

Tai Chi Kung Fu Fan Dance

Created by Professor Li Deyin

52 Movements Fan Form, Routine 1

Comments, Notes, Instructions, Descriptions, Bibliography, Links, and Resources
Research by Michael P. Garofalo, M.S.

List of Movements

1. Stillness Position, Opening/Salutation
2. White Stork Cools It's Wings
- 3.

Bibliography, Links and Resources

Tai Chi Kung Fu Fan Forms I and II

Two Taiji Kung Fu Fan Dance Forms Created by Professor Li Deyin

Form I: 52 Movements

Form II: 56 Movements, Beautiful Sunset, *Xi Yang Mei*

Tai Chi Kung Fu Fan Dance, Form I

Tai Chi Kung Fu Fan, Form 1. Routine 1, created by Grandmaster Li Deyin (1938-). Instructional DVD, 65 minutes, by Master Jesse Tsao. Tai Chi Healthways, San Diego, California. "The most popular Tai Chi Fan form ever practiced in China. The routine was created by Grandmaster Li Deyin, Jesse Tsao's teacher since 1978. There are 52 movements in the whole routine based on the characteristic Tai Chi posture with the fan's artistic and martial functions. Master Tsao presents demonstrations at the beginning and end. He teaches step-by-step in slow motion, in English. There are plenty of repetitions

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of movements in both front and back view. It is a good reference for home study, or a resource for instructor's teaching preparation." Cost: 35.00.

Demonstration.

Tai Chi Kung Fu Fan, Form 1. Instructional DVD by Professor Li Deyin. Narration in English. "A fan routine, created by Professor Li, which combines the gracefulness, centrality and continuity of Taiji with the power, speed and fierceness of Wushu. It is designed as an addition to the exercises for health, and has received massive interest and support throughout the world. In this DVD, Professor Li provides in-depth teaching with Mrs. Fang Mishou performing detail demonstration." Vendor 1.



Tai Chi Kung Fu Fan, Form 1. List of 52 movement names, directions, instructions, and notes by Mike Garofalo. The Tai Chi Kung Fu Fan, Form 1, is sometimes referred to as the "Beautiful Sunset, First Form."

Tai Chi Kung Fu Fan, Form 1. UTube Video, 4:02 min. Lady in white on a stage in Japan. My favorite! "First Form of the Xiyangmei Taiji Kungfu Shan (Taiji Shan). Recorded in Tokyo, Japan when the group headed by Li Deyin went to give an exhibition in 2006."

Tai Chi Kung Fu Fan, Form 1. UTube Video, 3:59 min. Three performers in white outfits.

Tai Chi Kung Fu Fan, Form 1. UTube Video, 3:59 min. Demonstrated by Patty Lee. Lady in a yellow outfit in a field with a backdrop of mountains.

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Tai Chi Kung Fu Fan, Form 1. UTube Video, 4:02 min. Lady in black practicing in a dance studio. What is the song used in many of these videos (by Jackie Chan)??

Tai Chi Kung Fu Fan, Form 1. UTube Video, 3:42. A group of Master Fay Li Yip's students performing outdoors.

Tai Chi Kung Fu Fan, Form 1. UTube Video, 3:53 min. A group in black outfits performs outdoors in Madrid, Spain. Some members need more group practice.

Tai Chi Kung Fu Fan, Form 1. UTube Video, 5:57 min. Two ladies in red outfits perform outdoors in Rotterdam, The Netherlands.

Tai Chi Kung Fu Fan, Form 1. 中國太極功夫扇

Tai Chi Kung Fu Fan, Form 1. UTube Video Subject Search.

Beautiful Sunset, *Xi Yang Mei*, Tai Chi Kung Fu Fan Dance, Form II

Created by Professor Li Deyin.

Form II: 56 Movements

Tai Chi Kung Fu Fan, Form 2, "Beauty of the Sunset (Xi Yang Mei)." Created by Grandmaster Li Deyin (1938) in Beijing. Instructional DVD, 65 minutes, by Master Jesse Tsao. Tai Chi Healthways, San Diego, California. "This is a dynamic routine with various moves from Chen, Yang, Wu, and Sun Tai Chi and Chinese kung fu. Master Tsao presents it here with his signature teaching style of posture-by-posture learning, in English, with front and back views. It is a good reference for home study, or a resource for instructor's teaching preparation. Suggest 30 class hours. (Difficulty: Beginner to Advanced)"

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Xiyangmei Taiji Kung Fu Fan. Instructional DVD by Professor Li Deyin. Narration in English. "This fan routine, created by professor Li, is based on the framework of the first Taiji Kung Fu Fan. By putting a series of more complicated but graceful taiji movements together with numerous powerful and dynamic movements from other martial arts styles, it provides an excellent opportunity for enthusiasts to achieve better physical fitness, greater flexibility and increase self confidence."

Xi Yang Mei Tai Chi Kung Fu Fan. Instructional DVD by Li Deyin. Published by the Beijing TV Art Center Publishing House. Language: Mandarin Chinese, Chinese and English Subtitles. ISBN: 7883068237 9787883068235. "Xiyangmei Taiji Kung Fu Fan is another dynamic and very enjoyable fan form (after the Tai Chi Kung Fu Fan) created by Professor Li Deyin and incorporating a few Kung Fu moves for extra interest. It seems to lend itself to being performed in groups but its more compact nature compared with other weapons forms makes it particularly suited to modern times. Many of the moves are familiar from the empty hand, sword form and especially the sabre or broadsword form but there is the extra factor of the snapping open and closed of the fan."



"Li De Yin, is the well known figure in China for his outstanding contribution in promoting Tai Chi. He is the director of the Physical Education Department of Beijing People's University and Vice Chairman of Beijing

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Wushu Association. He served as head coach for the thousands-people Tai Chi Parade of the opening ceremony of 11th Asian Game. He also served as Chief Umpire for the Tai Chi Chuan competition. He is nominated as the "Top 100 best martial artists in China Today" and one of the "National Ten Most Popular Wushu Masters".

Tai Chi Fan is a martial art form that creatively combined the essence of Tai Chi and grace of dancing. With little information available in the market, this video is a valuable source to explain and demonstrate the actions clearly. The Tai Chi Fan video gives complete illustration of a system of fencing and (with some fine tuning) attack.

The video is demonstrated by Martial Art Masters in China. You will learn that their first class technique and elegant moves will not only be a great learning tool, but also great just for viewing pleasure. The movements are shot through multiple angles with slow and easy to follow steps specifically designed for people learning through videos. Although unless otherwise specified, all martial art videos are in Chinese, you will find it easy to follow the steps and learn from the masters."

Tai Chi Kung Fu Fan, Form 2. UTube Video, 3:01

Tai Chi Kung Fu Fan, Form 2, Beautiful Sunset. UTube Video, 3:55 min.
Three performers in front of dramatic building.

Tai Chi Kung Fu Fan, Form 2, Beautiful Sunset. UTube Video, 4:19 min.
Back view of lady in red.

Tai Chi Kung Fu Fan, Form 2, Beautiful Sunset. UTube Video, 3:51 min.
"Xiyangmei Taiji Kungfu Fan is the second routine created by Professor Li Deyin as a progression from the first routine. Demonstrated outdoors in a park by Master Faye (Li) Yip, the first person to learn this routine. "

"Li Deyin was born in 1938 in Hebei province. He was raised in the culture of wushu and began training when he was eight. His grandfather Li Yulin formally acknowledged Sun Lutang, Hao Enguang, Li Cunyi and Li Jinglin as masters. His father was a doctor who treated his patients with qigong, taiji and massage.

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His uncle Li Tianji created the first standardized simplified 24-form taijiquan and 32-form taiji sword. Due to his uncle Li Tianji's excellent achievement and contribution, China awarded him the title "Father of Contemporary Taijiquan." Li Deyin went to school in the morning and trained in the evening. He was trained all year round, despite a bitter cold winter or a scorching hot summer. It was in this intensive training under his patriarchal masters that Li Deyin was trained for twelve consecutive years. Right after Li Deyin graduated from Beijing People's University in 1957, the University hired him to be a taiji master due to his excellent achievement in internal martial arts. Professor Li Deyin has trained the world's top professionals, such as Gao Jiamin, Chen Sitan and Huo Dongli, who have won gold in All-China National Tournaments and Asian Games. Professor Li has been awarded with numerous honorary titles, such as one of China's "100 Best Wushu Masters " (Wulin Bai Jie), "Best Judge." Many professional taiji people from China and the outside world, even grand champions, have come to Beijing to be trained by him."

- Siu-Fong Evans, [Kung Fu Magazine](#)

Professor Li Deyin has trained thousands of Taijiquan and Wushu teachers, including: [Gao Jiamin](#) (Portland), [Fay Li Yip](#) (his daughter), [Jesse Tsao](#) (San Diego), [Siu-Fong Evans](#) (San Diego).

Grandmaster Li Deyin (1938-) Biographical Information Sources: [One](#), [Two](#), [Three](#), [Four](#), [Five](#), [Six](#), [Seven](#), [Eight](#), [Nine](#), [Google](#).



[Tai Chi Fan](#): Bibliography, Links, Resources, Quotations, List of Movements. By Mike Garofalo. 65Kb in 4/09.

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Postscript

I began to study the Tai Chi Kung Fu Fan, Form 1, by Le Deyin in April of 2009. Our Tai Chi Studies Group in Red Bluff, California, began to study this Tai Chi Fan form in May of 2009. We used the instructional DVDs by Grandmaster Li Deyin and Master Jesse Tsao (listed above) for our performance standards. We also studied numerous UTube video performances of this popular form (listed above). We studied and practiced this form together at our Monday and Saturday Tai Chi class at the Tehama Family Fitness Center. I kept detailed notes on my studies of this Tai Chi Kung Fu Fan Form 1, and provided handouts to members of our Tai Chi Studies Group.

I welcome your comments, ideas, additions and suggestions. Send your Email to Mike Garofalo.

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April 7, 2009