

河南省体育中心 游泳跳水馆



公众号二维码



河南省体育中心游泳跳水馆是河南省长期规划确定实施的大型公益性体育设施，是河南省“十一五”期间的重点建设项目。馆内设有观众席3000座，为甲级体育建筑，项目概算总投资2.9亿元。其功能兼顾专业比赛、专业训练和业余训练，以及群众水上健身娱乐，能够举办游泳、跳水、花样游泳全国性和国际单项比赛，同时向社会公众开放，满足郑州市群众健身运动的需要。

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堪萨斯城太极之行

◎陈正雷

2023年7月20日我们来到美国中部堪萨斯城参加弟子盖瑞晋级与收徒仪式。第一天受堪萨斯城卫生局长、医学院教授邀请参观他们学院，并看看积极推广普及太极拳的课程。非常好！有卫生局领导带头推广，太极拳一定会在本地区发扬广大。

来堪萨斯的第二天，社区活动中心举行了弟子晋级和弟子收徒仪式，仪式由台湾来的八十多岁的陈先生用中英双语主持，五六十位贵宾学员参与祝贺，监证人嘉宾学员和弟子盖瑞发言感人。整个活动十分顺利，其乐融融，就是他们安排的照相师照的合影照片到现在没有提供出来。十分遗憾。

来堪萨斯城第三天周日，弟子盖瑞让到

他学校去观看检查学生练习情况并汇报表演。从最基础课开始：礼仪礼节，关节活动热身运动，缠丝功练习，六首四向功练习。老架一路，太极剑，太极刀，全部汇报表演。每个人都很认真对待的态度使人感动，上有七八十岁老人，下有十几二十岁青年，都练得满身大汗，没有一个叫苦叫累的，都觉得浑身舒服。据了解，这些人里面有高级官



员、教授、科技人员,大部分都是高学历的工程师科研人员,说话做事都是文质彬彬有礼有节,都是积极主动帮忙布置场景和清理场地,精神可嘉。

这个弟子盖瑞哈佛不但是坚持练拳一辈子的武痴,而且是木工方面的艺术家,他做的家俱和刀枪棍棒关刀都是艺术品。他还是世界名刀的收藏家。他讲起话来幽默风趣,写的文章真实感人至深。真是一个多才多艺文武双全的艺术家。

>>>附:美国太极弟子拜师感言

In 1982 in Springfield MO, USA. I saw a demonstration of Yang Style Taijiquan and it caused me to be so curious

about the movement that I began learning it. I learned from many different sources and Teachers. However, all of them still caused me to have more questions.

1982 年在美国密苏里州的 Springfield, 我看到了杨式太极拳的示范。我非常好奇, 并开始学习杨氏太极拳。后来我从许多不同的老师那里学到了不少东西, 但我仍然存有很多问题。

I met Grandmaster Chen Zhenglei in 2001 in Cedar Rapids Iowa at a YMCA where he was holding a little workshop. I know I wanted to learn Chen Style Taijiquan, but who could I learn from? I had several choices at the time, but because of my feeling for Grandmaster I chose to follow him. This was whether or not he would teach me, I didn't care. I figured that if I was persistent and a good student, he would eventually have to take me seriously and teach me. So I invited him to Kansas City for a seminar and he asked me to be a student at that time.

2001 年, 我在爱荷华州 Cedar Rapids 的一个基督教青年会遇到了陈正雷宗师, 他正在那里举办一个培训班。我想学陈式太极拳, 但我能向谁学呢? 当时我有几个选择, 但因为我对陈正雷宗师的感情, 我选择了跟随他。我不知道他会不会教我。但我想, 如果我坚持不懈, 做个好学生, 他最终会认真对待我并教我。我邀请他到堪萨斯城举

办一个培训班, 同时成为他的学生。

In 2004 my father passed away in the night from a heart attack. At that time Grandmaster was staying in my home for a week-end Seminar. I was emotionally devastated and had to leave for Oklahoma to help with the Funeral. Grandmaster was accompanied by some of my previous students and left before I returned home.

2004 年, 我的父亲在夜间因心脏病发作去世。当时陈正雷宗师正住在我家, 举办一个周末培训班。我情绪低落, 不得不前往俄克拉荷马州帮助举行葬礼。宗师只能由我以前的一些学生陪同, 并在我回家之前离





开了。

In 2006 I travelled to China and in Zhengzhou I participated in the ceremony to become an In-door disciple). There I made a speech and let everyone know how I felt about Grandmaster and Shimu. Now

that my father was gone, and my mother had passed away in 1993, I had a deep feeling that they were my parents now. I still feel that way today and want everyone to know this.

2006年,我去了中国,在郑州参加了成为陈正雷宗师入门弟子的仪式。我在仪式上做了一个演讲,让大家知道我对师父和师母的感受。我的母亲在1993年去世了,我的父亲也走了,我从内心深处感到现在他们就是我的父母。我今天仍然有这种感觉,并希望大家都能知道我的感受。

I have worked very hard for many many years to practice and promote Chen Family Taijiquan. Every Class I carry a picture of Chen Wang Ting. I have taught Taiji to all ages from as young as 3 to as experienced as 106. Every student I have told them stories of the Chen Family, of Chen Wang Ting, Chen Jiao Pi, Chen Zheng Lei, and how Taijiquan has travelled to this City and their locations from the first generation down to me, and now to them.

多年来,我非常努力地练习和推广陈氏太极拳。每节课我都带着陈王廷的照片。我教过的学生年龄从3岁到106岁。我给学生讲陈家沟的故事,讲陈王廷、陈照丕、陈正雷的故事,以及陈氏太极拳如何从第一代传到我,再由我带到堪萨



斯城传授给他们。

When the Pandemic hit the USA and here in Missouri and Kansas. My classes had to stop for some time. So my son Jonathon helped me start having classes on ZOOM. I could not stop teaching even with a pandemic. My classes began to start up again. I got to start some classes at the Kansas City Health Department since the Director was a student at another location. I started teaching in a Park in North Kansas City. I

started the Park Hill Community Center Classes back and they have grown to be four classes a week from Beginners to Intermediates, to Advanced, and even Push-hands Classes.

当新冠病毒袭击密苏里州和堪萨斯州时，我的课程不得不暂停一段时间。我的儿子 Jonathon 帮我设立了 ZOOM 课程，线上授课。在疫情期间，我也无法停止教学。因为堪萨斯城卫生局局长是我的学生，他为我提供了在堪萨斯城卫生局上课的机会。我还在北堪萨斯城的一个公园里

免费教授陈氏太极拳。我在 Park Hill 社区中心的课程现在已经发展到每周四节课，有初级、中级、高级和推手课程。

I started having some Teacher Training Classes and wrote manuals for Students to follow for teaching. These students became teachers and started their own classes. Some of them didn't start classes, but they decided to help those who did. Our students and Teachers all work together for the same goal. Promoting and spreading the teaching of Chen Family Taijiquan.

我开始开设教师培训课程，编写手册给参加培训的学生遵循教学。有些通过教师培训、获得教师资格的学生已经成为老师并



开始了自己的课程。那些还没有开始自己上课的教师也已成为其他老师的助教,帮助授课。我们的学生和老师们都在为弘扬和传播陈氏太极拳的同一个目标而共同努力。

In 2019 we decided to go to Las Vegas for the Light of Tai Chi Seminar. We took a large group of students and everyone became more interested in the culture and deeper teachings of Taijiquan. We were glad to be back in touch with Grandmaster and Shimu.

After that the students were very eager to learn more Taijiquan so we started more advanced workshops twice a month and the group has been growing steady. We have been practicing Weapons as

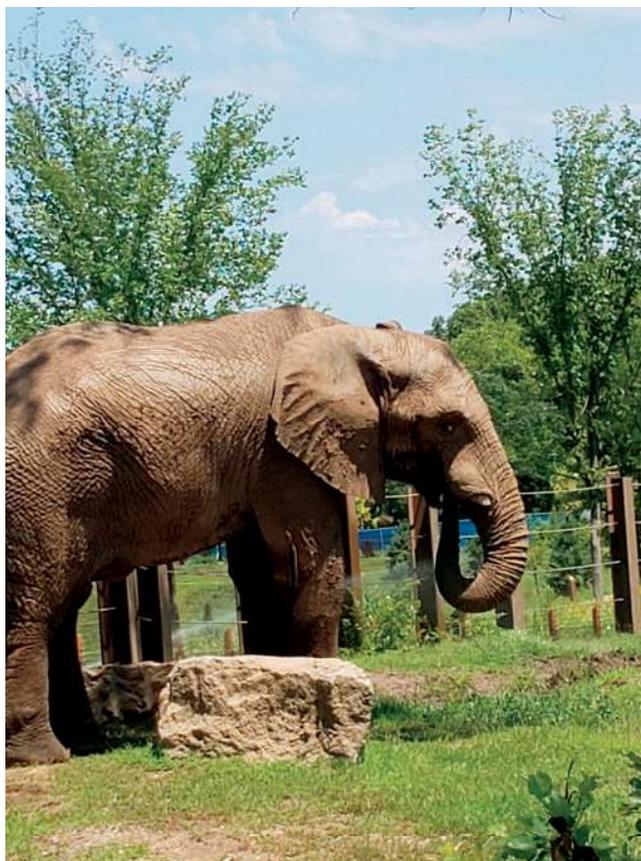
well as Push Hands and studying the Lao Jia more deeply.

2019年,我带了一大群学生去拉斯维加斯参加陈正雷大师的太极之光研讨会。学生们都对太极拳的文化和深层次的教义更感兴趣。我们很高兴能与师父和师母重新取得联系。

研讨会之后,学生们非常渴望更好地学习太极拳。我们每月开设两次高级培训班,参加培训班的学生数量一直在稳步增长。我们一直在练习器械和推手,同时更深入地学习老架一路。

One of our students, Marilyn Howard, had moved to Haines Alaska to be near her daughter and grandchildren. She had gone through our teacher training and said she would start teaching in Alaska. We heard from her after the pandemic, and she told us she had been teaching a lot of students in Haines and had some advanced students that wanted to go through teacher training. So we took some of our students and went to Haines Alaska and held workshops and some teacher training where we had four teachers promoted. One of which is here today.

我们的一个学生 Marilyn Howard 搬到了阿拉斯加州的 Haines。她走之前接受了我们的教师培训并说她将开始在阿拉斯加教授陈





氏太极拳。疫情之后,我们收到了她的消息。她在阿拉斯加的 Haines 教了很多学生,有些高级班学生想接受教师培训。我们带着一些学生去了阿拉斯加的 Haines,举办了学生培训和教师培训,在那里我晋升了四名教师。其中之一今天专程来到了这里。

Today I am honored and so proud to be promoted as an In-Chamber Disciple by Grandmaster Chen Zheng Lei and Shimu. Thank you so much for coming to Kansas City to allow me this honor. I cannot say how proud I feel of my Chen Taijiquan Family. Thank you for teaching me all these

years.

今天,我很荣幸,也很自豪能被陈正雷宗师和师母晋升为入室弟子。非常感谢你们来到堪萨斯城,让我获得这一荣誉。我对陈氏太极拳大家庭的自豪感无以言表,谢谢你们这些年来对我的教导。

Our school has made great progress in teaching Taijiquan in Kansas City and even Alaska, but we still want to promote more and grow larger as a school. Now that we have many supporters, students, teachers, and even 14 students that are pledging to become Disciples of Myself……

I feel confident to report to Grandmaster Chen and Shimu that we who represent Three Dragons Way are successful, strong, and prepared to carry on the Chen Family Taijiquan!!!

Tai Chi is Great!!!!

我们学校 在堪萨斯城甚至阿拉斯加的太极拳教学方面取得了很大进展,但我们仍然需要发展壮大。现在我们有很多支持者,有学生、有老师,其中14名学生都承诺成为我的徒弟……

我有信心向师父和师母汇报,我们三龙道太极拳学院有能力也有强大的实力继承陈氏太极拳!!!

太极拳好!!!

Now I will make my Promises and my Oath before all those gathered today.

Promises:

I promise to Honor and Respect my Teacher, School, and Fellow Students.

I promise to never misuse my teaching and skills.

I promise to pass on the teaching and lessons of my Teacher and School.

Oath:

If I ever betray my promises to my Teacher, School, or Fellow Students, I expect to be severed from them.

现在我要在今天到场的所有人面前做出我的承诺和誓言:

三个承诺

我承诺我将崇敬和尊重我的老师、学校和师兄姐妹。

我承诺永远不会滥用我的教学和技能。

我承诺将我的老师和学校所教授的陈氏太极拳传承下去。

誓言

我发誓:如果我背叛了对老师、学校和师兄姐妹的承诺,我会被开除并遗弃。

Gary Jon Huff

Kansas City, Missouri,

July 22, 2023

陈德瑞(艺名)

美国 密苏里州 堪萨斯城

2023年7月22日

翻译:刘可佳

(作者为陈式太极拳领军人物)