

In FRANCE , Bretagne, from 12 to 15 July 2013 was held the second international workshop with CHEN YING JUN, Chinese master of taiji quan (tai chi chuan), 20th generation of the Chen family. The course was attended by 45 participants from Britain and elsewhere, practitioners of all styles of tai chi, hosted on this occasion by the city of Séné with TAOCHINAGOT association and the city of Hennebont with DOEKI association. The seminar was organized by CHEN TAIJI WORLD ASSOCIATION FRANCE BRETAGNE represented by Christine Ripart for France. The WCTA was created by Gran Master CHEN XIAO WANG, to develop taiji chen through associations where his disciples teach.

For more information to decide to join us next year

CHEN YING JUN is 37 years old, he is the second son of Grandmaster Chen Xiao Wang 19th generation ,heird of the style of the Chen family Chen 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 breathinexercises), 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 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 and to learn accurately all postures of tai chi .

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 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 chi 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 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 brings 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 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 four clubs where she teaches has renewed this year and he came to provide a third session in 2014. The seminar is open to all practitioners of Taiji, of Britain, France and elsewhere. This year participants worked 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.

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. Moreover, the director Ang Li, author of Tigers and Dragons movie is in discussion with Chen Xiao Wang to make a documentary about the famous family.

Chen Xiao Wang has allowed me to join the World Chen Taiji Association of which he is president to further his education in France. Chen Ying Jun has accepted my invitation to deliver teaching in Bretagne. He receives many invitations in many countries. The masters will be high demanded in their own countries in the coming time. We are lucky to have there visits now.

The seminar is open to practitioners of all ages, the program is the same for all regardless of the level of practice. Each according to his age and physical abilities can work according to his wish, in low or very high positions.