

New Phenomena at 2016 Light of Tai Chi

June 13, 2016

2:44 PM MST



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Grandmaster Chen Zhenglei demonstrated a Chen Xin Jia Yi Lu move.

VIOLET LI

2016 Light of [Tai Chi](#) (Taiji) held in Seattle, WA at the end of May was a great success. The energy level was high and new accomplishments made this event special.



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The Light of Tai Chi is a trademark of Grandmaster Chen Zhenglei's Tai Chi school. A Light of Tai Chi Training Camp represents the highest quality of training rendered by the school and usually hosted and taught by Grandmaster Chen. The Light of Tai Chi training camps have been conducted in China for years. A Light of Tai Chi camp was first hosted outside of China last year in Las Vegas with two tracks of learning for beginners and advanced students. Grandmaster Chen is one of few 9th Duan (or the highest rank) Tai Chi masters certified by the Chinese Wushu Association and one of the Top Ten martial artists in China. He has traveled around the world for the past 30 years to teach authentic Chen Tai Chi. Seattle is one of the cities that he visits annually to teach. To honor the 20th anniversary of his disciple Master Yijiao Hong's Chinese Wushu & Tai Chi Academy, he accepted the invitation and held the Light of Tai Chi from May 27 to June 1 this year in Seattle. There were 100 Tai Chi enthusiasts from China, the United States, Canada, the United Kingdom, and Peru representing about 40 percent growth over last year's attendance.

Master Chen Bin, 7th Duan from China, was in charge of the beginners' training with the assistance of Master Xiao Ming Xu, 7th Duan from China. Ken from Missouri stated that Master Chen did an excellent job demonstrating and explaining every movement of Chen Style Lao Jia Yi Lu (or Old Frame Routine One). One person commented that the low-stance Kai Kua exercise to open and relax the hip joints led by Master Chen was grueling but good.

The advanced track was taught by Grandmaster Chen with the assistance of Master Wang Hai Jun, 7th Duan from Britain and Master Jack Yan, 7th Duan from Canada. The curriculum included Chen Style Xin Jia Yi Lu (or New Frame Routine One) and Push Hands. Xin Jia has explicit spiraling maneuvering and body folding/unfolding techniques. When executed correctly, the explosive energy is massive. Students were stunned by Grandmaster Chen's demonstration of *Fa Jing* (or quick releasing of the

energy). Unlike other styles, Chen Tai Chi has a comprehensive training manual for Push Hands. Having many students attended previous workshops with improved skill allowed Master Wang Hai Jun to demonstrate how Push Hands can be utilized in various combat situations. Jenya from Seattle was extremely fit with well-defined muscles. He agreed to work with Master Wang when selected and was thrown around like a rag doll.

Grandmaster Chen delivered a keynote speech of the body requirements of the Chen style to all students. Methodically, he divided a human body into three sections and expounded how each section should be handled during a Tai Chi routine. He exhibited the correct postures as well as common mistakes. Many students had heard a similar speech delivered by Grandmaster Chen before; nevertheless, it sounded refreshing and made people re-examine their own practice. There are roughly three stages of Tai Chi practice. Grandmaster Chen mentioned that we used the body movements to stimulate the internal energy at the first stage. He advised students not to think too much of how to use internal alchemy or martial art applications during this stage. Once they feel sensations on hands and fingers, they can focus on how to combine outside movement with internal qi circulation at the second stage and accomplish the small heavenly circulations. At the last stage of the practice, the internal energy will guide the outside motion and one will accomplish the large heavenly circulations.

Aside from the regular Tai Chi Chuan training, the Light of Tai Chi was authorized by the Chinese Wushu Association to host the first Duan Wei test in the States. 33 practitioners of all levels from the U.S., Canada, and Germany took the exam. There were teenagers as well as adults and one person was in his 70's. All tested for the Chen Duan Wei except two for the Yang Style. There were four 7th Duan judges plus Head Judge Wei Chen, 8th Duan from China. The Deputy Director of the Duan Wei System Grandmaster Chen Shun An, 9th Duan from China, and Grandmaster Chen Zhenglei were present to monitor the process and the entire testing was videotaped for scrutiny.

Another special of this year's event was a disciple acceptance ceremony. Canadian Ming Chu and Zhi Dong Sun, American Lian Wu, Larry Fung, Lorraine Noval, and Rusel DeMaria, and Chinese Frank Zhou were accepted by Grandmaster Chen as indoor disciples. The ceremony was formal. Sifu Lili Lu made a special trip to the market and purchased fresh fruit for the ceremony. Grandmaster Chen emphasized the importance of Wu De (martial ethics) to both current disciples attending the ceremony and new disciples.

The government of [the King County](#), where City of Seattle resides, declared June 1 the Grandmaster Chen Zhenglei Day to honor his contribution to the health of the County in the past 18 years.

A joint celebration of Chinese Wushu & Tai Chi Academy's 20th Anniversary and the Closing Ceremony of the Light of Tai Chi Camp was held in the evening of June 1 at University of Washington. This event was co-sponsored by the Confucius Institute of the State of Washington. Grandmaster Chen delivered a powerful keynote on the development and health benefits of Tai Chi Chuan. Masters Chen Bin, Yijiao

Hong, Viola Brumbaugh, Ning Wang, Byron Hartman, Hai Jun Wang, Jia Min Gao, XiaoMing Xu, along with a dozen or so practitioners performed a variety of Tai Chi forms. Grandmaster Chen performed a short barehanded form without music but kept the imagination and breath of everyone in the packed Kane Hall. At the end, the Lieutenant Governor Brad Owen, State Representative Sharon Santos, and State Senator Bob Hasegawa's daughter presented Grandmaster Chen with seven different plaques from all levels of the government in the State of Washington. As a journalist on Tai Chi and [Qigong](#), I was pleased to see Grandmaster Chen receiving recognition. It also reflected that the awareness of Tai Chi in the State of Washington.

To make training affordable, Grandmaster Chen reserved rooms at a couple of hostels for potential participants months ahead but students had the option to stay elsewhere. The average age of the attendees was in the early 50's and almost no one had prior experience staying in a hostel. However no one complained of sharing a room with two or three other Tai Chi brothers or sisters; they slept in bunk beds with a thin pad, used community bathrooms, and washed their own dirty dishes after breakfast. Actually they preferred this low-key lifestyle versus staying in a nice hotel. Aren from Canada said that his roommate 7th Duan Coach Zhong Chi Xie from China was generous in sharing the art and helped him with drills even late in the night. Everyone felt the camaraderie strengthened due to the accommodation.

Disclosure: I am an indoor disciple of Grandmaster Chen Zhenglei and attended the event.

SUGGESTED LINKS

- [Chen's Taichi For Health & Wellness by Grandmaster Chen Zhenglei](#)
- [Chen's Tai Chi Old Frame One and Two by Grandmaster Chen Zhenglei](#)
- [Congratulations Grandmaster Chen Zhenglei](#)
- [Grandmaster Chen Zhenglei brought Tai Chi to "Forbidden City"](#)
- [Grandmaster Chen Zhenglei: a new 9th Duan Tai Chi master](#)



Violet Li

Tai Chi Examiner