



謝瑋精氣功中心陳家太極拳學習課程

Tse Qigong Centre's Chen Taiji Quan Syllabus

Chen Taiji Quan 陳家太極拳 is a complex martial art. There are many forms, some that have been lost and others which have been recently created. In order to study well, we need a syllabus to help us move forward from our first step all the way up to the top level.

There is actually no limit to the skill; there are only those who are better than us. Usually, even the person who is better will still feel they are not good enough. This is the right attitude. Anyone who thinks they are the best is actually on the wrong track and is like a frog at the bottom of a well looking up at the sky 坐井觀天. From their position in the well, they only see a small part of the sky thinking that is everything. However, they do not realise that the sky is really infinite.

In Chen Taijiquan there are bare hands forms, Tui Shou 推手 (partner training for sensitivity), weapons and philosophy. Just knowing some forms does not mean we know Taijiquan well. We must also be able to use it for self defence and live the Taiji principle. If we can do this, then our skill can develop and really be infinite. In the Tse Qigong Centre we have a syllabus for Chen Taijiquan students to follow. I found that this sequence of this learning can help students develop their Taijiquan skill naturally and to the best benefit for both health, philosophy and martial training. I hope all of you can follow the syllabus to develop a high level and have good heart.

1. 熱身運動一與二 Tse Qigong Centre Warm Up Level I & II
2. 十九勢 19 Movement
3. 五種推手 5 ways Tui Sau
3. 二十五勢 25 Movement (五十二勢 52 Movement)
4. 三十八勢 38 Movement
5. 老架刀 Laojia Broadsword
6. 劍 Straight Sword
7. 新架刀 Xinjia Broadsword
8. 老架一路 Laojia First Form
9. 老架砲捶 Laojia Pao Chui
10. 新架劍 Xinjia Sword
11. 雙人對槍 Two Person Spear Training
12. 梨花槍夾白猿棍 Plum Blossom Spear and White Monkey Staff
13. 新架一路 Xinjia First Form
14. 新架砲捶 Xinjia Pao Chui
15. 太極雙扇 Taiji Double Fans
14. 春秋大刀 Spring and Autumn Big Broadsword (Da Dao/Guan Dao)
16. 雙刀 Double Broadsword
17. 雙劍 Double Sword
18. 大千 Long Pole
19. 十三千 Thirteen Skill Pole
20. 雙鐮 Double Short Stick
21. 太極球 Taiji Ball

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Tse Qigong Centre
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