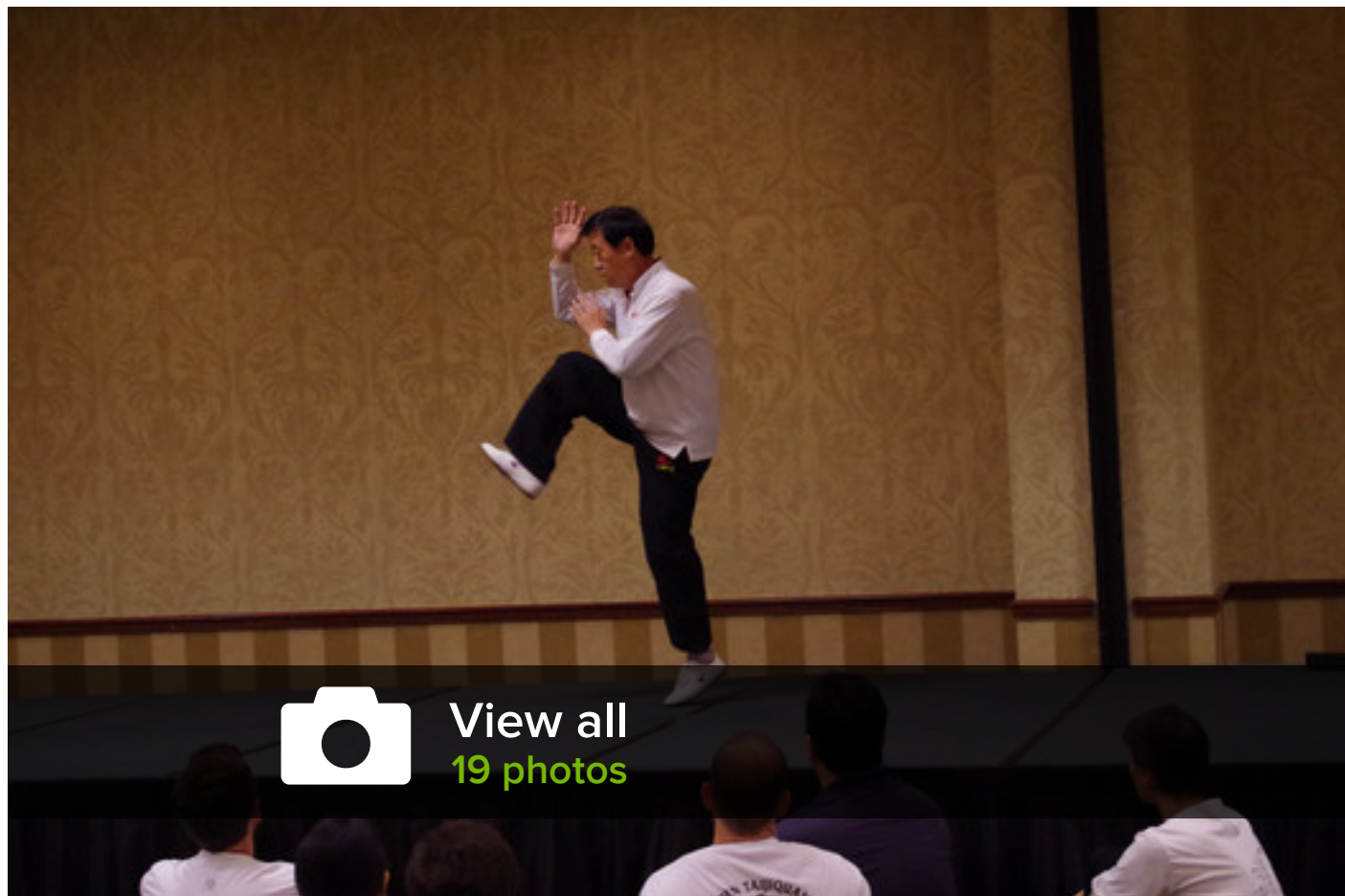


A Tai Chi foot stamp broke a heavy stage apart

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Recently [Tai Chi](#) (Taiji) Grandmaster [Chen Zhenglei](#) held a successful “[Light of Tai Chi](#)” workshop in Las Vegas, Nevada. More than 70 people from several different countries attended this event and most of them were senior Tai Chi instructors. They appreciated the mastery and knowledge that the 9th Duan Grandmaster shared openly during the workshop. They were also shocked by the explosive power that the 66-year-old master demonstrated.



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Highlights of 2015 Grandmaster Chen Zhenglei's "Tai Chi Light" workshop.

Billy Greer



Violet Li

This year's workshop was held May 31-June 4 as an extension of Chen Village (or Chenjiagou) Tai Chi training that teaches the authentic Chen Style Tai Chi. There were two tracks of training: the promotion track for beginners and the progression track for advanced practitioners. It turned out that more than 50 people were senior students of the art. The promotion track curriculum consisted of Chen Style 18 Form for health, Chen Style Old Frame Routine One, and one-person Push Hands. The progression track curriculum encompassed Chen Style New Frame Routine One and two-person Push Hands. Master Chen Bin of China was in charge of the promotion track while Grandmaster Chen was in charge of the progression track with the assistance of Masters Chen Juan of China, [Wang Haijun](#) of the United Kingdom, and Jack Yan of Canada. [Master Jack Yan](#) was the interpreter for the event.

Many described the workshop as intense and somewhat grueling. The hour long warmup exercise including stretching, joint flexion, and self-massage in the morning and afternoon sessions were enough to wear people out. However most attendees appreciated the thorough explanation provided by Masters Chen Bin and Chen Juan. Chen Bin elaborated the importance of stretching from a medical viewpoint. Participants fully comprehended how to reach the total fitness and Qi nurturing through the complete head to toe warm-up exercise. Master Wang Haijun did not speak much while he led the warm-up exercise but emphasized hard work by leading an extra strenuous workout. During one Silk Reeling practice, Wang Haijun made it painstakingly slow. Some students responded enthusiastically afterwards that it felt like [meditation](#).

As a 7th Duan Tai Chi master certified by the Chinese Wushu Association with over ten years of teaching experience, it was first time that Master Chen Bin led an entire workshop outside China by himself. He taught classes in English in great detail with good humor and was well liked by the

students. Chen Style 18 Form was designed by Grandmaster Chen and focuses on health and wellness. This form has been practiced by over a million people around the world. Chen Style Old Frame Routine One is the marquee form of Chen Style Tai Chi. Old Frame Routine One is known for its expansive postures, light and agile steps, and smooth movements like passing clouds and slowly running water in a creek.

Chen Style New Frame Routine One was built upon the foundation of the Old Frame routines. It accentuates the spiraling (or Silk Reeling) maneuvering more explicitly. The form requires total flexibility by freely rotating the hands, wrists, arms, elbows, shoulders, chests, spine, waist, legs, knees, legs, and ankles. The entire body must be totally relaxed and very soft but can generate explosive power instantaneously at a quick thought. The Qi or energy can be sent to any part of the body as a fist punch, wrist knock, shoulder bump, elbow strike, or even chest bump. New Frame Routine One incorporates many bouncing, slapping, snapping, and whipping actions with high energy. Grandmaster Chen explained how these challenging manipulations were conceived with profound theory and complete body requirements. He demonstrated each movement with such astonishing mastery that students' jaws dropped. They applauded each time he exhibited a move. *Zheng Jiao* (or Stamping the foot) is hard to translate into English and it means to drop a foot down and let gravity take over without actually using any force to push a foot down. There was a large stage in the training room assembled by a few strong men with four large platforms. Each of the platforms was made with steel and weighed at least a couple hundred pounds and connected by steel hooks. Grandmaster Chen's Qi was in abundance. When he did a *Zheng Jiao*, it created a thunderous noise and made the hooks jump and unhook.

Note: Sifu [Billy Greer](#), owner of Jing Ying Institute of Kung Fu & Tai Chi in Arnold, MD and an Indoor Disciple of Grandmaster Chen Zhenglei, took many photos during the workshop. You can click the [link](#) here to view them.

Disclosure: I am an Indoor Disciple of Grandmaster Chen Zhenglei.

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