

罗彤简历

罗彤，辽宁省海城市人。自 20 岁起随外祖父学习杨氏太极拳 108 式及太极推手和散手。罗潜心钻研太极拳理及实践 40 余年，在杨氏太极拳 108 式基础上，结合多年积累的经验的心得，自编自创太极拳 69 式，并丰富和发展了太极拳应用与技击。这套自创的拳法长短适中，融汇拳理、推手和散手于拳式之中。练拳式就相当于练推手和散手，因此习练此拳不仅能修身养性，而且能有效的增长功夫。罗在与其他太极拳习练者切磋交流太极散手时，能够拿放自如，得心应手，深受同辈赞誉，也收到很多以往学生的好的反馈。

罗热衷于太极拳推广与交流。自 30 岁起便致力于太极拳教学活动，曾于 80 及 90 年代在各地文化和体育场馆开办太极拳培训班，面向广大中小學生及成人普及太极拳。罗正式拜师的徒弟十余人，接受一对一的教授及训练。其中一位弟子学艺 20 余年，近年在各大学开办讲座，创办拳社，被武术界授予传真太极拳的称誉。

Master Luo Tong, from Haicheng, Liaoning province of China, learned Yang style Tai Chi with 108 postures as well as Pushing Hands and Sanshou from his grandfather when he was young. Master Luo has devoted himself to research and Tai Chi practice for over 40 years. Based on the experience and deep understanding of Tai Chi accumulated over the years, he created his unique set of Tai Chi with 69 postures, enhanced and developed pushing hands and Taiji martial applications. Master Luo's Taiji 69 integrates pushing hands and Taiji martial applications into the forms. Therefore, practicing forms is virtually practicing pushing hands and applications, and vice versa. Gong Fu grows faster and more effectively if it is practiced in the right direction and right method. Master Luo received many positive feedbacks from the graduates of previous Taiji classes.