



Chen's Taichi for Health & Wellness

Chen Zhenglei

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This is the first book in a new and important series on **Chen style Taichi Chuan**, laying the foundation for mastering Taichi with a great series of simple but crucial movements. This introductory volume gives general principles, warm ups, Chen Taichi style key movements, some special exercises for Taichi, followed by four methods of Qigong training. It ends with a nicely constructed 18 move short set of selected postures.

Every one of these exercises shows the flavor and elegance of Chen Taichi. Even if you have some experience, this first book is a great place to start, though each volume stands alone. Tai Chi would be considerably higher standard if people started by learning these fundamental actions and concepts. Chen Zhenglei (yes, it's no accident that his family name is that of the creators of Taichi) is a **19th generation descendant of the Chen family and an 11th generation direct line inheritor of Chen's Taichi**. His Taichi studio in China is one of the most visited in the world. He has disciples in many countries.

The entire series of books is a major contribution from Chen Zhenglei and Jack Yan. It is, at its core, a very detailed description of Taiji health movements, the two key routines of Old style and the two beautiful forms created by Chen Fa Ke of the New style, then a volume with four major weapons sets explained. The translation is literate and intelligent and very clear. Jack Yan resolves translation problems that have been stumbling blocks for a long time.

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Adam Hay:

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Armida Shipman:

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