

Chenjiagou Taijiquan GB Newsletter

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Chen Ziqiang's Visit to the School

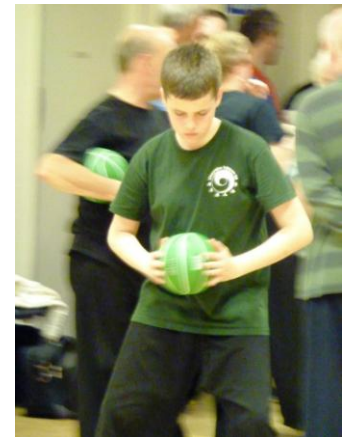
Chen Ziqiang, chief coach of the Chenjiagou Taijiquan School in China, made his annual visit to our school from 15-17th June. The first workshop he taught was the Taiji Ball, one of the system's supplementary training methods. This was the first time this has been taught in the UK and it proved to be a demanding workshop, one that challenged everybody's balance, agility and memory! Over the weekend we trained the Laojia Yilu (Old Frame First Form) - the main foundation routine of Chen Taijiquan. Though small in stature, Chen Ziqiang is an incredibly powerful and agile martial artist. He has a simple philosophy when it comes to teaching - show Taijiquan with 100% of its possibilities. The students can then commit 100% effort into achieving this. Even if ultimately only 50% of this is realised, they will still have achieved something worthwhile.



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It was great to see so many people supporting the workshops. We know some first-timers were a little nervous to train with a master from China. The value of these sessions for people who really want to improve their skill and knowledge of Chen Taijiquan is apparent when so many have travelled from afar to attend the workshops, with participants from Slovenia, Poland, Italy, Slovakia and Ireland as well as the UK. Many of the participants are instructors in their own right and it is good for everyone to meet and share with people from outside the school. A big thank you to everyone who helped out during the workshops, providing transport, assistance and friendship - especially Mary, for throwing her house open to all our foreign guests. One of the things that we feel is most important, besides good training ethics, is to have a friendly "family" atmosphere in the school and that visitors are made to feel welcome.



Upcoming Events

- ◆ Grandmaster Chen Xiaoxing Seminar
- ◆ China Trip 2013



The Grange Weekends



*Gloriously sunny
Grange weekend 2*

This was the ninth year that we have gone to the Grange country house in Ellesmere, Shropshire for the school's annual residential weekend. We took two consecutive weekends this year in order to accommodate the high demand. The first weekend was all old hands who have been to the Grange lots of times, the second weekend about half the group were there for the first time. In typical British fashion the first weekend was damp and blustery, the second gloriously sunny. Both were excellent as usual. We learned the Xinjia Yilu (New Frame First Form) this year. Everyone did well to get through about the first third of the form. Xinjia is a more intricate routine with extra spiral movements and more fajin - or more "twiddly bits" as Adrian puts it.



*Cold and damp
Grange weekend 1*

Official UK Branch of the Chenjiagou Taijiquan School

Chen Ziqiang, who is in charge of the running of the school in the Chen Village, has proposed that we be the official UK branch of the Chenjiagou Taijiquan School. This is a great honour for CTGB and will link us ever closer to the source. Whilst still in the developmental stage the following benefits will be available:

- Membership of the Chenjiagou Taijiquan School
- Reduced fees for seminars with Chen Xiaoxing and Chen Ziqiang
- Reduced cost of training in China
- Regular newsletter

We'll keep everyone posted about this exciting development.



Chinese Wushu Association Grading

The Chinese Wushu Association (CWA) is China's official body tasked with the goal of preserving and promoting the traditional martial arts of China. It recognises 129 systems covering both internal systems such as Taijiquan, Xingyiquan and Baguazhang and external systems such as Shaolinquan, Tongbeiquan, Nanquan etc. Some years ago the CWA established a grading system as a way of measuring and recognising practitioners' level of achievement. The grades go from first to ninth Duan (Duan is the Chinese equivalent of the Japanese Dan grade).

Grandmaster Chen Xiaowang is the highest graded Chen Taijiquan player holding a 9th Duan.

Up to now it has been necessary to travel a long way to take part in the CWA grading. David and Davidine were both awarded 6th Duan grades after an assessment in Chenjiagou last year. Also a number of students in the school graded successfully in Luhacovice in the Czech Republic in 2009 (Andrew Hesketh obtained a 3rd Duan, and Lee Davis-Conchie, Mary McGregor, Clive Howells and Danuse Gelatova 2nd Duan). Next year we are planning to hold a grading with Chen Ziqiang as the main examiner, together with Davidine and David. Interested students need to speak to us in class.



**Next Sunday Workshop July 29th at Croft
Memorial Hall 10am-2pm**

Xinjia Yilu (New Frame First Routine)

Grandmaster Chen Xiaoxing coming in September!

Chen Xiaoxing has been described among other things as “the last village grandmaster” and as “the quality control officer of Chen family Taijiquan”. In a changing world he stubbornly sticks to the traditional training methods passed through many generations of Chen Village practitioners. He will be returning to our school in September to conduct a series of workshops, covering basic training, laojia yilu (old frame first

form) and laojia erlu (second form cannon fist). Grandmaster Chen is a fantastic teacher who has produced some of the most accomplished practitioners of the current generation, and who train us when we visit Chenjiagou. Do not miss this great opportunity! If you liked the son (Chen Ziqiang) come and train with the man who taught him!

Book your place on Grandmaster Chen Xiaoxing Seminars...

Fri 7th Sept

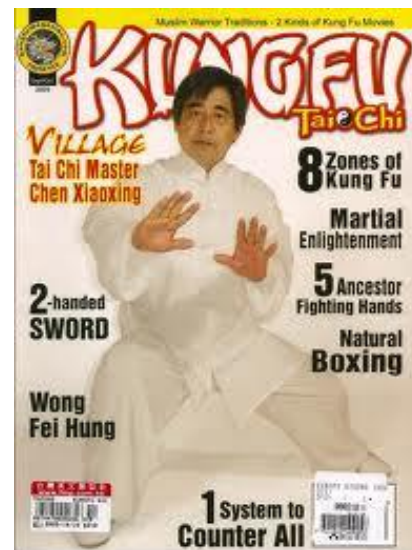
Sat & Sun 8-9th Sept

Mon, Tue & Wed 10-12th Sept

Foundation Training (Reeling Silk & Standing Pole)

Laojia Erlu (Cannon Fist)

Laojia Yilu (Old Frame First Form)



Chen Xiaoxing featured on the cover of Kung Fu Tai Chi magazine

Training in Poland



Double Broadsword

In May we were in Poland with Chen Ziqiang during the Polish leg of his tour. (as official interpreter and assistant coach to Chen Ziqiang).

The first 7 days were held in Warsaw, followed by 3 days in Brenna in the South of Poland. Training topics were 3 days push hands (technical drills and combat applications), 2 days sword, 2 days double sabre and 3 days of form revision.

The double sabre was particularly

challenging - you know it's going to be hard when Chen Ziqiang says “this form is a little difficult”!

During the sword workshop in Brenna we had an interesting meeting of East and West. On one half of the large sports hall the Polish junior ladies fencing team were being put through their paces by their national coach, on the other side our group were drilled by a Chinese national coach in an ancient traditional Chinese sword form!

Masters of Taijiquan - Chen Xiaowang

We have some copies of this fascinating overview of Chen Taijiquan. Compiled from a CCTV series “Masters of Taijiquan” this DVD features Chen Xiaowang the current Standard Bearer” of Chen Taijiquan.

- History of Taijiquan
- Explanations of the principles and philosophy of Taijiquan
- Stories of past and present masters
- Demonstrations of barehand and weapons forms
- Demonstrations of internal power using pushing, throwing, joint-locks and applications.

Subtitles translated by Davidine Cost: £15

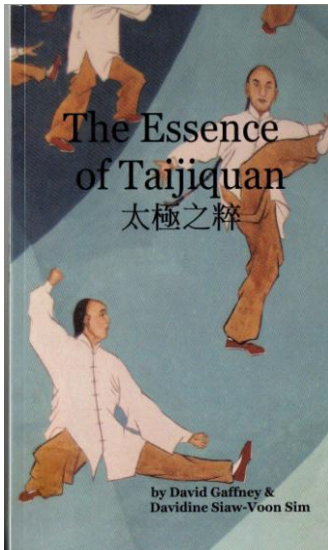


An Introduction to Chen Style Taijiquan by David Gaffney & Davidine Sim



This book is a reprinting of Chen Style Taijiquan: The Source of Taiji Boxing, published in the USA by North Atlantic Books. Includes tips on common mistakes, important accupoints, Chen family legends, training methods etc. **£13.50**

“...soon to be classic book on Chen Taijiquan”
Noah Lundberg - Journal of Asian Martial Arts



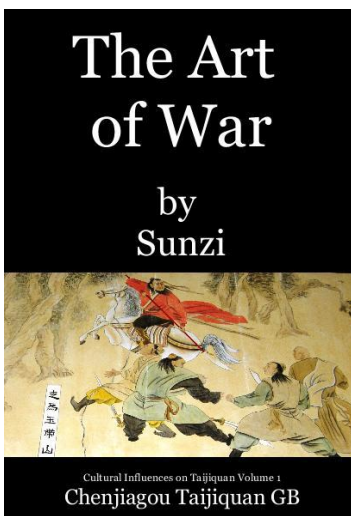
The second book by David and Davidine. Described by the famous record producer Tony Visconti (who also happens to be a committed Chen Taijiquan practitioner) as “the best book on Chen Taijiquan”. Includes chapters on the recent history that shaped the modern face of Chen Taijiquan; understanding Qi; Taijiquan as a combat system; and a series of interviews with some of today’s leading Chen Taijiquan practitioners. **£14.99**



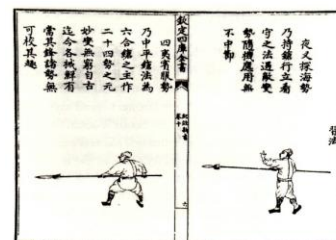
Left -record producer Tony Visconti pushing hands with rock star Lou Reed.

“This is the best book on Chen Taijiquan” - Tony Visconti

Cultural Influences on Taijiquan vol 1: The Art of War by Sunzi



This series provides an introduction to some of the most important classic texts to have influenced the creation and development of Chen Taijiquan. How many people realise the extent to which Taijiquan’s combat theory was shaped and drew inspiration from Sunzi’s Art of War; how its embracement of Yin-Yang theory can be traced back to the ancient Yijing or Book of Changes; and how its philosophy of naturalness and flexibility draws upon the Daoist classic the Daodejing, written by the mysterious Laozi. **£10.00**





CHINA 2013

October 2013 · Train in Chenjiagou with Grandmaster Chen Xiaoxing · Visit Beijing · See some of China's most famous sights - The Great Wall, Shaolin Temple & Yuntaishan
Book your place and train at the birthplace of Taijiquan!

