

Shifu Meehan on the Yang Style Taichi and Cheng Man-Ch'ing

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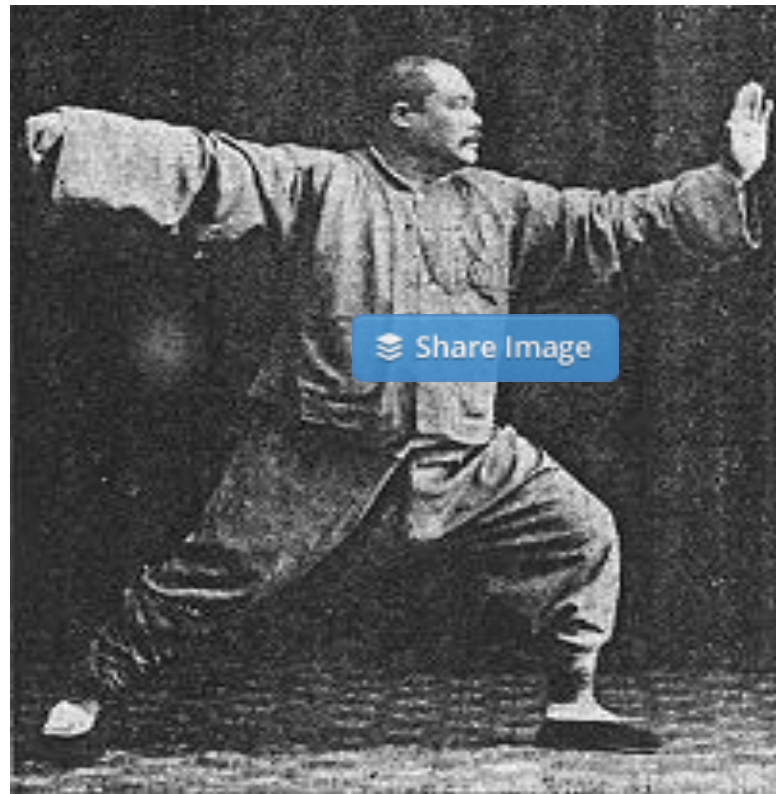
Shifu Justin Meehan of St. Louis, Missouri commented when I published my first article on [Cheng Man-Ch'ing \(CMC\)](#) Style of [Taichi](#) and thought it was a good article. He also attributed the early popularity of Taichi in the 1960's in the U.S. to the book "[T'ai Chi The Supreme Ultimate Exercise for Health, Sport, and Self-Defense](#)" authored by Cheng Man-Ch'ing and his disciple Robert W. Smith. This prompted me to do some more digging to further research Cheng Man-Ch'ing Taichi and to study Shifu Meehan's article *A Comparative Study Between Traditional Yang Style of Yang Chengfu and Cheng Manching Style*.

Shifu Meehan has been [learning martial arts](#) for virtually his entire life. He has cross-trained in many of the Chinese martial arts as well as Japanese [Karate](#), Korean [Tang Soo Do](#), and Afro-Brazilian [Capoeira](#). In the area of Taichi, he has studied all five Taichi styles ([Chen](#), [Yang](#), [Wu](#), [Sun](#), and [Wu Hao](#)) in addition to Cheng Man-Ch'ing and Chen Style Hun Yuan Taichi. He has studied directly with many grandmasters. He has deep appreciation of the essence of Taichi and fundamentals of all major Taichi styles.



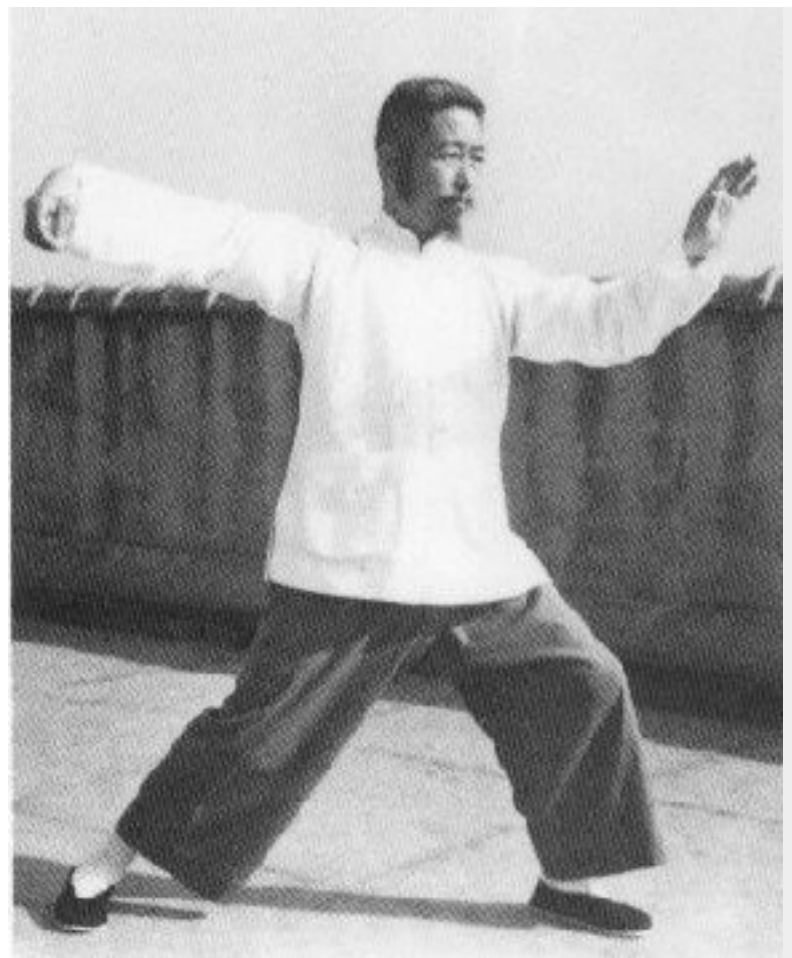
Master Meehan teaches Six Sealing & Four Closing

From 1967 to 1976, he studied with [William CC Chen](#), a most famous and well-respected CMC disciple in the U.S. Master Justin attended six workshops given by [Grandmaster Yang Zhengduo](#) and [Master Yang Jun](#).



Grandmaster Yang Chengfu's Single Whip

One photo taken during a Push-Hands workshop with Grandmaster Yang Zhengduo was included as a centerfold in a book authored by Grandmaster Yang. With his insightful knowledge on both CMC Taichi and the Yang Style Taichi, Master's Meehan's article A Comparative Study Between Traditional Yang Style of Yang Chengfu and Cheng Manching Style is invaluable.



Grandmater Cheng Man-Ch'ing's Single Whip (scanned from *Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan*)

Cheng Man-Ch'ing Taichi originated from the Yang Style Taichi and there are both similarities and differences between the contemporary Yang Style Taichi and CMC Taichi. Shifu Justin categorizes them into ten different areas: Standardization, Sung (Relaxing), Stances, Arms, Footwork, Peng (wardoff), Postures, Spirit, Chi, Breath, and Frame (Big/Small). He clearly explains the similarities and differences between the two styles. He also uses photos to illustrate the differences. In conclusion, Master Justin considers the Yang and Cheng styles are indeed different but both deserve equal respect. Use the link [here](#) to read the article. .

For more info: [Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan](#), by Chen Man Ch'ing, translated by Benjamin Pan Jeng Lo and Martin Inn



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