



Chen: Living Taijiquan in the Classical Style

Jan Silberstorff

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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 and insights.

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

This accessible and comprehensive guide to Chen style Taijiquan is ideal for beginners and will also be useful to advanced practitioners wanting to deepen their practice.

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