

# Chen Taiji Self Defense: Fighting Applications of the Chen Family Tai Chi 19

Chen Taiji is the oldest and most effective style of Tai Chi, and its fighting applications are a testament to its power and efficacy. The Chen Family Tai Chi 19 is a particularly potent form of Chen Taiji, known for its devastating close-range strikes and grappling techniques. In this article, we will explore the fighting applications of Chen Taiji, with a focus on the Chen Family Tai Chi 19.



## Chen Taiji Self Defense - Fighting Applications of the Chen Family Tai Chi 19 Form (Chen Taijiquan 19 Form Book 2) by Ken Gullette

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## The Principles of Chen Taiji Self Defense

Chen Taiji is based on the principle of softness overcoming hardness. This means that the practitioner uses their body's natural relaxation and flexibility to absorb and redirect the opponent's force. Chen Taiji also

emphasizes the importance of leverage, which allows the practitioner to use their body's weight and momentum to their advantage.

In self-defense situations, Chen Taiji practitioners use these principles to neutralize the opponent's attacks and gain control of the situation. By using their body's natural relaxation and flexibility, they can absorb the opponent's force and redirect it back at them. By using leverage, they can use their body's weight and momentum to their advantage, and gain control of the opponent's body.

## **The Techniques of Chen Taiji Self Defense**

Chen Taiji has a wide variety of techniques that can be used for self-defense, including punches, kicks, throws, and grappling techniques. These techniques are all based on the principles of softness overcoming hardness and leverage.

Some of the most common Chen Taiji self-defense techniques include:

- **Peng:** A blocking technique that uses the body's natural relaxation and flexibility to absorb the opponent's force.
- **Lu:** A parrying technique that uses the body's leverage to redirect the opponent's force.
- **Ji:** A striking technique that uses the body's weight and momentum to generate power.
- **An:** A throwing technique that uses the body's leverage to unbalance the opponent and throw them to the ground.

- **Cai:** A grappling technique that uses the body's natural relaxation and flexibility to control the opponent's body.

These are just a few of the many techniques that can be used for Chen Taiji self-defense. By learning these techniques and applying the principles of softness overcoming hardness and leverage, you can develop a powerful and effective self-defense system.

## **The Chen Family Tai Chi 19**

The Chen Family Tai Chi 19 is a particularly potent form of Chen Taiji, known for its devastating close-range strikes and grappling techniques. This form was developed by Chen Wangting, the founder of Chen Taiji, and it is said to be the most effective form of Tai Chi for self-defense.

The Chen Family Tai Chi 19 is characterized by its fast, powerful strikes and its close-range grappling techniques. The practitioner uses their body's natural relaxation and flexibility to absorb the opponent's force and redirect it back at them. They also use leverage to their advantage, using their body's weight and momentum to gain control of the opponent's body.

The Chen Family Tai Chi 19 is a powerful and effective self-defense system. By learning this form, you can develop a deep understanding of the principles and techniques of Chen Taiji, and you can develop a powerful and effective self-defense system.

Chen Taiji is a powerful and effective self-defense system. By learning the principles and techniques of this ancient martial art, you can develop a deep understanding of how to use your body's natural relaxation and flexibility to absorb the opponent's force and redirect it back at them. You

can also learn how to use leverage to your advantage, and gain control of the opponent's body.

If you are interested in learning more about Chen Taiji self-defense, I encourage you to find a qualified instructor and begin your training today.



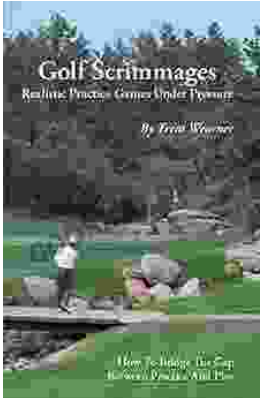
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