

# 德奇太极

王超杰

修太极 0 享健康 0 共快乐

<https://taiji.pythonanywhere.com>

© 2022 国际传统太极拳健康研修中心

# Contents

【谢宗奇先生简历】	3
Resume of Mr. Zongqi Xie . . . . .	4
【免费公益课】	5
一，在马里兰全州举办免费公益太极拳普及巡回活动（策划之中）。 . . . .	5
二，在哈维郡举办免费公益太极拳定期培训（策划之中）。 . .	6
三，在哈维郡举办免费公益太极拳长期培训（2022 年 11 月开始）。 . . . .	6
Free Public Tai Chi Classes . . . . .	6
1. Free public Tai Chi promotion activities across the state of Maryland (to be announced). . . . .	8
2. Free public Tai Chi regular training in Howard County (To be announced). . . . .	8
3. Free public Tai Chi year-long training in Howard County (starting November 2022): . . . . .	8

## 【谢宗奇先生简历】



Figure 1: 谢宗奇先生

- 国际传统太极拳健康研修中心（美国）创始人及主任
- 中国武术七段
- 中国国家武术一级裁判
- 中国武术段位考评员
- 人类非遗项目太极拳传承人
- 陈正雷先生入室弟子
- 陈式太极拳十二代传人
- 当代太极拳“传承贡献奖获得者”
- 中国广东武协常务理事，太极拳管理推广部部长
- 陈正雷太极拳联盟德奇总会会长
- 香港陈式太极拳总会名誉会长
- 中国深圳慢病防治研究会太极拳专委会主任

- 美国陈式太极拳促进会理事

## Resume of Mr. Zongqi Xie

- Founder and Managing Director of the International Center for Tai Chi Health (USA)
- Chinese martial arts 7th Duan
- Chinese national martial arts first-class referee
- Chinese martial arts Duan ranking judge
- Inheritor of Intangible Cultural Heritage of Humanity (Taijichuan)
- In-chamber disciple of Grandmaster Chen Zhenglei
- 12th generation descendant of Chen Style Taijiquan
- Recipient of the “Taijiquan Inheritance Contribution” Award
- Executive Council Member of China Guangdong Martial Arts Association, Managing Director of Taijiquan Administration and Promotion Department
- President of Deqi Association of Chen Zhenglei Taijiquan Federation
- Honorary President of Hong Kong Chen Style Tai Ji Association
- Managing Director of Taijiquan Special Committee of China Shenzhen Chronic Disease Prevention & Research Association
- Council Member of Association for Promoting Chen Style Taijiquan

## 【免费公益课】

太极健康中心开启太极拳免费公益课

“传统太极拳预防和治疗慢性病比药还管用”，这是世界顶尖医学研究机构多年的研究成果，也是世界上 3 亿多太极拳习练者验证的结果。

太极拳运动可调节气血，疏通经络，让习练者在练习中不知不觉起到调心，调身和调意的作用，是当下世界上最流行和有效的防病，祛病和养生的健身方式。

也许您从来没有接触过太极拳，不用担心，不用犹豫，做好准备。

一代太极拳名师陈正雷的入室弟子，中国武术七段，中国国家一级武术裁判，太极拳名家，陈正雷太极拳大联盟德奇总会会长，优秀导师谢宗奇先生做为太极拳项目杰出人才已于今年 4 月移民马里兰州。

为了让正宗正源，原汁原味的人类非遗陈式太极拳在美国弘扬光大，让更多的民众受益中国传统国粹太极拳，改善身心健康，延年益寿，享受生活，谢宗奇先生赴美后马上注册非营利机构国际传统太极拳健康研修中心（简称太极健康中心）。今年 10 月 1 日，中心正式揭牌成立并受到哈维郡政府的支持和嘉奖。

为了让美国民众尽快享受到太极拳带来的健康。决定于 11 月 6 日开始在马里兰州开展“德奇传统太极拳送健康活动”，具体安排如下：

一，在马里兰全州举办免费公益太极拳普及巡回活动（策划之中）。

马里兰州共有 24 个郡。我们将同当地各级政府部门及各公益机构对接合作，先在以下六个与哈维郡相邻的郡举办免费公益太极拳普及巡回活动。

- 巴尔的摩 (Baltimore)

- 蒙哥马利 (Montgomery)
- 安妮阿伦德尔 (Anne Arundel)
- 乔治王子 (Prince George)
- 弗雷德里克 (Frederick)
- 卡罗尔 (Carroll)

二，在哈维郡举办免费公益太极拳定期培训（策划之中）。

定期培训地点会在养老中心，健身中心，图书馆，公园以及能提供公益活动的机构。时间地点正在联系中。

三，在哈维郡举办免费公益太极拳长期培训（2022 年 11 月开始）。

长期培训地点如下：

- 河山高中篮球场 (River Hill High School Basketball Court)  
地址：12101 Clarksville Pike, Clarksville, MD 21029  
时间：周六，周日早上，7 点到 9 点。
- 雪松巷公园东区篮球场 (Cedar Lane Park East Basketball Court)  
地址：10745 Route 108 (East) Columbia, MD 21044  
时间周一至周五，早上 6:40 到 8:30

国际传统太极拳健康研修中心

2022 年 11 月 1 日

Free Public Tai Chi Classes

International Center for Tai Chi Health (ICTCH) Offers Free Tai Chi Classes

Research performed by the world's top medical institutions for many years have shown that traditional Taijiquan (commonly referred as Tai Chi) fairs better at preventing and treating chronic diseases than modern medicines. Three hundred million people worldwide practice Tai Chi and their positive experiences are true testaments to the healing power of Taijiquan.

Tai Chi helps to regulate the flow of blood and Qi (vital energy), open up and align the meridians of the body, and has therapeutic effects on the mind, body, and soul. No wonder Tai Chi is the most popular and effective form of exercise for prevention and healing of disease and nourishing of life.

If you have never been exposed to Tai Chi, don't worry, don't hesitate, and get ready.

The founding director of the International Center for Tai Chi Health, Master Zongqi Xie is a 12th generation descendant of Chen Style Taijiquan and an in-chamber disciple of Grandmaster Zhenglei Chen. Master Xie is a 7th Duan of Chinese martial arts and serves as a first-class national referee for Chinese martial arts. Master Xie has immigrated to the US and settled in Howard County, Maryland via a talent acquisition program in April 2022. Master Xie has a passion to help improve the health of people in communities across the county and the state using his sought-after Tai Chi know-how from decades of practice and teaching.

To that end, Master Xie founded the International Center for Tai Chi Health (ICTCH) shortly after arriving in the US. The center was inaugurated on October 1st 2022 attended by County Executive Dr. Calvin Ball, elected officials, and medical researchers from Johns Hopkins University and University of Maryland along with dedicated Tai Chi practitioners and enthusiasts.

In order to bring the health benefits of Tai Chi to individuals and communities across Maryland, the center led by Master Xie will start the “Traditional Tai Chi for Health” Campaign on November 6.

The activities are as follows:

1. Free public Tai Chi promotion activities across the state of Maryland (to be announced).

Maryland is vast with 24 counties. We will focus on the following six counties adjacent to Howard County - Baltimore, Montgomery, Anne Arundel, Prince George, Frederick, and Carroll County. We will work with local governments and non-profit organizations to establish proper venues. Stay tuned for more details to come.

2. Free public Tai Chi regular training in Howard County (To be announced).

The location of the regular training will be in senior centers, fitness centers, libraries, public parks, or any organization that is interested in hosting the classes. More details to come.

3. Free public Tai Chi year-long training in Howard County (starting November 2022):

The locations are as follows:

- River Hill High School Basketball Court

Address: 12101 Clarksville Pike, Clarksville, MD 21029

Time: Every Saturday and Sunday, from 7:00 a.m. to 9:00 a.m.



- Cedar Lane Park East Basketball Court

Address: 10745 Route 108 (East) Columbia, MD 21044

Time: Every Monday through Friday, from 6:40 am to  
8:30 am

International Center for Tai Chi Health (ICTCH)

November 1, 2022