

# Taichi and Knee Protection

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Master Chen works with Zack on the alignment

Zack is a 30-year old software engineer living in Kansas City, MO. He used to hate exercising because he considered it boring until he discovered [Taichi](#).

Zack has been practicing Taichi for seven years. He has been studying [Chen Style Taichi](#). [Chen Style Taichi](#) is the oldest form of the modern Taichi and many Taichi styles (e.g. the [Yang Style](#) and [Wu Style](#)) are derived from it. Chen Style Taichi has many martial art features and combat techniques as well as self-defense applications. To him, the Chen Style Taichi also has an aesthetic appeal and is fun to study and practice.

Taichi has been known for its overall [fitness](#) and health benefits. For Zack, there is a special benefit which he is grateful for. During his younger years, Zack had two knee surgeries on his left leg. According to him, Taichi practice allows him to regain the flexibility of his leg as well as to restore the

strength to the muscles. He also believes that Taichi helps to maintain his health by improving his immune system and keeping his weight down. He proudly stated that he has only fallen ill once since he started to study Taichi.

Currently, Zack is [learning](#) Taichi from Master Chen Huixian. Even though he has been studying Chen Style Taichi for a few years, he is amazed at how knowledgeable she is and how freely she shares her knowledge with the students. Master Chen is very keen to Taichi fundamentals. She emphasizes the importance of [Silk Reeling](#) (Chansijing) and [Post Standing](#) (Zan Zhuang). Master Huixian also focuses on knee protection during the classes.

Master Chen is constantly watching whether the students have proper form. She monitors the knee position and the body alignment. She cautions them that the knee should not be past the foot when bent. She also makes sure that the knee and the foot point in the same direction for proper alignment. Master Chen emphasizes that Taichi can improve and strengthen our legs and knees with correct instruction and proper practice.



Master Chen Huixian demonstrates Taichi sword with proper knee position

**For more info:** Master Chen Huixian is invited by [Bally's](#) to to host two workshops in St. Louis area on Jan 30 and 31, 2010. If you are interested to know knee protection and improvement, you can email



**Violet Li**

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