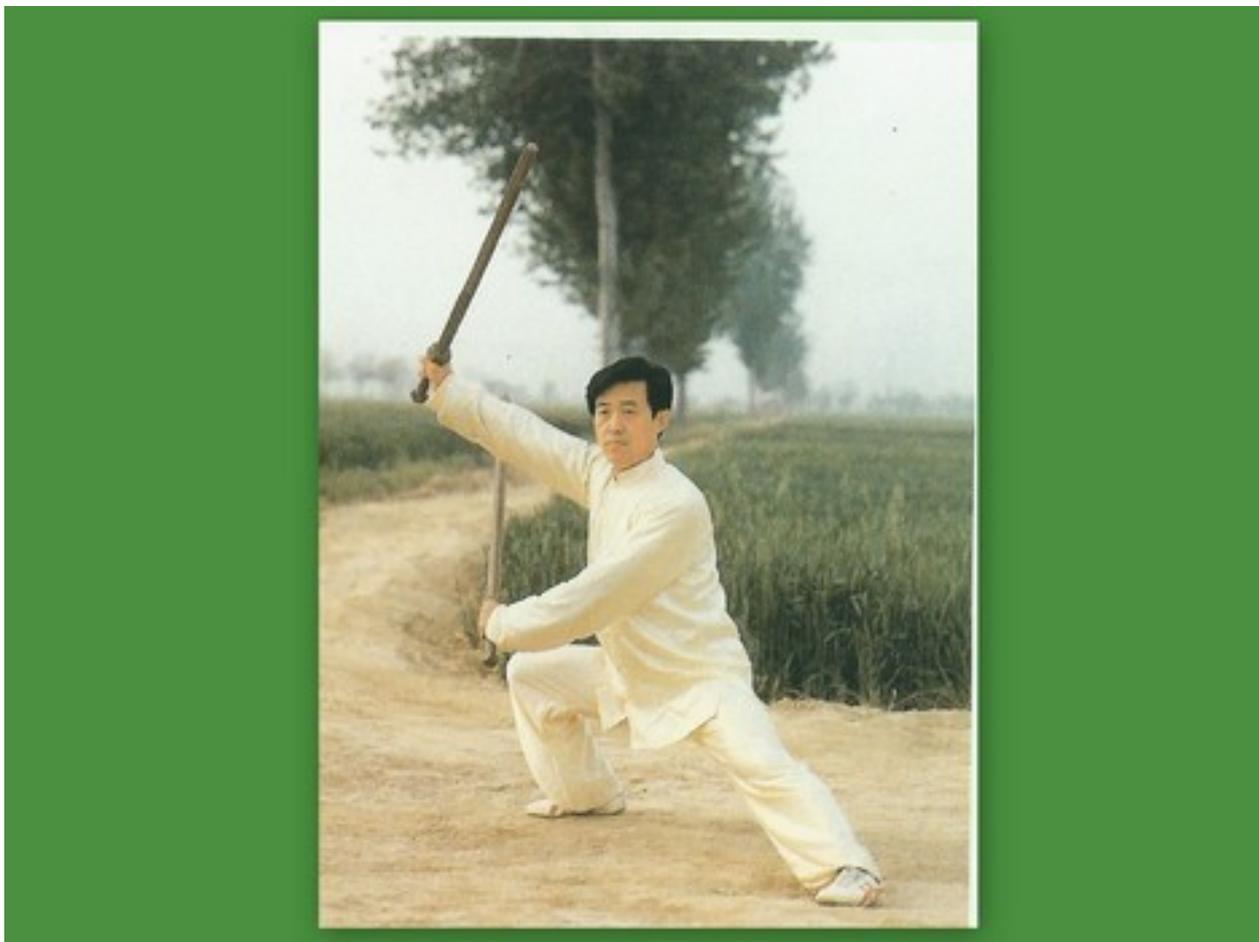


## Want to learn a secret Tai Chi weapon?

May 10, 2012

5:53 PM MST

The [Tai Chi](#) Double Mace is a weapon form that is little known to most practitioners. According to *Chen Style Tai Chi Quan & Weapon* (in Chinese) authored by [Grandmaster Chen Zhenglei](#), the double mace has a long history, having been used in battlefields two thousand years ago. It is about 27 to 35 inches long, depending on a practitioner's height. Traditionally, it is made with bronze and heavily weighted. It can cause severe damage to the wrists if not balanced well. Nowadays, maces are made of wood or hollow inside.



[www.czl.cn](http://www.czl.cn)

Chen Style Tai Chi adopted the weapon and developed a routine requiring whole body coordination in which the inner strength (*Jin*) works smoothly with the hands, eyes, body, and footwork. The Double Mace exhibits the toughness and vigor of Tai Chi. Practicing it for a long time will increase muscle mass especially on arms and shoulders. Double Mace is a short routine with 18 movements. Some movements of the Tai Chi Double Mace routine are similar to the double straight sword or double broadsword. Experience in double sword or double broadsword will help, but it is easy for beginners to

learn. Of course, it will require practitioners with high-level Tai Chi skills to master the form.

To preserve this art, [Leung Martial Arts](#) of Eugene, Oregon, made a special request to Grandmaster Chen Zhenglei to host a workshop on Double Mace on Sunday June 10th for people to learn this almost-extinct routine.

Additionally, Grandmaster Chen will also teach the following workshops there.

- Friday June 8: Chen New Frame Routine Two, Part 1 and Part 2
- Saturday June 9: Push Hands Part 1 and Part 2
- Sunday June 10: Single Broadsword in the morning and Double Mace in the afternoon.

Poh Kheng Loi of [Leung Martial Arts](#) said that the New Frame Routine Two workshop is open to participants new to the form as well as experienced ones. The participants will be separated by experience. This allows participants to learn at their own pace. There will be several instructors onsite to help participants new to the form.

For more info and registration, email [taichi\\_eugene@yahoo.com](mailto:taichi_eugene@yahoo.com), call 541-579-5672, or visit <http://leungmartialarts.com/contact/>

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## **SUGGESTED LINKS**

- **Grandmaster Chen Zhenglei brought Tai Chi to “Forbidden City”**
- **Chen’s Taichi For Health & Wellness by Grandmaster Chen Zhenglei**
- **Chen’s Tai Chi Old Frame One and Two by Grandmaster Chen Zhenglei**
- **Grandmaster Chen Zhenglei donated Tai Chi books and DVDs to Pacific Asia Museum**
- **Congratulations Grandmaster Chen Zhenglei**

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**Violet Li**

Tai Chi Examiner



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