

# Tai-Chi Ch'uan

By Y. K. Chen



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Tai chi chuan, also spelled t'ai chi ch'uan, It is through practicing the form that one actually comes to understand the sayings about tai chi. Chen Xiaoxing,

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Y.K. Chen is the author of Tai-Chi Ch'uan (3.75 avg rating, 4 ratings, 0 reviews)

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taiji or tai chi in English usage, T'ai chi ch'uan or t ij qu n is an internal Chinese martial art Chen and ZhaoBao Tai Chi; BaGua, Wing Chun, Choy

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William C.C. Chen Tai Chi Chuan: he began studying t'ai chi ch'uan under the tutelage of Prof. Cheng Man-ch'ing who was a childhood friend of William C. C. Chen's

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Chen Zhaopi's memorial article mentioned that Chen Zhaopi spent many years in different parts of China teaching the Chen style Tai Chi in the T'ai Chi Ch'uan

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