

SPORTS / RECREATION / COMBAT SPORTS

Wu Dang Tai Chi Master Chen Shares the Secret of Fa Jing

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Master Yun Xiang Tseng (Chen)

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Revered [Master Yun Xiang Tseng](#), also known as Master Chen, hosted three successful Wu Dang Tai Chi & Qigong workshops last week in St. Louis, Missouri. Attendees appreciated his intellectual teaching style that coupled solid knowledge and in-depth explanations.

Born in a small village in Fujian, China, Master Yun Xiang Tseng was an unusual child with healing and channeling power. At age six, he was sent to [Wu Dang](#), the sacred birthplace of Internal [Martial Arts](#), to study Taoist healing and martial arts to be an inheritor of these 700 year old arts. After ten years of training in the mountain, he was sent back to the community to teach Taoist healing arts and preserve the ancient Taoist teachings. As a 14th generation [Zhang San Feng](#) lineage, 25th generation Dragon Gate branch (Longmen sect) lineage, Chen has trained over 10,000 people in China. 20 years ago, he came to the U.S. and has trained thousands here.

On Friday Oct 1, Master Chen instructed participants in the healing of deep seated emotional wounds, life trauma and family stress. He taught the time-tested Taoist philosophies and methods to detach from the world of emotions and create a new reality of happiness and joy.

On Saturday, he hosted a workshop of *Wu Dang Walking Crane Qigong*. Walking Crane Qigong is a rare internal alchemy practice created by a Taoist priest from Wu Dang Mountain about 500 years ago. It is a series of movements developed to regulate the body, mind and breath. This Qigong form is for improving Qi flow, opening the meridians, circulating blood and generating internal power. It helps nourishing vitality (*Jing*), energy (*Qi*) and spirit (*Shen*). Master Chen discussed internal Qi movement and cultivation for health applications. The form can strengthen the immune system, develop lower leg strength, improve inner balance, transform emotions and develop internal power. Master Chen explained that *Jing* is stored in lower *Dan Tian* (in the abdomen area), *Qi* is stored in middle *Dan Tian* (in the chest area), and *Shen* is stored in the upper *Dan Tian* (in the head).

On Sunday, he hosted a workshop of *Tai Chi: Harnessing True Power of Internal Martial Arts*. Most attendees of this workshop were intermediate and advanced Tai Chi practitioners. This workshop was predominantly focused on Fa Jing, the explosive power in Tai Chi practice. Master Chen instructed at least nine different Jings: Ward Off (*Peng*), Roll Back (*Lu*), Push (*Ji*), Sink (*An*), Knock, Elbow, Lean (*Kao*), Chop, Grasp (*Ca*). He also explained in details how the Jing is generated, transported and emitted. He asked practitioners to practice rooting before exerting Jing.

He then broke down some of the Tai Chi movements into a granular level to illustrate how various Jings were applied. For example, Single Whip includes at least seven different Jings. It was eye-opening for many to realize how complex each Tai Chi movement is with multiple Jings in design. He said a mastery-level practitioner can execute all Jings in Single Whip within one second during a combat situation (see the slide show on right for photos). Of course, without long-term practice, these can't be carried out correctly. Master Chen cautioned the attendees against performing Fa Jing without a solid foundation of vitality (*Jing*), energy (*Qi*) and spirit (*Shen*). Without sufficient Jing, Qi, and Shen, a practitioner can hurt himself by conducting Fa Jing. Master Chen also show how to use an elbow strike to hit an opponent's *Jing*, *Qi*, and *Shen* areas in self-defense (see the slide show).

Master Chen emphasized that in Tai Chi practice, motion arises from stillness (*Wu Ji*) which is a form of Qigong. He encouraged the attendees to study mediation or stillness first to nurture Jing, Qi and Shen before practicing Tai Chi. Wendy Richards commented, "The workshop was amazing. The workshop was so much about how the internal part of Tai Chi works."

EXTRA:

Wu Dang Tai Chi was created by legendary Taoist monk Zhang San Feng. Wu Dang Tai Chi emphasizes on internal nurturing and has a remarkable healing power. Because of the Cultural Revolution in China,

Wu Dang martial arts were not well preserved and currently there are not as many practitioners as other Tai Chi styles. To safeguard this historical treasure, the San Feng Friendship Association works to unite people across the world to promote peace and health through Tai Chi, Qi Gong, and Alchemy practice. Master Chen invites everyone to join this organization to further its cause of peace and health through these practices. The San Feng Friendship Association is headquartered in the Wu Dang Mountains, China. Use link [here](#) for more details.

Additionally, Wu Dang Dragon Gate has a special program training 20 young Chinese children to become highly qualified Wu Dang martial arts instructors who will carry the responsibility to preserve the healing arts as well as teach people around the world to be healthy and happy. You and your friends can jointly sponsor a child for this worthy cause. Contact info@wudangdao.com for more information.

SUGGESTED LINKS

- **Master Chen's Wu Dang Tai Chi and Qigong Workshops in the Midwest**
- **The 2010 Taoist Urban Hermit Retreat**
- **Unveil the mystery of Medical Chi Gong by Dr. Kevin Chen**



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