

## Master Chen Huixian on Taichi Chin Na

July 17, 2010

7:06 PM MST



Master Chen and students



Master Chen demonstrates Chin Na by using *Hu Xin Chuan*

**Chin Na** is one of the principal Chinese martial art techniques and an essential part of **Taichi**. “Applying Chin Na, the practitioner can an opponent’s joints to cause him to be off-balanced or uprooted”, stated Master Chen Huixian during a recent seminar held at Bally’s in St. Louis, Missouri.

Master Chen is the 20th Chen Family descendent, a 12th generation direct-line successor of Chen Style Taichi, and a formal disciple of **Grandmaster Chen Zhenglie**. Currently she resides in Shawnee,

Kansas with her husband Michael Chritton. Due to past successes in St. Louis, she was recently invited back by **Bally's** to teach a couple workshops on July 10 and 11. With popular request, she demonstrated and taught Chin Na and Martial Art applications of Chen Style Old Frame (*Lao Jia*) Routine One (*Yi Lu*) on Saturday.

According to Master Chen, unlike open hand chuan or weapons, there is no specific form of Chin Na. Some may group certain commonly used techniques for teaching purposes, but in general, Chin Na can be applied in all Taichi open hand forms and push-hands when an opportunity presents itself. During the workshop, Master Chen demonstrated how to use Chin Na in Lao Jia Yi Lu. One example is when an attacker comes from behind grabbing your right shoulder and you can use Flashing the Arm (*Shan Tong Bei*) in conjuncture with Chin Na to bring him to his knees. The steps are: 1. use your left hand to hold his hand in place; 2. quickly turn your body around while lifting your right arm up; 3. rotate your shoulder backwards as you turn; 4. swiftly lower your bent right arm downwards in an arc so the attacker's forearm will be caught right underneath your arm. Since his hand is controlled by your left hand, his natural response is kneeling down for mercy.

Another example is when an attacker throws a punch with his left hand towards your chest and you can use Heart Guarding Fist (*Hu Xin Chuan*) to stop the aggression. The steps are: 1. Use your left hand grab his left elbow and your right hand his left wrist; 2. borrow his incoming punching force and do an inward twining of your right hand. This simple re-action type of defense technique can lock the attacker's joints and cause him severe pain.

Master Chen also illustrated how to use Chin Na during two-hand Push Hands exercise to overcome an unexpected attack. She also took questions from the students and showed them how to defend themselves in various scenarios.

Taichi is an ancient Chinese healing art and it is also a martial art with profound fighting and defensive features. Chen Style Taichi is the original style of all modern Taichi styles (**Yang, Wu, Wu/Hao, Sun, Hun Yuan, and Cheng Man-Ch'ing**). Chen Huixian explained some of the combat applications of Taichi Chuan movements. One example is the transitioning movements between Punching the Ground (*Ji Di Chu*) and Kicking with Two Heels (*Ti Er Qi*) in Old Frame Routine One. The scenario is that when you are defending yourself by punching someone downwards or to the ground but another person unexpectedly attacking you from behind on your right side. The self-defending strategy is: first, you drop your right shoulder down to deflate the incoming force; secondly, you turn your body backwards by 180 degrees while swinging your right arm upwards then downwards and swinging your left arm upwards to throw the attacker off the balance. If those movements are not sufficient to deter the offense, you can do a double kick or Kicking with Two Heels to the opponent's body and/or chin together with a slam of your right hand on the opponent. Master Chen's thorough explanation along with demonstration provided the students with a deeper understanding of the art and also inspired them to study further. With her busy schedule, this would have been her last visit to St. Louis this year.

However, due to her students' enthusiasm, she is considering hosting a 4th seminar in St. Louis this fall.

Master Chen uses Flashing the Arm to perform Chin Na











## **Violet Li**

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