



The Essence of Taijiquan

David Gaffney

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Endorsed by the 19th Generation Gatekeeper of Chen Family Taijiquan, Chen Xiaowang, The Essence of Taijiquan is an essential resource for those seeking to understand the true face of this most enigmatic of martial arts. This book explains the turbulent recent history of Chenjiagou, birthplace of Taijiquan, and how this has shaped the art we practise today. It presents a comprehensive introduction to the overlapping steps that make up the traditional Chen Taijiquan syllabus. Topics include: Understanding Qi in a practical way; Taijiquan as a combat system; Deciphering the boxing canon of Chen Wangting, the creator of Taijiquan; The correct attitude required for successful practice etc.. Throughout the book lies an underlying theme of demystifying the art and appreciating it within the cultural framework of generations of Chenjiagou practitioners. In a range of articles, the final chapter sees some of today's leading practitioners give their insights into the multifaceted art of Chen Taijiquan.

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