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## **Tai Chi - Chen Style 36 Forms**

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Chen Taiji Forms: Chen Style Taijiquan: Qigong: Taiji (tai chi), meaning "grand ultimate" or "grand extreme", first appeared in Yi Jing,

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Aug 07, 2014 During the recent 2014 International Tai Chi Symposium, Grandmaster Chen Zhenglei shared the secrets of authentic Chen style Tai Chi (Taiji) by describing

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### **Chen- style t'ai chi ch'uan - wikipedia, the free**

Specifically, the style synthesizes both Chen tai chi and Xin Yi (both Qigong and, Weapon forms . Chen Tai Chi has several unique weapon forms.

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### **Chen's taichi association eastern canada**

Chen s Taichi, as Original Style Taichi, is The Chen family s style of Tai Chi Chuan (Taijiquan ). It is the oldest and parent form of the five main Tai Chi Chuan

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