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Jan co-founded the World Chen Xiaowang Taijiquan Association, and is the leader of the German section. He is a champion of many Taijiquan tournaments in both Europe and China, and has published books, articles, DVDs, and produced TV series on Taijiquan. Jan is fluent in Chinese having lived in China for many years. He now lives in

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## **UBC Press | Chen - Living Taijiquan in the Classical Style ...**

Chen Huixian is the only Chen family member living and teaching Taijiquan in the United States. She lives with her husband, Michael Chritton, in Overland Park, Kansas, part of the Kansas City area. Michael was the guest on my very first podcast. It is really

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cool, in my humble opinion, that Huixian would be the guest on the 50th.

## **Born a Chen -- the Internal Fighting Arts Podcast ...**

Though the Taijiquan originated from the Chen family living in Chenjiagou village in Wenxian County, China, it is spreading over the world and makes a fantastic bridge for international

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communities.

## **International Society of Chen Taijiquan**

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Jan Silberstorff, a  
leading Chen  
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Taijiquan, explaining its background and key principles.

## **Chen : Living Taijiquan in the Classical Style. (eBook ...**

Master Silberstorff sets this within the historical context of Taijiquan in China, its country of origin, and explains the martial, health and spiritual aspects of traditional Chen Taijiquan. He

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discusses the different  
Chen forms and the  
importance of each, as  
well as the place of  
competition and the  
effect on  
participants. The book  
also contains the  
complete sequences  
for both the empty  
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forms.

**Chen: Living  
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Chen Huixian is the



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only Chen family member living in the U.S. and teaching Taijiquan here. Ken Gullette has attended some of her workshops and this is his testimonial. Huixian's website is...

## **Chen Huixian Taiji Testimonial**

Taijiquan (Tai Chi Chuan) is one of the major branches of traditional Chinese martial arts. It is

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renowned for its extraordinary health benefits, due its internal training. Chen Style Taijiquan is the original style of this martial art, from which all the other popular styles today derived.

## **Chen Taijiquan - Adam Wallace**

‘Chen – Living Taijiquan  
in the Classical Style’  
by Jan Silberstorff.  
English version  
translated by Michael

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Vorwerk. Published by  
Singing Dragon. 2009.  
'The Five Levels of  
Taijiquan' by Chen  
Xiaowang. English  
version translated by  
Christina Schulz.  
Published by Singing  
Dragon. 2012.

## **Practising Taijiquan in uncertain times - Tai Chi Caledonia**

Taijiquan (Tai Chi) is  
one of the most  
respected practices for  
exercise, meditation

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and martial arts. The varied and exquisitely crafted "frames" or "forms" we see today in parks & practice halls all over the world originated in the seventeenth century with the Chen Family.

## **Taijiquan (Tai Chi) - Embrace the Moon in Seattle ...**

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Chen style Taijiquan is the oldest of the five main Taijiquan styles. In this book, Master Jan Silberstorff, a leading Chen practitioner, shares his expertise

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and insights. He explains the background to Taijiquan, and its key principles, and gives the reader a true insight into the Chen system.

## **Download [PDF] The Five Levels Of Taijiquan Free ...**

Cheng Man-ch'ing or Zheng Manqing (29 July 1902 - 26 March 1975) was a notable Chinese expert of t'ai

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chi ch'uan, Chinese medicine, and the so called three perfections: calligraphy, painting and poetry. He was born in Yongjia (present-day Wenzhou), Zhejiang Province, Republic of China (ROC). His birthday was on the 28th year of the Guangxu emperor's reign, 6th month, 25th day, which corresponds

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