

Chen Taiji Self Defense Fighting Applications Of The Chen Family Tai Chi 19 Form Chen Taijiquan 19 Form Book 2

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Within the form's graceful movements, you'll find punches, palm strikes, knee strikes and kicks, joint locks, sweeps, throws and takedowns. All are demonstrated in this ebook. This movements in this form are found in many Chen style Taiji forms. The self-defense applications in this ebook will apply to other Chen style forms as well.

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~~Tai Chi Application for Self-defense Fight in Chen Taiji 1~~

It costs \$4.99 and includes 239 photos and coaching on 106 self-defense applications from this short Chen Taiji form. Fighting applications in the form include joint locks, hand strikes, punches, knee strikes, kicks, sweeps, throws, and takedowns. The photo on the cover was taken in 2008, showing an application for the closing movement of the form against a strangle.

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~~Tai chi — Wikipedia~~

Chen Style Taijiquan (or Tai Chi Chuan) is an ancient Chinese art of exercise which is characterized by fluid, coiling movements punctuated with quick bursts of energy. It combines philosophy of Yin-Yang, knowledge of Traditional Chinese Medicine, and fighting techniques of the late Ming Dynasty. Chen Taijiquan cultivates both health benefits and self-defense skills.

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~~Ken Gullette's Internal Fighting Arts Blog~~

Tai Chi self defense is deadly, it is dirty and it is one of the best self defense systems known. Only when it is taught as it was originally intended though, as a hands-on, energetic fighting system where anything goes in order to survive in a realistic street attack.

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