

An English version of Yang Sheng Gong DVD is available now

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Cover of the Yang Sheng Gong DVD

Jack Yan

Yang Sheng Gong is an important contribution that Grandmaster Chen Zhenglei made to the global [Tai Chi](#) community. Now an English version of a teaching DVD is available.

Chen Style Tai Chi is the most complex system and difficult to learn. To accommodate the busy lifestyle of the current generations and their needs for life nurturing, Grandmaster Chen, a 11th generation of Chen Tai Chi and lineage holder, designed a complete system for [health](#) and [wellness](#), which is much easier to learn. This includes the basic drills, Qi nurturing methods, and [Chen Tai Chi's essential 18 Forms](#). The basic drills focus on joint flexion, spiral rotations (Silk Reeling), and footwork. The Qi nurturing consists of sitting [meditation](#) and a standing post. Chen's 18 Form is distilled from Chen Style Old Frame (*Lao Jia*) Routine One (*Yi Lu*); they can be practiced either at a high stance or a medium stance. Chen's 18 Form is a good gateway for any Tai Chi practitioner later to study Lao Jia Yi Lu. Yang

Sheng Gong has been promoted heavily in China and overseas by the Chinese government and Tai Chi instructors around the world because of its usefulness. It is estimated that tens of thousands if not half millions of people have learned this system so far. The popularity continues to grow.

The original instructional books and DVDs are in Chinese and some with English subtitles – however, the English translation is not always adequate. Master Jack Yan is Grandmaster Chen’s in-chamber disciple and a Ph.D in Chinese [Martial Arts](#). In 1988, Jack Yan went to Canada as a graduate student of Political Science and started to teach Chinese Martial Arts in the University of Western Ontario. In 1993, he founded Taishan Club where he teaches Chen Style Tai Chi, Tongbei and other traditional Chinese martial arts. Taishan Club became the largest Chinese martial arts school at the time. Many of his students have won gold, silver and bronze medals at various international martial arts competitions.

In recent years, Master Yan has translated Grandmaster’s writings into English, which include but not limited to [Chen’s Taichi For Health & Wellness](#) (Sep 2010), [Chen’s Tai Chi Old Frame One and Two](#) (March 2011) and [Chen Style New Frame Routine One and Two](#) (June 2012).

According to Jack, this new instructional DVD is a plain and raw version of the Yang Sheng Gong. The video was filmed in the park and on the bank of the Yellow River without the fancy setup such as green screen or special effects. It was originally recorded in Chinese. Jack translated the instruction and dubbed the sound for Grandmaster. So it will be easier for non-Chinese speaking practitioners to follow. It is available now at http://chenzhenglei.com/?page_id=101#ecwid:category=806602&mode=category&offset=0&sort=addedTimeDesc.

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