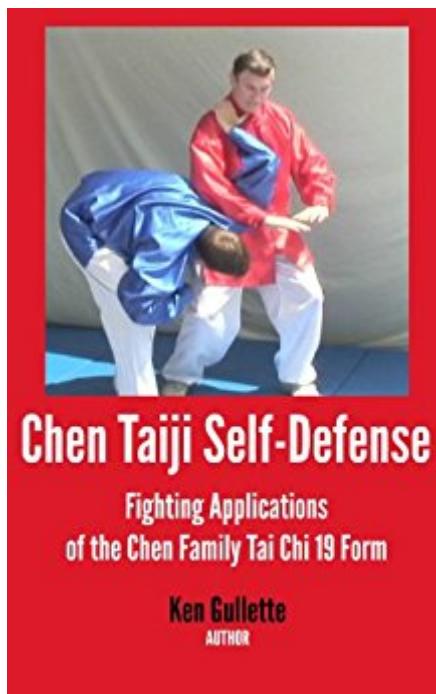


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# Chen Taiji Self Defense - Fighting Applications Of The Chen Family Tai Chi 19 Form (Chen Taijiquan 19 Form Book 2)



## Synopsis

With 239 photos and detailed descriptions, author and martial artist Ken Gullette coaches you through more than 100 self-defense applications from the Chen Tai Chi 19 Form, the short form created by Grandmaster Chen Xiaowang in 1995. The Chen 19 is a short form derived primarily from Laojia Yilu. Ken learned the form from Grandmaster Chen and his students and disciples, including Jim and Angela Criscimagna and Mark Wasson. Ken has practiced the form since 1998 and has taught it since that time. Chen Taijiquan is known for its explosive power and internal strength -- the movements are truly "iron wrapped in cotton" if you do them properly. Ken believes that the true intent of a form's movements can be found in the fighting applications. To practice a form without understanding the reason it was created -- self-defense -- is to practice empty Tai Chi. Understanding the body mechanics and the way they are used in self-defense makes your art much deeper and more powerful. Within the form's graceful movements, you'll find punches, palm strikes, knee strikes and kicks, joint locks, sweeps, throws and takedowns. All are demonstrated in this ebook. These movements in this form are found in many Chen style Taiji forms. The self-defense applications in this ebook will apply to other Chen style forms as well. Ken Gullette started training in martial arts in 1974. He studied Shaolin, Taekwondo, and Tien Shan Pai Kung-Fu before finding the internal arts in 1987. He learned the basics of Hsing-I, Yang Tai Chi and Bagua and then, in 1998, he met and began studying Chen Taiji with Jim and Angela Criscimagna. Through them, Ken met Grandmaster Chen Xiaowang and one of his senior students, Master Ren Guangyi. Later, Ken studied with Mark Wasson, who introduced him to Grandmaster Chen Xiaoxing. Ken has also learned from Chen Bing, Chen Ziqiang, and others. Ken continues to study and teach in Moline, Illinois (the Quad Cities).

## Book Information

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## Customer Reviews

The micro theme coursing through out the heart of Ken Gullette's book on Taji self - defense is that it is perceptive and emotionally intelligent, characterized by unlocking the deep reserves of inner energy, that builds and promotes a very comprehensive system of self - defense. By telling and explaining in detail how to preform sequences of Tai - Chi positions from the postures and the techniques that you have learned from the Chen Tai - Chi form, and connecting its wisdom to the internal energy patterns with, and thus manifesting external results in a self - defense system, that enhances the effectiveness of the postures onto a whole new level that permits an extremely strong effect to the martial applications, that are being used for self - defense. Ken's context in his book, and the actions that unfolds nourish the pulse of what Tai - Chi applications are all about, anchored in, and his book helps you to focus more fully on the inner wholeness as well as the outer connection as you revise your mindset by understanding a completely different way the human body and its vital energy, (Chi) is excuted, and just how it makes such a contribution to the potential elements of the self - defense application. Steve Trimboli

Finally a book that explains the meaning behind the moves. Every move in Tai Chi has a purpose. Learn what they are (and there are many). Here is a book with very clear explanations and very clear illustrations. There is more information in this book than most any video out there and I have several. Deepen your understanding, expand your knowledge beyond healthful exercise by understanding the original purpose for its creation. Use and study this book and you will greatly improve your practice because you will focus more on precision and your concentration on each move will improve by understanding what you are practicing and why. That can make all the difference in the world. Tai Chi is a lifetime study. I have other material by Ken Gullette and can speak from experience. You can benefit greatly from his teaching. Any of his videos or books are

first rate.

This is the fifth ebook I have bought from this author. Material is very well explained along with excellent photos. I highly recommend this ebook to anyone interested in tai chi as a fighting art.

I have been doing Tai Chi for some time now and I just wanted to get the word out about this new Chen Tai Chi ebook. I must first admit I studied Yang Tai Chi the longest, but I have done the Chen Tai Chi 19 Forms. There is some overlapping with the Yang Tai Chi. What you don't see in Yang Tai Chi is silk reeling and the fajing because Yang style Tai Chi is always done in slow, smooth even circular movements. I like the intermittent bursts of power in Chen Tai Chi. What amazes me about the Chen Tai book is there over one hundred applications in 19 forms! You are passing up a real deal because in most Tai Chi classes, the self-defense aspect is either entirely void or is taught incorrectly. Sifu Ken Gullette displays a rare understanding of the martial aspects of Tai Chi few people from the west possess. As a devoted Tai Chi and self-defense practitioner this is a gem of a read and a learning opportunity to improve your self-defense.

Well written, interesting as well as comprehensive. A must for Chen style practitioners.

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