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# Chen's Tai Chi Old Frame One and Two by Grandmaster Chen Zhenglei

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Chen Style [Tai Chi](#) Old Frame (Lao Jia) is the keystone of Chen Style Tai Chi and in many ways it is the foundation of all modern Tai Chi Styles. Old Frame has two routines: Routine One (Yi Lu) and Routine Two (Er Lu, or Cannon Fist). Grandmaster [Chen Zhenglei](#), a 19th generation of Chen family and a Chen Style Tai Chi lineage holder, has spent years authoring articles and books to pass down the arts of these two Routines. His book on Routine One was translated in many languages including English. Since his writing is sophisticated and the content is expansive, the English translation does not fully express the mastery work written by the Grandmaster. To help practitioners advance their knowledge, Grandmaster Chen authorized Master [Jack Yan](#) of Ontario, Canada, to translate both Routines into English. [Chen's Tai Chi Old Frame One and Two](#) is now published and this is also the first time that Grandmaster Chen's writing on Er Lu is in English. Tai Chi fans all over the world will find this book incredibly valuable.



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Jack Yan

Grandmaster Chen Zhenglei started to learn Tai Chi with revered Grandmaster Chen Zhaopi at age 8. He learned Lao Jia from Grandmaster Chen along with Push Hands and weapon forms. He studied Tai Chi principles and theory from Grandmaster Zhaopi as well. Oftentimes, Grandmaster Zhaopi would dictate for him to transcribe Tai Chi theory. Grandmaster Chen Zhenglei later learned New Frame Xin Jia from Grandmaster Chen Zhaokui.

After teaching for years, Grandmaster felt the importance to write articles and books to illuminate the theory and explain the complex movements so practitioners can have a full comprehension of the arts. His books have an extensive and in-depth discussion on Tai Chi fundamentals and principles. In this 412-page book, Grandmaster Chen provides very rich content providing readers a deep understanding of the arts. The book consists of three parts.

Chapter One is “Introduction to Chen Style Tai Chi” which includes 1) the origin, emergence and evolution of Tai Chi, 2) the characteristics of Chen’s Tai Chi, 3) the wellness benefits and combative effectiveness of Chen’s Tai Chi, 4) posture requirements; 5) training methods and steps, 6) basic training principles, 7) hand posture and foot stances, and 8) basic movements and spiral rotation exercises (aka Silk Reeling). Grandmaster uses over 100 pages to lay out the important elements of Chen Style Tai Chi. Since the book is written with such a depth, beginners will not be able to comprehend fully. For example, most practitioners would understand the first five steps of the training method: “learn the routines and establish correct posture”, “correct motions and relax the whole body”, “pipe through the meridians and activate the internal Qi”, “combine Qi to forms and complete endless

circles”, and “coordinate the whole body and synchronize the internal and external”. It will take years of practice to appreciate the next three steps of “solidify the foundation and enhance the internal Qi”, “heighten the sensory and understand self and the opponent”, and “achieve timing and position advantage and give up the self to follow the opponent”. Only a few masters can accomplish the last two steps “build explosive energy potential and be able to release upon contact”, and “patternless variations and incomprehensible subtlety”. Some have read Grandmaster Chen’s books before and found them extremely valuable. Many re-read the book as their own practice progresses. Their appreciation toward Tai Chi and Grandmaster Chen’s books grow as they become more proficient at Tai Chi.

Chapter Two has a detailed explanation of Lao Jia Yi Lu with step-by-step instructions of hand, arm, shoulder, body, waist, Kao (hip), legs, and foot movements with multiple photos accompanying each movement (some with both front and back views). Chapter Three is the detailed explanation of Lao Ji Er Lu with the same text structure and integrity as Chapter Two. Like Chapter One, both Chapter Two and Three encompass multitudes of information for each movement in the form. It provides clear instructions on how to breathe properly, how the internal strength and Qi flow, and what the martial art applications are for each of the movement. Practitioners are advised to ignore them at the beginning. Beginners should learn the correct postures, motions, and line of moves. Once the foundation is built, they are encouraged to move up and work on breathing, Qi flowing and martial art intent. Otherwise, “the moves are broken.... the strength is detached, and body becomes stiff.”

Master Jack Yan is an in-chamber disciple of Grandmaster Chen and a 7th Duan certified Wushu master by the Chinese National Wushu Association. Master Yan has taught Tai Chi in Canada for 23 years. He also has a master’s degree in English Literature from the Institute of International Relations in Beijing, China, and a master’s degree of Political Science from University of Western Ontario, London, Canada. With these, Master Yan did an excellent job translating Grandmaster’s master work after publishing *Chen’s Taichi For Health & Wellness* in September 2010. This book is a Tai Chi classic.

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## **SUGGESTED LINKS**

- **Chen’s Taichi For Health & Wellness by Grandmaster Chen Zhenglei**
- **Eyes on the LA Tai Chi Summit by Grandmaster Chen Zhenglei**
- **Grandmaster Chen Zhenglei’s 2011 planning in the Americas**
- **Grandmaster Chen Zhenglei’s workshop in Kansas**

