



# 謝瑋精氣功中心陳家太極拳學習課程

## Tse Qigong Centre's Chen Taiji Quan Syllabus

Chen Taiji Quan 陳家太極拳 is a complex martial art. There are many forms, some that have been lost and others which have been recently created. In order to study well, we need a syllabus to help us move forward from our first step all the way up to the top level.

There is actually no limit to the skill; there are only those who are better than us. Usually, even the person who is better will still feel they are not good enough. This is the right attitude. Anyone who thinks they are the best is actually on the wrong track and is like a frog at the bottom of a well looking up at the sky 坐井觀天. From their position in the well, they only see a small part of the sky thinking that is everything. However, they do not realise that the sky is really infinite.

In Chen Taijiquan there are bare hands forms, Tui Shou 推手 (partner training for sensitivity), weapons and philosophy. Just knowing some forms does not mean we know Taijiquan well. We must also be able to use it for self defence and live the Taiji principle. If we can do this, then our skill can develop and really be infinite. In the Tse Qigong Centre we have a syllabus for Chen Taijiquan students to follow. I found that this sequence of this learning can help students develop their Taijiquan skill naturally and to the best benefit for both health, philosophy and martial training. I hope all of you can follow the syllabus to develop a high level and have good heart.

1. 老架一路 Laojia Yi Lu
2. 五式推手 5 ways Tui Shou
3. 太極八勁 Taiji Eight Jing
4. 二十推手手法 20 Tui Shou techniques
5. 五十二勢 52 movements
6. 老架刀 Laojia Dao (broadsword)
7. 劍 Jian
8. 新架刀 Xinjia Dao (broadsword)
9. 三十推手手法 30 Tuishou Techniques
10. 老架砲捶 Laojia Paochiu
11. 新架一路 Xinjia Yi Lu
12. 二十式腳法 20 Kicking Techniques
13. 十三杆 13 Long Pole
14. 白猿棍與梨花槍 White Monkey and Jasmine Spear
15. 雙人對槍 Partners Spear techniques
16. 春秋大刀 Spring Autumn Dadao
17. 新架砲捶 Xinjia Paochiu
18. 雙刀 Double Dao
19. 雙劍 Double Jian

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