

# Chen Tai Chi Los Angeles Curriculum and Fundamentals

## Tai Chi for Health

### Part I. Training of Internal Fundamentals

The study of the body framework at rest: 3 key areas of study and an introduction to the fundamental Tai Chi stances.

### The Wuji Stance

1. Introducing the concept of Wuji (the at ease stage before all movement begins)
  - 1.1. The awareness of Yin and Yang
  - 1.2. The 13 hollow points
  - 1.3. Equilibrium
    - a) Internal
    - b) External
    - c) 3 Dimensional
  - 1.4. Alignment with gravity
2. Developing the concept of an overall body framework
  - 2.1. Awareness of the body center
  - 2.2. Awareness of the relationship between the Dantian (an area located in the lower abdomen where energy is generated and stored) and the Mingmen (lower back area between the two kidneys)
3. The importance of the spinal functions
4. Cultivation of proper standing fundamentals
5. Overall framework assessment

## Internal connections and balance during static postures

1. Proper positioning of major joints
  - 1.1. Positioning of the shoulder joints
    - a) The “wall” method
    - b) The arms above the shoulder method
    - c) The side-press method
    - d) The 45 degree ball holding method
    - e) Self-assessment method
  - 1.2. Positioning of the hip joints
    - a) The objective of loosening
    - b) Training methods
    - c) Limitations
2. Proper understanding of the folding joints
  - 2.1. The importance of folding and unfolding functions
  - 2.2. The connecting function and its conditions
  - 2.3. The anchoring function and its effect
3. End points
  - 3.1. The wrist and ankle joints
    - a) Circular movement functions
  - 3.2. Know your palms and fingers
  - 3.3. The neck
  - 3.4. The relationship between the “Baihui” (the center point on a straight line between the ears) and the chin
    - a) Importance to the posture of the head
  - 3.5. “Weilu” (the tail bone)
    - a) The rudder for body rotations
4. Proper alignment of the joints
  - 4.1. “Adjustment Stances”
    - a) To achieve total equilibrium and the connection between the ground and any point within the body frame
    - b) Stretching to increase elasticity and range of motion

- c) Applied Yin and Yang methodologies
- d) Self-regulation of joints
- e) Balancing of the areas that lie between the joints
- f) Mind and joint control (incremental, complete)
- g) The essential concept behind relaxing the joints
- h) Differentiation between the frame and the core
- i) "egg yolk and shell" theory
  - a) Point, line, surface and mass equilibrium training
- 4.2. Upper body connection
  - a) Testing methods
- 4.3. Lower body connection
  - a) Testing methods
- 4.4. Torso connections and assessment methods
- 5. Alignment between intention and the joints
  - 5.1. Make your Yi (and your Qi) move from your hands to your center (Mingmen)
  - 5.2. Make your Yi (and your Qi) from your toes to your center (Mingmen)

### Zhan Zhuang

1. The concept of the "Sphere" and its visualization, uses, etc.
2. The awareness and regulation of mass
3. Internal exertions and the direction of "qi" or "energy"
  - 3.1. Laterally
  - 3.2. Vertically
  - 3.3. Diagonally.
4. Understanding and training of the "centrifugal" and "centripetal" forces
5. Understanding and application of time lapses

### Part II. Moving Qi Gong

1. Qi Gong for fat loss

2. Qi Gong for balance
3. Qi Gong to strengthen your knees
4. Qi Gong to promote heart function and increase blood circulation

### Part III. Tai Chi Forms

1. Fundamental Tai Chi 8 Movement Form
2. Fundamental Tai Chi 16 Movement Form
3. Fundamental Tai Chi 24 Movement Form
4. Traditional Chen Tai Chi 18 Movement Form
5. Traditional Chen Tai Chi 76 Movement Form (Lao Jia Yi Lu, Old Frame First Form)

## Tai Chi as a Martial Art

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## Part II. Beginning Tai Chi

1. Fundamental Chen Tai Chi 13 Movement Form
2. Traditional Chen Tai Chi 18 Movement Form

## Part III. Traditional Chen Tai Chi Training

### 1. First Level

- 1.1. Lao Jia Yi Lu (Old Frame First Form)
- 1.2. Xin Jia Yi Lu (New Frame First Form)
- 1.3. Tai Chi Weapons: Sword, Saber and Spear

### 2. Second Level

- 2.1. Forms correction and incorporation of Tai Chi principles
- 2.2. Fundamental training on maneuvers and transitional movement
- 2.3. Chen Style “Chansi Jin” (Silk Reeling Power)

a) Six basic Chansi Jin conformations

#### 2.4. “Figure 8” training

a) Hips

b) Shoulders

c) Knees

d) Arms

e) Stepping

f) Vertical

#### 2.5. 8 Basic Jins and 5 basic steps

a) Tai Chi 13 styles of foundational training

- Peng - tension energy in body
- Liu - leading past your body (pulling)
- Ji - squeezing
- An - pressing down
- Cai - pulling down
- Lie - guiding in then repulse out
- Zhou - elbow impact
- Kao - bumping energy
- Jin - moving forward
- Tui - moving back
- Gu - moving left

- Pan - moving right
  - Din - maintain balance
- 2.6. Functions of the joints and their optimal ranges of motion
- 2.7. The “Five Centers” and “one tip”
- a) Centers of the hands, feet and body
  - b) Tip of the head (Baihui)
- 2.8. The relationship between, and the different emphasis on, the frontal and posterior joints
- 2.9. The Characteristics and Training of “Open” and “Closed” Movements
- 2.10. Elementary movements of the body
- a) Rotation
  - b) Shifting
  - c) Limitations
- 2.11. Managing and restrictions of the vertical body axis
3. Third Level
- 3.1. Traditional Chen Tai Chi push hands training
- 3.2. The 5 fundamental push hands patterns
- a) Single hand
    - Horizontal- Adhering; Pressing; Knifing
    - Vertical-Adhering; Swerving; Pushing
    - Single handed twisting form.
    - Single handed twisting form with advancing/retreating steps
  - b) Stationary
    - 2 handed inward circular movement
    - 2 handed outward circular movement
    - 2 handed alternating circular movement
    - 2 handed sideways circular movement
    - Peng; Lu; Ji; An
  - c) Elementary stepping



d) Alternating advancing and retreating steps

- Da Lu (Advanced pattern with Cai; Lie; Zhou; Kao)

e) Advanced stepping

- Multiple steps
- 3 advancing and retreating steps
- Nondescript steps

3.3. The various “Jing” (Internal Power) training methods and applications

a) The feeling of Jing

b) The Jing variation

- Adhering
- Dissolving
- Penetrating
- Consolidating
- Intercepting

3.4. Martial applications

a) Chin Na (joint locking)

b) Striking

c) Neutralizing

d) Restraining

e) Wrestling

f) Elbow Strikes

g) Leaning (or Bumping) Strikes

h) Kicking

i) Footwork

3.5. Theories and concepts

a) Concept of the directing hand and the striking hand

b) Expansion theory

3.6. Orbit and rotation theory

3.7. Wave theory

### 3.8. Applied visualization

## 4. Fourth Level

4.1. Lao Jia Er Lu (Old Frame Second Form)

4.2. Xin Jia Er Lu (New Frame Second Form)

4.3. Tai Chi awareness and consciousness training

4.4. The importance of the vertical functions

a) Concentration on the base

b) The 3 dimensional "figure 8"

c) Balance and the application of gravity

4.5. Core triangular structures

a) The elbow and center-back

b) The Knees and Mingmen

4.6. The 3 external coordinates

a) The balancing of the square

b) Coordination of adjacent and nonadjacent angles

4.7. Advanced centering

a) 3 dimensional

b) Internal and external

4.8. The "Insubstantial" Vs "Substantial" applications

4.9. Breathing exercises

4.10. Creating momentum

4.11. Visualization training

4.12. Consolidation with the environment

4.13. Trainings on "Fa Jing" (emission of martial power)

4.14. The concept of "The Sphere"

4.15. The concept of "Suspension"

4.16. Alignment with "Mother Nature"

4.17. Tai Chi sparring

4.18. Key study materials and analysis of the characteristic differences between contemporary Chen Tai Chi Grandmasters

a) Chen Xiao Wang

- b) Chen Zheng Le
- c) Zhu Tian Cai
- d) Wang Xi An
- e) Zhang Zhi Jun
- f) Zhang Mou Zhen
- g) Feng Zhiqiang

#### 4.19. Training of Traditional Chen Tai Chi Empty Hand Forms

- a) Tai Chi Relaxation Form (12 warm-up exercises)
- b) Fundamental Tai Chi 8 Movement Form
- c) Fundamental Tai Chi 16 Movement Form
- d) Fundamental Tai Chi 24 Movement Form
- e) Fundamental Chen Tai Chi 13 Movement Form
- f) Fundamental Chen Tai Chi 18 Movement Form
- g) Traditional Chen Tai Chi Old Form Yi Lu 76 Movement Form
- h) Traditional Chen Tai Chi Old Form Erlu 56 Movement Form
- i) Traditional Chen Tai Chi New Form Yilu
- j) Traditional Chen Tai Chi New Form Erlu

#### 4.20. Training of Traditional Chen Tai Chi Weapon Forms

- a) Traditional Chen Tai Chi Sword
- b) Traditional Chen Tai Chi Saber
- c) Traditional Chen Tai Chi Staff
- d) Traditional Chen Tai Chi Spear