

Chen Style Taijiquan: The Source of Taiji Boxing

By Davidine Sim, David Gaffney

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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 Chiinese boxing. Legendary exploits of the Chen family are included to inspire today's practitioners.

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Editorial Review

About the Author
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.

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