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Additionally, I have a suggestion for the book, The Essence of Taijiquan by David Gaffney and Davidine Siaw-Voon Sim. the birthplace of Taijiquan.

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Long time Chen practitioners David Gaffney and Davidine Siaw-Voon Sim are authors of the best selling Chen Style Taijiquan: The Source of Taiji Boxing.

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Chenjiagou taijiquan gb

by David Gaffney and Davidine Siaw Voon Sim, 2010. Foreword by Chen Xiaowang The Essence of Taijiquan describes the turbulent recent history of Chenjiagou and how

Tai chi - wikipedia, the free encyclopedia

Often shortened to t'ai chi, taiji or tai chi in English usage, T'ai chi ch'uan / Taijiquan is formed by the combination of three Chinese characters (hanzi):

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In recent decades Chen-style taijiquan has come to be recognized as a major style of martial art within China.

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AFTER READING A TRIBUTE to one of David Gaffney s life loving Chen taijiquan students, who is sadly no longer with us, The Essence Of Taijiquan is an aid to