

**WORLD CHEN TAIJI ASSOCIATION FRANCE BRETAGNE
(WCTAF-B)**

present

**the third seminar with CHEN YING JUN
20th generation of CHEN family**



Presentation and seminar program of Chen Style Taiji Quan *
from 31th of october to 3rd of november 2014 in VANNES (56)
FRANCE - BRETAGNE(French Brittany) - MORBIHAN

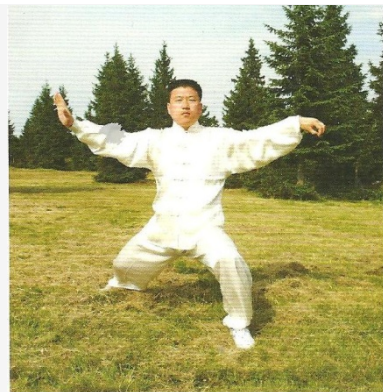
CHRISTINE RIPART organizing the seminar is disciple of
Grandmaster Chen Xiao Wang

The annual workshop in Bretagne is proposed as a mean of training
and guidance for practitioners interested in the way of the learning
The Chen family Taiji Quan.

*Tai Chi Chuan



Who is Chen Ying Jun ?



CHEN YING JUN is 37 years old, he is the second son of

Grandmaster **CHEN XIAO WANG**, heir of the style of the Chen family Chen from Jia Gou, Henan, China. He currently lives in Australia where he trains in the tradition of his family to develop the external force and the internal power of Taiji Quan. Once, his family fought for the Chinese government. His ancestors were also known as escorts. The wealthy Chinese families resorted to martial artists to protect them during their travels. One of them CHEN WANG TING (1600-1680), retired after having driven all the bandits of the provinces of HENAN and CHANDONG and thus has allowed people to continue to live in security. Glorious fighter but also literate, he retired in his last years and created the Taiji Quan from martial techniques inherited from previous generations which he combined with the philosophy of Yin Yang, techniques of *Daoyin* (the concentrated exertion of inner force), *Tuna* (deep abdominal breathing exercises), and the Chinese acupuncture meridian system where vital energy flows. So when practicing taiji, consciousness, breathing and movements are closely-connected in a smooth flow, bringing health and strength.

In his teaching **CHEN YING JUN** particularly noted that it is this combination that makes Taiji Quan a rich and very particular discipline which differs from most other martial arts. It provides the effects of internal martial arts and those of external martial arts.

During training, intense external work focuses on strengthening the legs. Taiji Quan is a martial art, the body has to be strong. Then external and internal connect by moving the whole body externally and relax every part of it with good postures to be able to reach the inside of the body in which the mind directs the flow of energy.

A long and regular practice will lead the practitioner to express the explosive force called Fa Jing and develop skills to become fighters for those who choose this path.

For the vast majority of practitioners, this work provides strength and health, and develop a capacity to defend themselves in many ways.

Learning Taiji Quan is based on standing meditation and the old form : the **Lao Jia** that remains unchanged in its transmission since its codification by CHEN XANG XING (1771-1853) from the work of CHEN WANG TING.



Teaching nowadays is also based on the form 19 movements created by CHEN XIAO WANG for practitioners who do not have the time or are not able to memorize the Lao Jia CHEN XIAO WANG also created the **Chan Si Gong** to understand the spiral movement of the Chen Taiji quan and to learn accurately all postures of Taiji Quan .

Finally, practitioners should practice *Tui Shou*, created by CHEN WANG TING. Joining and sticking their hands , both partners can sharpen their understanding of the intent of the other and work the opposing actions. This method has replaced the traditional fight too dangerous for ordinary practitioners.

To pass unchanged forms today is to allow practitioners access the physical and psychological effects of the Taiji Quan postures .The ancients thought long and experienced. Today Chinese masters give us their practices in teaching us their methods for they have an efficiency which is what interests us particularly.

As said CHEN YING JUN: "Tai Ji is good but have to get it"

... This method is made clear by him for us. He speaks very fluent in English, and opens the profound path of his art.

Chen Ying Jun, like his father Chen Xiao Wang, who travels from fifteen years in 40 countries, decided to travel to teach the art of his. He goes yet to a dozen of countries in Europe and the Americas.

If a regular practice of Taiji Quan enables all practitioners to maintain good health and prevent disease, and to develop martial skills, this practice can only be done under the guidance of teachers and professors.

Indeed it is the direct correction of posture that allows the Taiji Quan to bring the benefits we expect. By the release we get that energy can flow freely and prevent disease in the traditional Chinese concept of medicine. This release is only possible with a good posture. These postures are simple but very subtle . Copy is good but it does not allow to capture the essence, so it is not possible to study alone or from videos .. **Chen Ying Jun, under the teaching of his father from an early age and intensive training has developed a great ability to make such corrections.**

With him the future of Taiji Quan will be bright.

He agreed to come to France at the invitation of Christine Ripart ,settled in Bretagne, disciple of his father.

Significant mobilization of students of Morbihan, in the clubs where she teaches has renewed this year and he comes to provide a third session in 2014.

The seminar is open to all practitioners of Taiji, of Britain, France and elsewhere. The participants will work standing posture of meditation ,reeling silk, the sword and the sabre and tuishou in a dense four days program.

This regular training allows all participants to collect corrections from the master before continuing throughout the year learning with their teachers.

CHEN YING JUN brings us exceptional assistance. Taiji quan in our country can only grow, because it is of great interest for the preservation of mental and physical health and is a complete martial art to teach to younger generations.



What is WCTA?

WORLD CHEN TAIJI ASSOCIATION

is an important traditional Taiji Quan Association, represented in over 40 countries around the world. Chen Xiao Wang is the president. The members are trained disciples chosen by Chen Xiao Wang. Each of them, including Christine Ripart with Rouge Cèdre WCTA FRANCE BRETAGNE organize in his country an annual workshop to welcome a master of the Chen family. Taiji Quan is studied here as a complete system. This system includes the study of standing meditation for the development of the internal energy (Zhanzhuang), the basic exercises of the silk reeling (Chan Si Gong) for understanding the circuitry forms hand naked and with weapons (Taolu), the opposition of pushing hands (tui shou), and free martial applications (Shou Shan) exercises. Corrections postures by teachers and professors are essential to learn traditional forms and enable practitioners to participate also in the transmission of style.



Originally Taiji Quan was practiced exclusively within the Chen family until about 150 years ago. The knowledge of this art began to be disseminated to the public. The wish of the current heir of the Chen family, Chen Xiao Wang, as well as his disciples and local organizations around the world is to disseminate the rules of Taiji Quan Chen family for the old traditional family learning method and transmission is maintained.



CHEN XIAO WANG, the father of **Chen Ying Jun** was born in 1945 in the village of Chenjiagou, Henan Province in China. He is, the 19th generation of Chen family, descendant of Chen Wang Ting to whom we owe the origin of Taiji Quan. He is the governing authority of style Chen. With his brother Chen Xiaoxing, they created the school of Taijiquan at Chenjiagou, forming teachers and competitors in China and around the world.

Chen Xiaowang is a famous martial artist of great ability. He was awarded a score of times in competitions. Among these awards from 1980 to 1982, he won the China National Championship Martial Arts. In 1985 he represented China at the first International Martial Arts Competition in Xi'an and was awarded the title of World Champion for Taijiquan. He is a member of several sporting, cultural and national and international medical institutions for research and development. He has published books and videos that have been translated into many languages.

He travels tirelessly continents, received by his disciples and students for many years to teach the subtle art that is Taiji Quan. Thousands of practitioners find him each year to learn the Chen Family Taiji but also the philosophy of the family. He brings to our century, intact, the art of "struggle against adversity". Patience, generosity of Chen Xiao Wang, his attention to every practitioner makes him a great teacher and educator. It is also a great calligrapher. China is also seeing a resurgence of interest in this discipline. Chen Xiao Wang this year was honored by the TV channel CCTV. Many excerpts from the extraordinary power of the great master were published on YOUTUBE.

More information on:

www.chenxiaowang.com

<https://www.facebook.com/ChenXiaowang>



Who is Christine Ripart ?



Christine Ripart is a student and disciple of Chen Xiao Wang. She teaches Taiji Quan Chen family in France Bretagne. She also holds a State Certificate of Sports Instructor.

It is available to any group or company interested in the discipline and to develop their own teaching and learning projects around the Taiji Quan. The benefits are numerous for maintaining health and personal development.

Presentation brochure to download:

<https://www.box.com/s/21lukjqba4e3m941itd2>

Since 2012 she hosts once a year for a seminar Chen Xiao Wang's younger son Chen Ying Jun, who continues the work of his father.

In 2011-2012 she has hosted too her irish sister Gill Keogh-WCTAI- to help prepare students for the coming of Chen Ying Jun.

Her students are encouraged to participate to the annual workshop with Gran Master Chen Xiao Wang organized every year in Ireland by Gill Keogh .

More information on <http://chenireland.com>

Christine Ripart also hopes to contribute, with a teaching she has chosen to base in French Britain, to the development of the discipline as a sport, as a focus of conservation of this art for future generations. Taiji Quan is gradually removed from combat and military practices to become a lifestyle to stay fit but it remains linked to its martial origins. It is indeed a boxing whose movements are driven by the internal force and we are fortunate to still benefit from the transmission of masters of Taiji Quan to understand the mechanisms. The practice of this art from an early age, supported by sports institutions, is perhaps a new space for development. She teaches to children and adolescents as well as adults.



PROGRAMME FROM 31 OCTOBER TO 3 NOVEMBER

❖ Friday, October 31

WORKSHOP A: Chan Si Gong - Silk reeling part 1

10.00 a.m to 1:00 p.m (3 hours)

The Chan Si Gong also known as: energy winding silk thread chǎnsījìng , these exercises refer to a set of principles expressed in the traditional styles of Taiji Quan (Neigong, internal arts) and are particularly developed in the Chen style. The movements of the wire winding silk from the Dantian (center) and trace the pattern of Taiji (Taijitu). We first start with the outer circle, then added movements that quickly change direction while maintaining a smooth motion and gentle rotation in turn causes the joints in a fluid and spiral movement.

The study of Chan Si Gong is the essential foundation for learning, it helps develop the movements of the forms from the rotation of Dantian. The first series of exercises is to understand and execute the spiral movements and displacement side.

WORKSHOP B: Laojia Yilu - Old Form - Part 1

2:30 p.m. to 5:30 p.m (3hours)

The Laojia Chen (老架) consists of two forms: Yi lu (the first concatenation) and er lu (2nd chaining). They were taught only within the family in the village at the time of Chen Chang Xing Chen (1771-1853), the 14th generation creator of these combos. They were the first all forms revealed to the public.

The LAO JIA Yi Lu is built on the foundations of the art of Taiji Quan created by Chen Wang Ting (1600-1680) 9th generation Chen family from fighting arts developed by his ancestors, the philosophy of Yin Yang, Chinese acupuncture and Qigong theory. The Laojia simplifies and concentrates the essence of Taiji Quan. This form is characterized by a slow movement, driven by the internal force. The movement is smooth, connected, stable, and quiet. A sliding movement in the other, such as water. The force is expressed in the spiral in combination with the breath. Breathing is natural. It harmonizes the movement of the torso and waist. From this concatenation Yang Luchan (1799-1872) created the Yang style, Wu Lusiang (1812-1880) created the Wu style, Wu Jianchuan (1837-1892), another style WU, Sun Lutang (1860-1930) SUN style. The Laojia Yi Lu (the first form with bare hands) at the beginner level is mainly practiced slowly with gentle movements and further interrupted by occasional expressions of explosive strength (FaJing). At the intermediate level it can be practiced in very low positions with a clear separation in power changes and run with a fast pace. The movements become smaller and changes in directional force become more subtle.



❖ Saturday, November 1

WORKSHOP C: The sequence of Laojia Yilu second part
10.00 a.m to 1:00 p.m (3 hours)

⇒ Seefridau, october 31

WORKSHOP D: Single Sword 49 movements
2:00 p.m. to 5:30 p.m. (3hours)

The sword is a short weapon of Taiji Quan. It is slow, delicate, contains firmness and softness.

It requires flexibility during practice. The sequence is as a flexible dragon that creates unity between the body and the sword.



❖ Sunday, November 2

WORKSHOP E: form 19 movements GM Chen Xiao Wang
10.00 a.m to 1:00 p.m (3 hours)

In recent years, Grandmaster Chen Xiao Wang decided to welcome beginners in his seminars in major towns. People do not always have the time, space or the concentration needed to immediately start learning the old long form (Lao Jia) in 75 moves. This short form includes most of the postures, takes less time to learn and has proven its usefulness in the seminars

WORKSHOP F: Single Sabre
2.00 p.m to 5.00 p.m (3hours)

The sabre is one form of short arms of Taiji Quan. It is short but full of strength. Because it is short it can be used and implemented in several ways depending on the skill of the practitioner. The sabre is also called "the blade to the thirteen forms," "wield the sword like a tiger, but strongly delicacy."
The virtuosity of Chen Ying Jun in this art is remarkable



❖ Monday, November 3 at Séné

WORKSHOP G: Chan Si Gong Reeling Silk second part

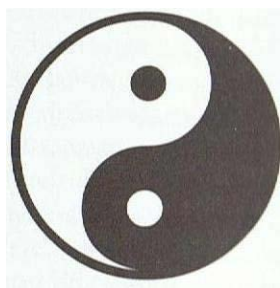
10.00 a.m to 1:00 p.m(3hours)

⇒ See fridau october 31

The second series of exercises to understand and execute the movements of walking forward, back and kicks.

WORKSHOP H: Tui Shou

2.00 p.m to 5.00 p.m (3hours)



The Tuishou also called "push hands" or "sticky hands" is a unique training method involving two people who in turn, attack and defend using the sweetness to control hardness, allowing the weak to overcome strong. Practice taiji forms is inseparable from that of pushing hands. Errors will occur in the form for this practice, and give an advantage to the attacker. The practice of pushing hands is a way to spot mistakes in training. There are five methods Tuishou. This sequence is a first initiation. It will suit beginners and practitioners of other martial arts.



PRACTICAL INFORMATION

➤ **LOCATION:**

Espace MONTCALM

55, rue Monseigneur Tréhiou
 CS 9224156007 VANNES Cedex
 Tél: 02 97 68 15 68 Fax: 02 97 68 15 73
www.montcalm-vannes.org
accueil@montcalm-vannes.org

➤ **COST:**

Each 3-hour workshop ABCDEFGH 45 euros each workshop to four workshops, over five workshop 35 euros per workshop.

FRIDAY 31 october	SATURDAY 1 november	SUNDAY 2 november	MONDAY 3 november
<p>WORKSHOP A: 10:00 a.m. to 1:00 p.m. (3hours) Chan Si Gong - Reeling silk part 1</p>	<p>WORKSHOP C: 10:00 a.m. to 1:00 p.m. (3hours) LaojiaYilu old form - Part 2</p>	<p>WORKSHOP E: 10:00 a.m. to 1:00 p.m. (3hours) 19 movements form of G.M. Chen Xiao Wang</p>	<p>WORKSHOP G: 10:00 a.m. to 1:00 p.m. (3:00) Chan Si Gong-Reeling Silk - Part2</p>
Lunch	Lunch	Lunch	Lunch
<p>- WORKSHOP B 2.30 p.m. to 5.30 p.m. (3hours) LaojiaYilu old form - Part 1</p>	<p>WORKSHOP D: 2:00 p.m. to 5:00 p.m. (3hours) Single Sword 49 movements</p>	<p>WORKSHOP F: 2:30 p.m. to 5:30 p.m. (3hours) Single sabre</p>	<p>WORKSHOP H: 2:30 p.m. to 5:00 p.m. (3hours) Tuishou</p>



- The entire seminar is open to adult practitioners of all ages and children over 10 years
A certificate of attendance will be issued to all participants
- **ENTRIES:** Entries must be made and paid imperatively before June 30.
- A receipt will be issued.

To register contact:
e-mail: taiji_rougecedre@yahoo.fr
You will receive a registration form
and instructions for paiement

The seminar can be confirmed with a minimum of 20 participants for each workshop. If canceled by the organizer of the seminar, the integrity of the amount paid will be refunded. In case of absence from training for medical reasons, a medical certificate will be required for reimbursement.

WORKSHOP NUMBER *	Until 4 WORKSHOPS of 3 hours	From 5 WORKSHOPS of 3 hours
1	€45	€35
2	€90	€70
3	€135	€105
4	€180	€140
5		€175
6		€210
7		€245
8		€280

- WCTA France Bretagne collects the payments that will be donated to the master
- A supplement of 10 euros is required for the organization (due taxes).

Example for participation in the entire seminar:

280€ (Workshops of 3 hours each) + 10 € (organization) =280 €

- Wooden swords and sabre can be available if you do not have weapons
- To enable a good seminar schedule adherence is imperative. The time shown is the beginning of the course. I will open the room before the start of the sequences.
- Places for training include parking
- A help for organization and accommodation can be proposed.

I suggest you consult the following website:

<http://www.montcalm-vannes.org/uk/accueil@montcalm-vannes.org>

] n BRETAGNE,

Christine Ripart

