

Want to learn the original Tai Chi form?

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Master Tseng Yun Xiang
WuDangTao

It is controversial who the real creator of [Tai Chi](#) (or Taiji) was. For most people who practice modern Tai Chi styles, e.g. Chen, Yang, Wu, Sun it is Chen Style 's originator General [Chen Wangting](#), while some attribute Daoist Monk [Zhang San Feng](#) for creating the art. Legend has it that Zhang lived in the Wudang mountains. Wudang is the mecca of Taoist religion and birthplace of Wudang Kung Fu. Among the rich Wudang Kung Fu regimens, there is a short routine with 13 movements, which is considered the first form and the original Tai Chi form by Taoists and some martial artists. It is titled San Feng 13 Postures. You can learn this prized form from Taoist Monk and Master [Yun Xiang Tseng](#) (aka Master Chen) in St. Louis, Missouri on March 9.

[Sifu Tim Bruewer](#) of St. Louis recently announced that Master Chen would return to St. Louis March 8 - 10 for workshops. Aside from teaching San Feng 13 Postures, Master Chen will also give a lecture on how to apply [Lao Zi's Dao De Jing](#) to modern life and a workshop on Wudang Bone Stretching

Qigong.

According to Tim, Wudang Tai Chi 13 Form combines ancient Qigong, [martial arts](#), Dao Yin (guiding Qi movement) and internal alchemy practices. It is one of the forms that has only been practiced by Taoist priests in the temple for more than six hundred years. This will be the first time that Master Chen teaches it in the Midwest. Sifu Bruewer will offer follow-up practice sessions after the workshop to ensure all students can learn the details and memorize the form so they can practice by themselves.

Wudang Bone Stretching Qigong can strengthen joints, bones and ligaments. There are a set of exercises that support the healing of our key organs, nervous system and energy pathways.

For more info about these workshops and registration, you can check www.wudangtao.com or contact Tim Bruewer at 314-740-8807 or wudangspirit@yahoo.com.

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Violet Li

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