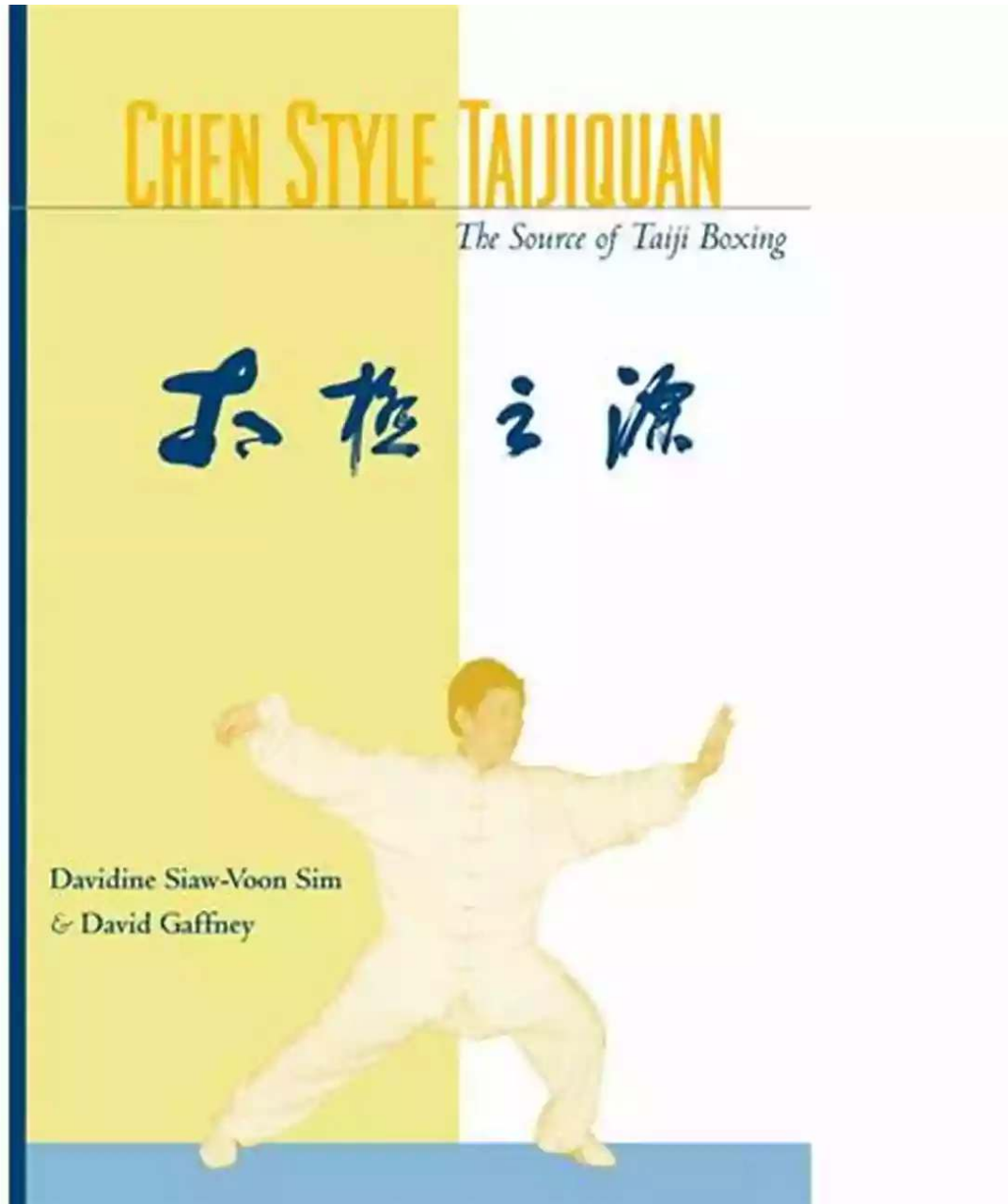
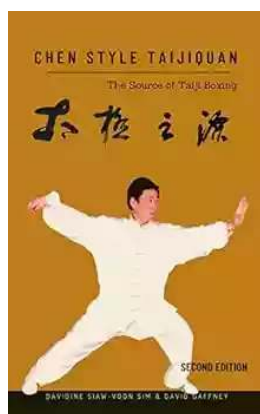


Chen Style Taijiquan: The Source of Taiji Boxing



Welcome to the world of Chen Style Taijiquan, the origin and foundation of all Taiji (Tai Chi) boxing styles. With over 3000 years of rich history and profound philosophy, Chen Style Taijiquan has become one of the most revered martial arts practices in the world.

Chen Style Taijiquan traces its roots back to the Chen village in Henan province, China. The art was created by Chen Wangting, a legendary figure who combined his knowledge of combat techniques with the principles of Taoist philosophy. The result was a unique martial art form that encompassed both physical movements and internal energy cultivation.



Chen Style Taijiquan: The Source of Taiji Boxing

by Davidine Sim (Kindle Edition)

★★★★★ 5 out of 5

Language : English
File size : 4268 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 381 pages
Lending : Enabled
Screen Reader : Supported



The core principle of Chen Style Taijiquan is the cultivation and utilization of "qi" (pronounced "chee"), the vital life energy that flows within our bodies. Practitioners of Chen Style Taijiquan harness this energy through slow and deliberate movements, harmonizing the mind, body, and breath to achieve a state of balance and inner peace.



Chen Style Taijiquan is characterized by its unique spiral movements, explosive power, and continuous flowing transitions. These movements, known as "silk reeling," resemble the coiling and uncoiling of a silk thread, representing the ebb and flow of Yin and Yang, the fundamental duality of the universe. Through diligent practice, the practitioner learns to apply these movements effectively in self-defense while maintaining a relaxed and centered state.

The benefits of practicing Chen Style Taijiquan are numerous. Physically, it improves flexibility, strength, and balance. Mentally, it enhances focus, concentration, and self-awareness. Moreover, regular practice of Chen Style Taijiquan can lead to reduced stress levels, increased resilience, and overall well-being.

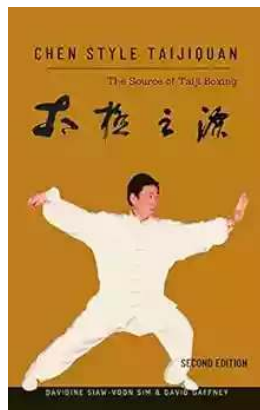


“Chen Style Taijiquan is not just a martial art; it is a way of life.” - Grandmaster Chen Xiaowang

Today, Chen Style Taijiquan is practiced by millions of people around the world, transcending cultural boundaries and age groups. From martial arts enthusiasts seeking self-defense skills to individuals looking for a gentle exercise option, Chen Style Taijiquan offers something for everyone.

If you're ready to embark on a journey of self-discovery and physical transformation, why not give Chen Style Taijiquan a try? Find a reputable instructor, dedicate yourself to regular practice, and experience the profound benefits that this ancient art can bring to your life.

Start your Taiji journey today!



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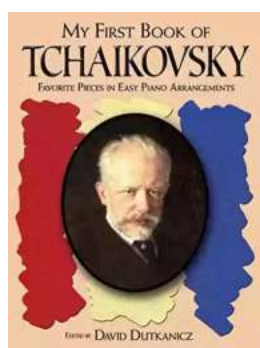
Chen style is the oldest form of Taijiquan from which all the major styles originated. Created at the end of the Ming dynasty, it is based upon a profound body of ancient knowledge that has influenced the Chinese way of thinking through the ages. It draws upon the principles of the Yijing (Book of Change), the Yin-Yang theory, and Daoist philosophy. Chen style Taijiquan combines the study of traditional Chinese wu shu, movement science, and the Chinese medical theory of "jingluo" (energy channels), "daoyin" (leading and guiding energy), and "tu-na" (breathing methods), resulting in a comprehensive system of self-defence and a valuable health exercise. This text guides the reader through the historical development of the system, its philosophical roots, and through the intricacies of

the various training methods of this unique form of Chinese boxing. Descriptions of the Silk-Reeling Exercise, Laojia Yi Lu, Laojia Paocui, Fajin, Qinna, Push Hands, and Taijiquan weapons are all featured. Legendary exploits of the Chen family are included to inspire today's practitioners.



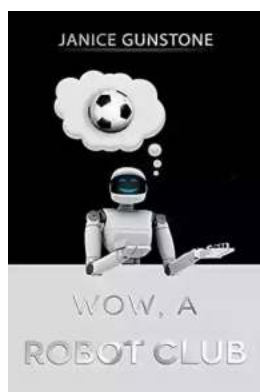
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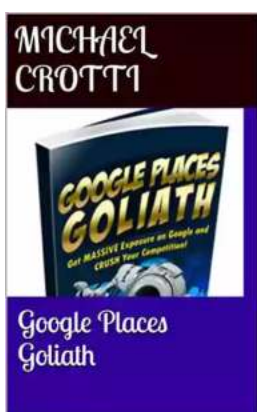
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