Nashville, TN.

**Physical Medicine & Rehabilitation Symposium**, June 2008. Gave oral presentations titled "Taiji Approach to Assessment and Advancement of Core Stability" and "Demonstration of Measurement and Advancement of Core Stability" at the sixth annual symposium, University of Iowa.

**Mayo Clinic**, February 2008 + Septmeber 2007. Gave lectures titled "Soft Style Martial Arts and Increased Cardiac Longevity" at the Joint Combined Preventive Cardiology Conference and "Taiji, Qigong, and Successful Aging" during the Physical Medicine and Rehabilitation Department's National Rehabilitation Awareness Week, Rochester, MN.

## **ACCOMPLISHMENTS/AWARDS**

2006	Qigong Master of the Year, awarded by The 9th World Congress on Qigong and Traditional Chinese Medicine.
2001	T.K. Cureton Physical Fitness Research Award, UIUC
2000	Featured on cover of the <i>Journal of Asian Martial Arts</i> , vol. 9.
1998	Chief Judge, Chen Style Taiji and Push Hands Competition, U.S. National Kung Fu Championships, Baltimore, MD.
1995	Featured on cover of <i>T'ai Chi Magazine</i> , February 1995, vol. 19(1).
1995	Chief Judge, Chen Style Taiji and Push Hands Competition, U.S. National Kung Fu Championships, Orlando, FL.
1986	Fellowship, China University of Political Science and Law
1983	Best Martial Arts Athlete of 1983, awarded by Shanghai Higher Education Board
1982	Fellowship, China Textile University
1982	Apprentice to world renowned Grandmaster Feng Zhiqiang of Beijing
1981–1983	First Place, Chinese Martial Arts, Taiji, all-university competition in Shanghai

## **SELECT TAIJI AND QIGONG TEACHING EXPERIENCE**

2011                    Memorial Sloan Kettering Cancer Center: on-going classes for patients and staff  
2009–2010            Teacher certification training for Mayo Clinic physician, therapist, and nursing staff,  
                                 Rochester, MN.  
1996–Present        Director, Center for Taiji & Qigong Studies, New York, New York.  
1993–1998            Taiji Instructor, Illinois State University Wellness Program  
1983–1985            Head Instructor, Taiji and Qigong, China Textile University  
1983                    Instructor, Chen Style Taiji Research Association, Shanghai