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Chen Style Taijiquan: The Source Of Taiji Boxing



Synopsis

As Taijiquan has become increasingly popular, many people have inquired into its origins and development. Answers can be found in the Chen Style, the original method from Chen Village, Henan Province in the People's Republic of China. This book 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. Legendary exploits of the Chen family are included to inspire today's practitioners.

Book Information

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Customer Reviews

Authors Davidine Sim and David Gaffney have made numerous visits to the People's Republic of China and the Far East to train with the leading figures of Chen style Taijiquan, including Chen Xiaowang, Chen Zhenglei and Zhu Tiancai.

One of the clearest written books on taiji. David and Davidine have study with the best Chen teachers and translate their learning exceedingly well. This is an ongoing resource for a serious practitioner.

Great information on history of Chen style must read for student of tai chi no matter what form you are studying

Recommended by my teacher it was very helpful.

Well written, interesting as well as comprehensive. A must for Chen style practitioners.

One of my favorite books. I call it "my bible". Love Tai Chi & this book is very helpful.

I have been studying Chen Taiji for many years now this book is very informative, and well written. A must have for any student.

A recommended book which is valuable to the study of Chen Taiji. The information is rare and very important.

Very informative and everything I needed to practice at home.

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