

Taiji Series

Taiji Quan originated from Chengjiagou, Wen county of Henan in China. It is a traditional fist, both gentle and forceful, used for protective attacking, body-building and preventive & curing illness. Taiji Quan enjoys a long history, with various schools, such as Chen-style, Yang-style, Sun-style, Wu-style, Wu-style, Wudan-style, Zhaobao-style etc. It is widely known and popular.

Its characteristics are: leisure, nimbleness, gentleness, orderly beginning and ending, combination between gentleness and force, alternation between tangibility and intangibility, systematic action. You can move the force by will and spread it to the whole body. An easy control can make you enhance your life span and protect yourself.

太极拳起源于中国河南温县陈家沟,其动作刚柔相济,是一种既可技击防身,又能增强体质、防治疾病的传统拳术。太极拳历史悠久,流派众多,有陈式、杨式、孙式、吴式、武式以及武当、赵堡等多种流派,且传播广泛,深受人们的喜爱。

其特点是:中正安舒、轻灵圆活、松柔慢匀、开合有序、刚柔相济、顺逆缠绕、忽隐忽现、虚实相间、绵绵不断,周身一家,一动无有不动,一静无有不静。显时气势充沛,隐时烟消云散,以意带力,到点融化于全身,做到劲断意不断,然后再轻轻启动,挥洒自如。一意一念,一举一动,随心所欲,都在自我控制之中,以达到养生防身的效果。



Chen-style Taiji 陈氏太极



Chen-style Taiji Quan Old Frame I
Lecturer: Chen Zhenglei
(Length: 180minutes, Subtitles: English, Simple Chinese, Traditional Chinese)

CODE NO. DW006
6937475312793

Chen-style Taiji Quan Old Frame I emphasizes softness with hardness hiding in. While practicing, you carry yourself with poise and confidence, keeping your footsteps light and steady, with your body upright and natural and your vital energy flowing all over. The main movements include ward off, deflect, push and press with trample, jackknife, elbow and lean as subsidiary. You should move smoothly and apply your force explosively.

Exercise Requirements: let your body lead your hands and rotate in circle with your waist as axis. Make every movement, feint or real to the full. Throughout the play, you

陈氏太极拳老架一路

主讲:陈正雷

(片长:180分钟 字幕:英语/简体中文)

陈氏太极拳老架一路以柔为主,柔中有刚,架式舒展大方,步法轻盈稳健,身法中正自然,内劲统领全身,以棚、捋、挤、按为主,采、肘、靠为辅,运动如行云流水,绵绵不断,发劲时松活弹抖,完整一气。

练习时要求:以身领手,以腰为轴,缠绕圆转,虚实分明,以缠丝劲为核心,外表走弧形,内劲走螺旋。整套拳没有平面,没有直线,没有断续处,没有凹凸处,没有抽扯之形,没有提拔之意,浑然一圆,方为合格。



Lecturer: Chen Zhenglei
(Length: 83minutes, Subtitles: English, Simple Chinese, Traditional Chinese)

CODE NO. DW007
6937475312809

Chen-style Taiji Quan Old Frame II is also called Cannon Boxing, stresses hardness with softness dwelling in. While practicing, you should complete with force and in quick succession such movements as stamping, applying your force, dodging away or jumping up. Your play should be full of noble aspiration and power.

Exercise Requirement: let your hand lead your body, keeping your footsteps flexible and steady. Carry yourself with confidence. Take trample, split, elbow and push as the main movements with ward off, deflect, shove and press as subsidiary. You should play quickly, hard and fiercely.

陈氏太极拳老架二路

主讲:陈正雷

(片长:83分钟 字幕:英语/简体中文)

陈氏太极拳老架二路亦称炮捶。二路拳以刚为内刚中寓柔,震脚发力闪展腾挪,窜蹦跳跃,松活弹抖,完整一气,有怪僻出洞,猛虎下山之气势;有蛟龙出海,雄狮抖毛之神威。练习二路拳时要求:手领、身随、步法活,根稳、劲整、精神足,以采、肘、靠为主,棚、捋、挤、按为辅真正体现二路拳快、刚猛的特色。



Lecturer: Chen Zhenglei
(Length: 84minutes, Subtitles: English, Simple Chinese, Traditional Chinese)

CODE NO. DW008
6937475312816

The single sword is one of the short weapons of Taiji Quan. It has 49 forms, which are reasonable in arrangement and compact in cohesion. Techniques mainly include stab, chop, upper cut, parry, point, slice, upper block, sweep, cross cut, thrust and push. The player should move his body smoothly, steadily and quickly, applying his force hard or soft, closely following his opponent, dodging or tossing as the case may be. Chen-style Taiji Swordplay can be characterized as continuous and round movement of the sword with the whole body, quick change of attack and withdrawal, hard or soft application of forces.

Exercise requirements: the player should move smoothly and roundly as cloud flying and water flowing, and apply his force suddenly as a lion shaking his hair.

陈氏太极单剑

主讲:陈正雷

(片长:84分钟 字幕:英语/简体中文)

陈氏太极单剑是太极拳路中短器械的一种,共有四十九式。套路布局合理,衔接紧凑,剑法清晰,以刺、劈、撩、挂、点、抹、托、架、扫、截、扎、推、化等剑法,并结合陈氏太极拳舒展大方的身法,灵活稳健的步伐,以及忽刚忽柔,忽隐忽现,沾粘连随,随开随空的变化,真正体现出陈氏太极剑以身运剑,连绵不断,缠绕回旋,蓄发相变,刚柔相济,快慢相间的特性和沾粘不散,无孔不入,虚晃诱敌,变化莫测,屈伸往来,刚劲有力的技击技法。练习时要求:运动如行云流水,连绵不断,浑厚圆转,发劲如金狮抖毛,瞬息万变。



Lecturer: Chen Zhenglei
(Length: 86minutes, Subtitles: English, Simple Chinese, Traditional Chinese)

CODE NO. DW009
6937475312823

Chen-style Taiji Quan's Hand-push exercise is to develop the sensitivity of your skin and your responsiveness so that you outdo your opponent. It is a good way to develop advanced combat techniques of taking advantage of your opponent's force. This exercise is conducted in the way that two exercisers put their hands against each other, twining and twisting according to Taiji's principle of attaching, sticking, following-up, relaxing, agility and rebounding. The movements of grasp, hold, wrestle, kick, crack, stroke, squeeze, press, pick, elbow and strike should also be wisely used.

陈氏太极推手

主讲:陈正雷

(片长:86分钟 字幕:英语/简体中文)

陈氏太极推手,就是两人搭手,互相缠绕,根据太极拳沾粘连随,松活弹抖,不丢不顶,圆转自如,避实就虚,掣巧不恃力原则,将抓、拿、捋、采、打等基本方法融为一体,运用棚、捋、挤、按、采、肘、靠等方法推动劲别,以练习全身皮肤触觉和体内感觉的灵敏性,以达别人不知我,我独知人,意在人先,一种以柔势借力,克敌制胜为目的练习高超技击技能的方法。



Lecturer: Chen Zhenglei
(Length: 57minutes, Subtitles: English, Simple Chinese, Traditional Chinese)

CODE NO. DW010
6937475312830

For several hundred years, Chen-style Taiji Quan is deeply loved by many people due to its good function of health preservation. The Internal Exercises handed down from Chen's ancestors are placed great attention by Taiji masters of one generation after another. It is of key importance in Taiji Quan. These exercises help the player take in Qi to cultivate his vitality in the body and reserve it at Dantian, and then change it into spirit, that is, from Taiji to Wuji(Void), achieving simplification and reality.

These exercises are simple to learn and greatly effective on chronic diseases such as neuroathenic, high blood pressure, heart disease, dyspepsia, arthritis.

陈氏太极养生功

主讲:陈正雷

(片长:57分钟 字幕:英语/简体中文)

数百年来,陈氏太极拳以其健身的作用,深受人们喜爱,而作为陈氏祖传的太极内功(气功)的养生方法,一直为历代太极先师所重视,为太极拳术中的重心所在。该功法旨在要求练习者采气培元,守丹起功,由体内精气化神还虚,以求能返朴归真,由太极而归于无极,所谓天人合一,阴阳合德,天地人与大自然混为一体,即为太极内功(气功)修练的最终目标。

本功简便易学,尤对神经衰弱、高血压、心脏病、消化不良、关节炎等慢性病疗效甚佳,为强身健体,祛病延年的好功法。



Lecturer: Chen Zhenglei
(Length: 48minutes, Subtitles: English, Simple Chinese, Traditional Chinese)

CODE NO. DW010
6937475312830

From the Appreciation, you'll have a good understanding of Chen Zheng Lei's good grounding in martial arts and enjoy his changeable boxing techniques.
 Part I: Old Frame Routine I of Chen-style Taiji Quan
 Part II: Old Frame Routine II of Chen-style Taiji Quan
 Part III: Single Swordplay of Chen-style Taiji Quan
 Part IV: Single Broadsword-play of Chen-style Taiji Quan
 Part V: 18 Key Forms of Chen-style Taiji Quan
 Part VI: Five Methods of Chen-style Taiji Hand-push

陈氏太极拳械套路欣赏

主讲:陈正雷

(片长:48分钟 字幕:英语/简体中文)

陈正雷老师向您全面展示各路太极拳与太极器械。您可从领略他深厚的武术功底与变化莫测的拳术魅力。
 第一部分:陈氏太极拳老架一路
 第二部分:陈氏太极拳老架二路
 第三部分:陈氏太极单剑
 第四部分:陈氏太极单刀
 第五部分:陈氏太极拳精要十八式
 第六部分:陈氏太极推手五种方法

Yang-style Taiji 杨氏太极



Lecturer:Yang Zhengduo
(Length:56minutes, Subtitles:English,SimpleChinese,TraditionalChinese)
Part 1:Practicing Methods(5)
Part 2:Appreciation and Explanation(5)
Part 3:Appreciation and the Traditional Routine(46)

CODE NO.DW011
6937475312847

杨氏太极刀
主讲:杨振铎
(片长:56分钟 字幕:英语(中)简(中)繁)

- 一 练习方法与要领(5')
- 二 示范与讲解(46')
- 三 传统套路演示(5')



Lecturer:Zhengduo
(Length:355minutes, Subtitles:English,SimpleChinese,TraditionalChinese)
Part 1:Characteristics of the style and its Practicing Methods(60')
Part 2:Appreciation and Explanation Movement by Movement(169')
Part 3:Appreciation of the Routine with 103 Movements(28')
Part 4:Appreciation of the Routine with 49 Movements(16')

CODE NO.DW012-1
CODE NO.DW012-2
CODE NO.DW012-3
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6937475312861
6937475312878

杨氏太极拳(上、中、下)
主讲:杨振铎
(片长:355分钟 字幕:英语(中)简(中)繁)

- 一、风格特点与练习方法(60')
- 二、分解示范与讲解(169')
- 三、一百零三式套路演示(28')
- 四、四十九式表演套路(16')

Chen-style Taiji 陈氏太极



Lecturer:Chen Zhenglei
(Length:172minutes, Subtitles:English,SimpleChinese,TraditionalChinese)
Chen-style Taiji Quan New Frame, which belongs to the series of Chen Changxing's traditional old Frame series, is created by the 17th Master named Chen Fake. This style is characterized as extensive, low and stable movements. The feet move in agile steadiness with the body going straight and natural. Keep the internal energy filling the entire body. It takes ward off, deflect, shove and press as its main movements and trample, split, elbow and push as its auxiliary movements. The player mainly uses soft force to overcome the opponent's attack. Taking waist as the axis, he simultaneously turns his wrists and shoulders, ankles and knees with his chest and waist upright.

CODE NO.DW013
6937475312885

陈氏太极拳新架一路
主讲:陈正雷
(片长:172分钟 字幕:英语(中)简(中)繁)

陈氏太极拳新架属陈长兴传统老架系列,由十七世祖陈发科大师所创。其特点是架式宽大,低沉稳重。拳架以“前挤后按”四正手的运用为主,以“采捌射靠”四隔手的运用为辅,以柔化劲为主,发劲为辅,柔中寓刚,力求柔顺。外形以缠旋拧转为主,疾刚跳跃为辅。运动方法要求以身领手,突出螺旋缠丝劲的练习,以腰为轴,旋腕转膝,旋腰转胯,旋腿转膝,胸腰折叠,形成一系列的空间曲线运动。



Lecturer:Chen Zhenglei
(Length:103minutes, Subtitles:English,SimpleChinese,TraditionalChinese)
Chen-style Taiji Quan New Frame Routine II is also called Cannon Hammer. It is in contrast to Routine I. It takes pick, separate, elbow and stick as its main movements and crack, stroke, squeeze and press as its auxiliary movements with hardness dwelling in softness. The whole play is forceful and explosive. You stomp your feet to apply force and you dodge and turn, rush and jump quickly and naturally. The player is like a fierce tiger jumping down from a hill; a dragon jumping out from the sea and a powerful lion shaking its hair.
Exercise requirements: the body leading the hands, agile footwork, stable position, harmonious force, high-spirited, inflexible and fierce attack.

CODE NO.DW014
6937475312892

陈氏太极拳新架二路
主讲:陈正雷
(片长:103分钟 字幕:英语(中)简(中)繁)

陈氏太极拳新架二路亦称炮锤。套路中以“采捌射靠”四隔手的运用为主,“棚捋挤按”四正手的运用为辅。刚中寓柔,力求坚韧。震脚发力,闪战腾挪,窜蹦跳跃,松活弹抖,着重于弹性的练习。外形上显示疾刚跳跃为主,缠柔沉稳为辅的特点。运动方法要求以手领脚,配合灵活的步法,以刚为主,刚柔相济,以内劲为统驭,内不动,外不发,一动全动,节节贯串,完整一气。



Lecturer:Chen Zhenglei
(Length:39minutes, Subtitles:English,SimpleChinese,TraditionalChinese)
Chen-style Taiji Single Broadsword is one of the short weapons. The original routine has 13 movements and so it is also called the 13-form Broadsword. This routine is short and its every movement is practical and powerful. Main movements include roll, close, thrust, block, chop, cut, intercept, twine, slice, parry and raise in straight arms, truly showing Chen-style Taiji Quan's special characteristics of hardness and softness in harmony, fastness and slowness in interval and looseness and agility in movements. The broadsword is played as powerful as a tiger jumping down a hill, with the advantage of long and short weapons.

CODE NO.DW015
6937475312908

陈氏太极单刀
主讲:陈正雷
(片长:39分钟 字幕:英语(中)简(中)繁)

陈氏太极单刀是太极套路中短器械的一种,原套路只有13个动作,故亦称十三刀。陈氏太极单刀套路短小精悍,势勇用法逼真。它的滚、闭、扎、拦、劈、砍、撩、截、缠、抖、架、抹、挑等13种刀法,真正体现了陈氏太极拳的刚柔相济,快慢相间,窜蹦跳跃,松活弹抖,沾粘连随,缠绕落空的特点,确有刀如猛虎,力劈华山之势,并兼有短兵长用之法。



Lecturer:Chen Zhenglei
(Length:50minutes, Subtitles:English,SimpleChinese,TraditionalChinese)
There are 35 movements in this routine, which is reasonably and cohesively arranged. Its main movements include hack, chop, parry, thrust, intercept, press, push, slice, block and swing in figure-8 form. With smooth and round body movements and agile and stable footwork, the two broadswords are wonderfully played, fully embodying Chen-style Taiji Quan's features of hardness and softness in harmony, fastness and slowness in interval and looseness, activeness and explosiveness in force application.
Exercise requirements: the broadswords should cooperate well with the steps, as the saying goes that "Looking at your hands when using single broadsword and watch your steps when using double broadsword", which emphasizes the importance of your footwork when practicing two broadswords.

CODE NO.DW015
6937475312908

陈氏太极双刀
主讲:陈正雷
(片长:50分钟 字幕:英语(中)简(中)繁)

双刀套路共三十五式,布局合理,衔接紧凑,刀法清晰,用法逼真。它以劈、砍、撩、挂、扎、截、拦、压、推、挑、横、架及舞花等刀法,结合陈氏太极拳舒展大方的身法,灵活稳健的步法,将陈氏太极拳刚柔相济,快慢相间,松活弹抖的特点,表现得淋漓尽致。双刀套路练习,要求身法协调一致,刀与步法密切配合,故有“单刀看手,双刀看走”之说,这就强调了练习双刀时步法的重要性。



Lecturer:Chen Zhenglei
(Length:49minutes, Subtitles:English,SimpleChinese,TraditionalChinese)
Based on the routine of the double broadswords, this routine of Chen-style Taiji Double Swords is created with the body position and the techniques of the single sword of Chen-style Taiji Quan. There are 39 movements in this routine. The swords are played smoothly and continuously as water running or cloud flying. When rushing round, the player is like a butterfly dancing and when crouching like a tiger ready to pounce. He turns round like a python or a black bear, quickly and powerfully. The whole play shows Taiji Quan's double features of hardness and toughness with softness and looseness dwelling in.

CODE NO.DW016
6937475312915

陈氏太极双剑
主讲:陈正雷
(片长:49分钟 字幕:英语(中)简(中)繁)

陈氏太极双剑是陈氏太极器械中双器械中的一种,以原有的双刀套路为基础,结合太极拳的身法和太极剑的用法创编而成。陈氏太极双剑套路共39式,布局合理,结构严谨,剑法清晰,用法逼真;练起来动作流畅,舒展大方,连绵不断;剑到行云流水,蛟龙出海;行走时,如蝴蝶翩翩飞舞;正蹬时,有盘龙卧虎的雄威之势;转身劈剑如雄鹰翻腾,燕燕翻青,力大无穷;表现出太极拳的温纯雄烈,缠绵弹抖的特色。



Lecturer:Chen Zhenglei
(Length:42minutes, Subtitles:English,SimpleChinese,TraditionalChinese)
Chen-style Taiji 13-form Cudgel is also called 13form Big Spear. It belongs to the middle-long weapons. The length of the stick is over 3 meters. The routine consists of thirteen movements and so it is called "13-form Cudgel".
This routine is short and the movements are carefully selected. The movements are practical and powerful. They are stick, twine, sweep, block, ward off, parry, press, chop, and so on. The exerciser must have a good command of basic boxing skills. Exercise requirements: keep your crotch round and steps steady and turn your waist quickly and twine your opponent's arms forcefully.

CODE NO.DW016
6937475312915

陈氏太极十三杆
主讲:陈正雷
(片长:42分钟 字幕:英语(中)简(中)繁)

陈氏太极拳新架属陈长兴传统老架系列,由十七世祖陈发科大师所创。其特点是架式宽大,低沉稳重。拳架以“前挤后按”四正手的运用为主,以“采捌射靠”四隔手的运用为辅,以柔化劲为主,发劲为辅,柔中寓刚,力求柔顺。外形以缠旋拧转为主,疾刚跳跃为辅。运动方法要求以身领手,突出螺旋缠丝劲的练习,以腰为轴,旋腕转膝,旋腰转胯,旋腿转膝,胸腰折叠,形成一系列的空间曲线运动。



Lecturer:Chen Zhenglei
(Length:70minutes, Subtitles:English,SimpleChinese,TraditionalChinese)
Chen-style Spring and Autumn Falchion is also called Lower Moon Falchion, which is one of the middle-long weapons of Chen-style Taiji weapons. The name of the routine consists of thirty chants. The movements are reasonably arranged. They are chop, cut, poke, parry, thrust, intercept, press, push, slice, block and swing in figure-8 form, which are conducted very clearly. When practicing, you must have a sound command of boxing skills, especially you should have a strong and powerful waist, legs and arms.

CODE NO.DW017
6937475312922

陈氏春秋大刀
主讲:陈正雷
(片长:70分钟 字幕:英语(中)简(中)繁)

陈氏春秋大刀,亦名“青龙偃月刀”,是陈氏太极器械套路中长兵器的一种。其套路名称由三十句歌诀组成。套路布局合理,上下呼应,左右逢源。它的劈、砍、撩、挂、斩、抹、截、拦、挑、刺、推、架等以及舞花等刀法,交待得清清楚楚,干净利落。在练习大刀时,必须有扎实的拳术基础,尤其对腿腰劲及臂力的要求更为重要。



Lecturer:Chen Zhenglei
(Length:60minutes, Subtitles:English,SimpleChinese,TraditionalChinese)
Chen-style Taiji Spear is also called "Pear-spear plus White Ape cudgel", which is one of the long weapons. It combines the characteristics of the spear and the cudgel. In real combat it has the effect of the spear's thrusting in a line and the cudgel's sweeping on a plain. With the use of Taiji Quan's twining and sticking it is called "Chen-style Taiji Spear".
The routine of this spear is well knitted and cohesive with special features. Main movements are thrust, block, hold, parry, chop, sweep, twist and press. The play really embodies the magic and unimaginable power of "Pear-spear plus white Ape cudgel".

CODE NO.DW018
6937475312939

陈氏太极枪
主讲:陈正雷
(片长:60分钟 字幕:英语(中)简(中)繁)

陈氏太极枪,亦名“梨花枪夹白猿棍”,是陈氏太极器械套路中长兵器的一种,它以枪枪、棍之特点,在实战应用中,既有枪扎一条线,又有棍打一大片的攻击效用,结合陈氏太极拳中缠旋法粘法,故称“陈氏太极枪”。此枪套路严密紧凑,风格独特,它以扎、拦、挑、撇、崩、点、挑、劈、摆、架、绞、缠、刺等以及多种舞花组成独特用法,真正体现出梨花枪夹白猿棍在演练和使用中的无穷变幻,它动如雷霆,势如蛟龙,节奏明快,气势磅礴。



Lecturer:Chen Zhenglei
(Length:68 minutes, Subtitles:English,SimpleChinese,TraditionalChinese)
This program collects Chen-style Taiji Quan New Frame Routine I,Routine II and the routine of Spring-autumn Falchion. Their demonstration fully shows the features of the routines and their correct movements.Practicing them for a long time will help you mould your character,improve your health and strengthen your physique.

CODE NO.DW018
6937475312939

陈氏太极拳械套路欣赏
主讲:陈正雷
(片长:68分钟 字幕:英语(中)简(中)繁)

陈氏太极拳·械套路欣赏汇集了新架一路、二路、春秋大刀等套路,充分展示了陈氏太极拳、械所特有的风采,较全面地演绎了每个套路的风格、特点和正确的、规范的动作。长期练习,有助于修身养性、强健体魄,从中可领悟出陈氏太极拳独特的技术应用之奥秘。

Practical Taiji Quan Combat Techniques 太极拳实用技击



The Correct application of Basic Push and Parry Techniques
Lecturer: Wu Shijun
(Length:94minutes, Subtitles:English,Chinese)

CODE NO.DW084-1
6937475314513

This disc begins with how to join hands, including single push at fixed stance, double push, single push at active stance, explaining in detail that the purpose of Push Hand in Taiji Quan is to move in curve and punch directly. Keep the opponent at arm's length and push him down unexpectedly. Meanwhile it emphasizes the 8 principles of stake exercise and how to take a favorable position. One must know when to induce and when to attack and the advantage of turning the waist.

基本推化手法正确运用
主讲:武世俊
(片长:94分钟 字幕:英语(中)简(中)繁)

在“推化手法运用”中,从基本推手法讲起,包括步单手推,双手推,活步单手推,仔细阐明真正太极拳的推手是以“化直发”为准则,在“不即不离”的迂回引化转折中“夺位放人”,同时强调推手起功的“八要”和“步法周旋的原则”,“一步之争”的道理,注意推手时要分清“腰位”,搞清楚在什么情况下怎么引化,如何出招,以及“腰身化”的巧妙之处,并且例举出不为人知的“活步单手推”,“梅花步四隅推”的训练套路。



Lecturer: Wu Shijun
(Length:94minutes, Subtitles:English,Chinese)

This program consists of Basic Induce, Technical Induce, Capture and Counter-capture. The first two parts tells how to turn the wrists, elbows and shoulders and how to defend in different situations, revealing the advanced use of Push Hand of Taiji Quan. The techniques include induce, fold, borrow force and parry. In the last part, many examples are used to illustrate the cautions and solutions in combat and the essentials and common characteristics of capture and counter-capture are also explained.

CODE NO.DW084-2
6937475314520

技巧化发与擒拿

主讲:武世俊
(片长:94分钟 字幕:英语/中文)
内容有“基本引化”、“技巧引化”、“擒拿与反擒拿”三个组成部分。前面两部分首先强调调顺、肘、肩等部位转化的发技技巧和不同情况下的御防手法及其重要性。展现了太极推手中的高层次攻防技术的妙用。包括“牵引化发”、“提抽化发”、“折叠化发”、“借劲发功”与“御劲发功”、“凌空发功”等等的实施准则。在擒拿与反擒拿中,以大量的例子说明各擒拿手法的注意事项与解脱的方法,指出不同擒拿手法的要领和共性,以及在太极拳中的体现。

CODE NO.DW084-2



Lecturer: Wu Shijun
(Length:94minutes, Subtitles:English,Chinese)

This program consists of four parts, induce and resolve, close elbow, leg techniques and comprehensive combat techniques. In the Induce and Resolve, the features of Taiji Quan's combat techniques, including the coordination of stance and hand techniques are introduced, fully revealing Taiji essence of the application of mind and internal energy brings the movement of every part of the body. In Close Elbow, the techniques of push by elbows, shoulders or hips are introduced and cautions are pointed out. The leg techniques and comprehensive combats emphasize the wise use of real combats. In the end, by explaining the party techniques, it emphasizes again the techniques of how to dodge throw the opponent.

CODE NO.DW084-3
6937475314537

摆打跌放手法的施展

主讲:武世俊
(片长:94分钟 字幕:英语/中文)
打法分四大部分:“引化打法”、“贴身靠打法”、“腿法”和“综合打法”。在“引化打法”中,阐述了太极拳打法的特点,步法与手法的巧妙配合,真正体现“心气一发,四肢皆动”,的太极真谛。在贴身靠打中再现肘法与肩胯靠的妙用并指出注意事项。腿法和综合打法中更是强调了临场实战。最后以大手手法再次强调太极手法的顺势摆打原则,并在运作中体现出龙虎飞腾之势,灵兽扑鼠之身法,再现太极实战技法“顺势打人”的准则。

CODE NO.DW084-3



Lecturer: Li Bingqi
(Length:172minutes, Subtitles:English,Chinese)

Taiji Pushing Hands is one kind of sparring event by two persons. It is practical in combat and good for health. It is also a training approach for Taijiquan exercises to improve skills. This technique is developed, according to kinetic principles, to lure the opponent to lose balance and fall down by sticking to the opponent's hands, following his move upper and down during which it is the skill, not the force that is mainly relied on. The Taiji Gliding Poles is the extended from the Taijiquan, and it is one kind of method to improve Taiji kung fu with the degree of difficulty, body and mind are trained together.

CODE NO.DW078-5
6937475313646

吴氏太极推手及粘黏杆

主讲:李秉德
(片长:172分钟 字幕:英语/中文)
太极推手是太极拳运动一项两人徒手对练的项目。具有一定的对抗性和健身作用。又是太极拳爱好者提高兴趣和技术水平的锻炼手段。太极推手是以引进落空、粘黏不脱、上下相随、动意相合、恃巧不恃力为本,运用物理学原理的方法,使对方失衡而倒地的技巧,太极粘黏杆在太极推手运动的延伸和发展,又是增加难度的一种练习法。

CODE NO.DW078-5



Lecturer: Li Bingqi
(Length:90minutes, Subtitles:English,Chinese)

This is a selection of the essential performances of Wu-style Taiji Quan, broadsword and swordplay, fully displaying Wu-style Taijiquan's features of hardness and softness in harmony, internal energy and external performance acting as one and both body and mind trained together, practicing.

CODE NO.DW078-6
6937475313653

吴氏太极拳械套路欣赏

主讲:李秉德
(片长:90分钟 字幕:英语/中文)
本片精选了吴氏太极拳、剑、刀等套路的演练精华,充分体现了吴氏太极拳的柔中寓刚、内外一体、身心双修的特点。

CODE NO.DW078-6

Wu-style Taiji Series 吴氏太极系列



Lecturer: Li Bingqi
(Length:172minutes, Subtitles:English,Chinese)

This traditional routine of Wu-style Taijiquan has 83 forms and separate into 326 movements. Each form has two movements organized by odd and an even numbers. The odd means opening and even means closing. Opening and closing are naturally arranged. Its movements are well arranged and regarded as the standard in this set. During practice, the internal energy and external performance should act as one and both body and mind are trained together.

CODE NO.DW078-1
6937475313608

吴氏太极拳传统套路

主讲:李秉德
(片长:172分钟 字幕:英语/中文)
这套传统吴氏太极拳共83式,分解为326动,每式都以奇、偶为组的双数动作。奇数为开,偶数为合。开合有序,顺其自然,进舒退深,动作幅度大,应付八面,坦然处之。步法稳,身法定时斜中正,动时要立身正直,进退自然。手法轻灵细致,动作规范,布局合理,方位要求严格,起止点明确,过程清晰,神舒体静,柔中寓刚,呼吸顺畅,意念贯注,精神集中,内外一体,身心双修。

CODE NO.DW078-1



Lecturer: Li Bingqi
(Length:90minutes, Subtitles:English,Chinese)

This routine conforms to the competition requirement in time, contents and arrangements. It has its own characteristics as the following: the movements are light, quiet, and smooth, and moderately wide. It focuses on the//I-shaped steps, and keep body upright when slanting in practicing.

CODE NO.DW078-2
6937475313615

吴氏太极拳竞赛套路

主讲:李秉德
(片长:90分钟 字幕:英语/中文)
吴氏太极拳竞赛套路,从时间、内容、结构等方面均符合竞赛这一要求,并具有其自身的风格特点,轻柔柔化,紧凑舒展大方,川字步型,斜中正正。

CODE NO.DW078-2



The Basic for Curing Disease of
Lecturer: Qi Hao
(Length:68minutes, Subtitles:English,Chinese)

The treating efficacy of Life Enhancement Taijiquan comes from the regulating of the body's jingluo, the adjusting of breath and the cooperating of mind. It is an integer therapeutics with strong initialiveness and daoyin therapeutics with good dialectic. In this lecture we will focus on the main points of how to cooperate posture with breath and mind while practicing Taijiquan for Life Enhancement. In order to illustrate the scientific basis, we will introduce in dental some representative groups of posture from Taijiquan for curing diseases of the body's main systems. These groups of postures are very easy to learn, and we will provide you with emphasis instructions and standard demonstration. This is an important part of learning Taijiquan for curing diseases.

CODE NO.DW080-1
6937475313769

养生太极拳治病基础

主讲:李浩
(片长:68分钟 字幕:英语/中文)

养生太极拳的功效来自于人体经络的调理,呼吸的调摄,意念的配合,是一种主动性较强的整体疗法和辩证性较强的导引疗法。本讲着重介绍了养生太极拳锻炼当中呼吸、意念、姿势的配合要领。为了说明养生太极拳的科学性还详细介绍了针对人体各大系统疾病治疗的代表性太极拳套路。这些套路简单易学,并有重点提示和示范。

CODE NO.DW080-1



Lecturer: Qi Hao
(Length:130minutes, Subtitles:English,Chinese)

Taijiquan has important feature of practicing in postures. So, if you want to master the marrow of Taijiquan, you should master the posture of Taijiquan systematically and use it flexibly. Take the twenty-four-form simplified Taijiquan for an example; it is divided into several regular combinations. It illustrates the treating feature, the effect and the matters needing attention of every combination. It especially gives detailed demonstration to some adaptive factor of the regular movements. In the eight regular movements, there are neat illustrations to the practicing feature of the Life Enhancement Taijiquan to different disease. It is very easy for the beginners of life enhancement to learn.

CODE NO.DW080-2
6937475313776

固定组合作

主讲:李浩
(片长:130分钟 字幕:英语/中文)

由于太极拳具有招自为练的重要特征,因此,要想真正把握养生太极拳的精髓,就必须对太极拳的套路能够系统的掌握,灵活运用。本讲以简化太极拳二十四式为例,将其分为九个固定组合套路,分别从养生太极拳的角度阐述每个固定组合的治病特点,疗效特征和注意事项,尤其对其中的固定动作变速要领作了详细的示范。在讲讲的八个固定套途中,对于人体不同部位疾病病养生太极拳的操作特点有着简明扼要的说明,十分符合初学者养生治病之用。

CODE NO.DW080-2



Lecturer: Li Bingqi
(Length:172minutes, Subtitles:English,Chinese)

Taiji sword is one kind short weapon of Taijiquan series. It belongs to the category of soft-body weapon. It contains the elements of the techniques of wushu, and it has the features of the Taijiquan such as gentleness, continuity and mind leading the sword. Traditional Wu-style Taiji Swordplay is rich in movements, exquisite in skills, graceful, natural and smooth in performance. It's the most difficult one in Taiji swordplay series. When practicing, the body and sword should be acted as one, the techniques of sword should be clear and distinct, and their changes should be in harmony. Your internal energy and external movements should be well coordinated.

CODE NO.DW078-3
6937475313622

吴氏太极剑

主讲:李秉德
(片长:172分钟 字幕:英语/中文)
太极剑是太极拳系列中主要的短器械项目,它属于软体剑型。既有武术攻防意识特点,又符合太极拳虚实变化,动静分明,以意导剑的原则。吴氏传统太极剑的特点是:剑法丰富,技法精妙,潇洒大方,是太极拳中难度最大的一套剑法,演练要求:神形剑三者一体,剑法清楚,动静变换协调一致,内外合一。

CODE NO.DW078-3



Lecturer: Qi Hao
(Length:65minutes, Subtitles:English,Chinese)

Taijiquan for Life Enhancement is different from ordinary taijiquan. It focuses on the effect of treatment and the whole cooperation. It stressed on practicing in a group of postures or practicing a posture repeatedly. It forms a system in the aim of curing disease. To learn Taijiquan for Life Enhancement well and to use it properly, you should firmly follow the principle of "four accordings": practise according to individual, practise according to posture, practise according to disease and practise according to time. You can increase the effect of treatment if you can master the above four principles. This lecture will respectively list the practise method of taijiquan for curing more than twenty kinds of ordinary illnesses, using the above four principles. The working method is very practical and easy to learn. And it has proved to have good effect according to practise.

CODE NO.DW080-3
6937475313783

养生太极拳治病特点

主讲:李浩
(片长:65分钟 字幕:英语/中文)

养生太极拳与普通太极拳同,它注重治病疗效,注重整体配合,讲究招自为练,式自为练,因而围绕治病这个中心而自成体系。要学好,用好养生太极拳必须牢牢把住“四同”的要领,即因时而练,因势而练,因病而练,因时而练,只要掌握了以上四个原则,就能够提高疗效。本讲针对以上四个原则分别举出了二十余种常见的病症的养生太极拳操作方法,极具操作性,便于学习,实践证明具有较好的效果。

CODE NO.DW080-3



Lecturer: Li Bingqi
(Length:90minutes, Subtitles:English,Chinese)

The Traditional Taiji Broadsword is called "13 Taiji Broadsword", because the movements of Taiji broadsword routine have only 13 pithy formulas, different from the boxing and sword in that their movements have their own names. Taiji Broadsword is one kind short weapon of the Wu-style Taijiquan series, so its style and characteristic should be used the requirement of body work and footwork as the standard. The movements of Taiji Broadsword are continuous, clear and smooth. During practice, you should emphasize the hardness with softness hiding in; the hands and broadsword should be coordinated well.

CODE NO.DW078-4
6937475313639

吴氏太极刀

主讲:李秉德
(片长:90分钟 字幕:英语/中文)
太极刀传统称之为太极十三刀,因为太极刀套路不同于拳、剑有动作名称,它只有十三句口诀,故称为太极十三刀。太极刀是太极拳运动系列的短器械,其风格特点应以吴氏太极拳身法、步法的要求和的风格为准,背刀分明。太极刀的技巧和动作应连续不断,刀法清楚,劲力到位,刚柔相济,刀手动作协调配合。

CODE NO.DW078-4



Lecturer: Qi Hao
(Length:70minutes, Subtitles:English,Chinese)

One of the characters of taijiquan for life enhancement is its optional, flexibility and changeability. So after the operator of taijiquan for life enhancement masters the optional set pattern, he should understand the optional composed set pattern of taijiquan for keeping health. This lecture indicates that: once master the fundamental principle of curing illnesses and the important method of health-leading, coordinating with thought and breath, health-keeping fans could compose optional set pattern according to their experience and practice, to treat various illnesses flexibly. Twenty optional set pattern this lecture introduces are not only enlightened, but also efficient. With standard demonstration and repeated explanation.

CODE NO.DW080-4
6937475313790

任选组合作

主讲:李浩
(片长:70分钟 字幕:英语/中文)

养生太极拳的一大特点就是随意性强,灵活多变,因此,养生太极拳作者在熟练掌握了养生太极拳的随意组合套路之后,还应熟练了解养生太极拳的随意组合套路。本讲指出,只要掌握了养生太极拳的治病的基础规律以及养生导引的重要心法,广大养生爱好者完全可以根据自己的心得,经验、实践,将养生太极拳的招式与意念、呼吸配合起来,组成随意组合套路,从而灵活有效的治疗各类人体疾病。本讲中所介绍的二十种养生太极拳的随意组合套路不仅具有启发性,而且具有效性,再加上标准的示范和反复的讲解,一定能使观众起到举一反三的作用。

CODE NO.DW080-4



Sun-style Taijiquan Competition Routine
Lecturer: Li Chengxiang
(Length:126minutes, Subtitles:English,Chinese)

CODE NO.DW085-1
6937475364341

The Sun-style Taijiquan is called "Open and Close Taijiquan" for "Moving-steps Taijiquan".The opening and closing of hands is one of the main characters of Sun-style Taijiquan.And it requires the "follow up step"when advancing and the "draw in step"when retreating,which is another important character of Sun-style Taijiquan.The Sun-style Taijiquan was created by Sun Lutang,based on the traditional Wu-style Taijiquan and selected some movements of Baguazhang(Eight Diagrams Palm) and Xingyiquan (Form and Will Boxing),so we can find the features of Baguazhang and Xingyiquan.

According to the principle of tradition,rationality and competition,the competition routine of Sun-style Taijiquan is set up with essential 73 forms based on the okra of this style,and compiled and examined by outstanding Taijiquan specialists,coaches and players.So it shows the characteristics of Sun-style Taijiquan.To coordinate the advancing and retreating of footwork and use the movement of opening and closing the hands to connect each turning.



Lecturer: Li Chengxiang
(Length:52minutes, Subtitles:English,Chinese)

CODE NO.DW085-2
6937475364358

Wu-style Taiji Broadsword is one kind short weapon of the Wu-style Taijiquan series,its techniques include cut,hack,chop,intercept,raise,uppercut,thrust,slice,draw,block and sweep and soon.The movements of Taiji Broadsword are continuous,clear and smooth.The routine shows the double features of hardness and toughness with softness and looseness dwelling in it.It has only 13 pithy formulas in the broadsword tree,in fact,it can be divided into thirty-eight movements, the time duration is two to three minutes.



Lecturer: Li Chengxiang
(Length:52minutes, Subtitles:English,Chinese)

CODE NO.DW085-3
6937475364365

Taiji Thirteen Broadsword,it means that there is 13postures in this broadsword,and it contents 38movements. It is the traditional Yang-style taiji broadsword which reserves the traditional characteristic of broadsword,it doesn't add nor deduct one movement,the time for exercising due to two or three minutes. When practicing,it shows all the characteristic of Yang-style Taiji boxing,extending upright,contending firmness in softness,roundly and steadily.In the movement,it shows also the features of such as gentleness,smoothness and continuity,So it is a very precious Taiji culture for Taiji boxing amateurs in the succeeding of Taiji traditional culture.

孙式太极拳竞赛套路
主讲:李承祥
(片长:126分钟 字幕:英语/中文)
孙式太极拳在民间称为“开合太极拳”，“活步太极拳”因孙式太极拳主要动作的连接是开合手，另一特点是脚下很活，上步就退，退小就撤。另外孙式太极拳是孙禄堂老先生在武式太极拳的基础上吸收了八卦和行意拳的动作而创编的，所以在孙式太极拳套路中可以看到八卦和行意拳的动作特点。

吴氏太极十三刀
主讲:李承祥
(片长:52分钟 字幕:英语/中文)
吴氏太极十三刀和其它拳系的单刀套路一样，吸取了中国古代短刀的劈、砍、剁、截、挑、推、撞、扎、托、切、抹、斩、带、拦、扫等技击手法。它的特点是上下相随、协调一致、刚柔相济、连绵不断，同时突出了吴氏太极拳的风格特点，对太极拳爱好者在继承太极拳传统文化上是一套难得的套路。这套传统刀法，刀谱为十三式，而实际动作可分解为三十八式，练习时间为2-3分钟。

杨氏太极十三刀
主讲:李承祥
(片长:52分钟 字幕:英语/中文)
太极十三刀，刀谱为十三式。动作分解为三十八式。它是杨氏传统太极拳，动作保留了传统刀法的特点，而没有减也没有加一个动作。练习时间为2-3分钟。在练习中，它突出了杨氏太极拳的特点，舒展中正，柔中寓刚，圆活饱满，沉稳浑厚。在动作和运动上也体现了刚柔相济连续不断，对太极拳爱好者在继承太极传统文化上也是一套难得的传统的太极拳文化。

陈式太极拳六十六式
主讲:武世俊
(片长:202分钟 字幕:英语/中文)
该套路以老架陈式太极拳原始练法为主，并在尊重实战用法的基础上，将原老架一、二路中不重复的所有动作（共66个）更加巧妙合理的衔接起来。后经武世俊整理掌握“意在动前，情在动中，动如撕棉、迂回折叠”的原则，并充分体现“心气一发，四肢皆动”的实战技法。演练时可将人带入美的意境，反映出古朴典雅，八面威风、轻柔松活、弹抖跌宕的风格，并通过实战示范，展现出太极拳的拳理拳法。该拳具有一定难度，适合有武术基础者研修。

陈式太极单刀四十二式
主讲:武世俊
(片长:104分钟 字幕:英语/中文)
该套路包括劈、砍、推、缠、挑、扎、崩等二十多种刀法，是古朴的原始太极刀法的展现，演练起来要刚柔相济、快慢有节、缠丝翻抖，其内容丰富、技法明确，起伏跌宕、精彩美观。适合有武术基础的人研修。

陈式太极单剑六十二式
主讲:武世俊
(片长:94分钟 字幕:英语/中文)
剑如猛虎，剑如游龙“游龙戏水般的六十二式陈式太极剑是原始太极剑的再现，在演练技巧上保留了古朴典雅的风格。在技法上又包涵了劈、劈撩、点等二十多种剑法充分体现以腰为主，无处不缠丝的特点。演练时剑法明确，劲力顺达，轻柔灵敏时和风细雨，沉稳刚发时雷霆万钧，折叠翻转带缠丝，往返回游有虚实。该套路适合有一定武术基础的人去细心揣摩，长期演练此剑，不但可增强身体素质，加深认识太极剑的正确使用法，更是一种美的韵律，艺术的享受。

Traditional Zhaobao Taijiquan Series 传统赵堡太极拳系列



Lecturer: Wang Chang'an
(Length:202minutes, Subtitles:English,Chinese)

CODE NO.DW095-1
6937475366390

The Overture of Traditional Zhaobao Taiji from the great Taiji master Guo Shikui is the essence of the 72 forms of the Zhaobao Taiji. It is the foundation of the boxing, and it is not shown to the others. It is also called "make nine-sound without touching the ground". Nine-sound means that all the sounds are made in the air with the support of one single leg. It requires the body be agile, the leg be quick and continue quickly between postures. When practiced, it is very elegant and nice-looking.

传统赵堡太极拳拳帽
主讲:王长安
(片长:202分钟 字幕:英语/中文)
太极拳大师郭士奎承传的这套传统赵堡太极拳拳帽，是从七十二大势赵堡太极拳中提炼出来的精华，是拳架之基础，从来秘不示人。此拳又名“九响不落地”，九响是指单腿支撑，全在空中打响，身活、腿快、点与点之间滚动快，演练起来舒展大方很是美观。

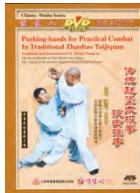


72 Forms of Traditional Zhaobao Taijiquan and Its Usage
Lecturer: Wang Chang'an
(Length:202minutes, Subtitles:English,Chinese)

CODE NO.DW095-2
6937475366406

This set of boxing is kept by Guo Shikui-a great Taiji master, so it remains full character of ancient Taijiquan. The boxing performs completely in vertical circles, with big frame posture. It contains small circles in big circles in its movements with the rule of three straight and four following. It is very clear in the jin and yang of the body, hand, and foot. All these connect with each other well. It is of high research and practical value. Under the guidance of Guo Shikui, Wang Chang'an gives the original combat function of the traditional Taiji. Every posture of the traditional Taiji has profound combat meaning.

传统赵堡太极拳七十二式套路及用法
主讲:王长安
(片长:200分钟 字幕:英语/中文)
此套路由太极拳大师郭士奎所保留，韵味浓郁的古传统太极拳风格。拳路完全立圆，大开大合，大圈套小圈，三直、四顺，身、手、步的阴阳分明，环环相扣，极具研究与实用价值。
王长安先生根据郭师指导，还传统太极拳本来的技击功能，传统太极拳一招一式，都具有深刻的技击涵义。



Lecturer: Wang Chang'an
(Length:200minutes, Subtitles:English,Chinese)

CODE NO.DW095-3
6937475366413

Every school of Taiji has its own combat push hands. Mr. Wang Chang'an learns the traditional Zhaobao combat push hands from the Guo Shikui -a great Taiji master. Its features are of light footwork, agile body, lively waist and crotch, quick attacking. It beats to far distance with lasting strength. It can advance into the opponent with quick body movement and it has unique body movement to attacking others like side-body-stroke, front-body-stroke, and window-body-stroke and so on which is called "eighteen body-stroke of closely attacking". Its forms are very powerful, simple and practical.

传统赵堡太极拳技击推手
主讲:王长安
(片长:200分钟 字幕:英语/中文)
各门派太极拳无不有自身的特点的技击推手。王长安先生承传太极拳大师郭士奎的传统赵堡推手有这样的特点：步子轻、身子灵、腿跨活、出手快、长打长劲、处处身步过人进人，并有独特的身法击打，侧身靠，正身靠，窗身靠等所谓“傍打十八靠”。技风凌厉，简约实用。

Practical Application Of Chen-style Taiji Quan and Weapon Series 陈式太极拳械实战技法系列



Lecturer: Wu Shijun
(Length:20minutes, Subtitles:English,Chinese)

CODE NO.DW089-1
6937475365201

This set was invented by Master Chen Fake for self-exercise in his old age. It is based on the original method of The Chen-style Taijiquan Old Frame. In according to the applied methods, it combines successfully the unrepeating movements of Routine I and II of Old Frame (66 movements in all). Wu Shijun rearranges the rule of "will at moving forward, using sentiment in the movement, moving softly like tearing cotton and using fold and twist movement." It shows rules of the applied methods of skillful attack of moving with the outburst of internal energy. It will bring you to the scene of inner calmness and demonstrates the style of classic elegance portliness soft act and pizzazz. And though demonstration it shows the method of Taijiquan. The set has certain difficulty and is suitable for people with some basic skill.

陈式太极拳六十六式
主讲:武世俊
(片长:202分钟 字幕:英语/中文)
该套路以老架陈式太极拳原始练法为主，并在尊重实战用法的基础上，将原老架一、二路中不重复的所有动作（共66个）更加巧妙合理的衔接起来。后经武世俊整理掌握“意在动前，情在动中，动如撕棉、迂回折叠”的原则，并充分体现“心气一发，四肢皆动”的实战技法。演练时可将人带入美的意境，反映出古朴典雅，八面威风、轻柔松活、弹抖跌宕的风格，并通过实战示范，展现出太极拳的拳理拳法。该拳具有一定难度，适合有武术基础者研修。



Lecturer: Wu Shijun
(Length:104minutes, Subtitles:English,Chinese)

CODE NO.DW089-2
6937475365218

This routine contents more than 20 methods of broadsword, such as hacking, chopping, uppercutting, twining, picking, thrusting, flicking up and so on, it shows the old and original methods of taiji single broadsword routine, combining hardness and softness in harmony, equaling stress the quickness and slowness, dodging and transfers, relaxing and nimble, springing and shaking, sticking to each other without being separated, twine to neutralize the force. It is suitable for someone who has exercised Wushu.

陈式太极单刀四十二式
主讲:武世俊
(片长:104分钟 字幕:英语/中文)
该套路包括劈、砍、推、缠、挑、扎、崩等二十多种刀法，是古朴的原始太极刀法的展现，演练起来要刚柔相济、快慢有节、缠丝翻抖，其内容丰富、技法明确，起伏跌宕、精彩美观。适合有武术基础的人研修。



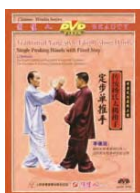
Sixty-two Form of Chen-style Taiji Single Sword
Lecturer: Wu Shijun
(Length:94minutes, Subtitles:English,Chinese)

CODE NO.DW089-3
6937475365225

Sixty-two Form of Chen-style Taiji Single Sword shows the original methods of chen-style taiji single sword, which keep down elegance and unsophisticated style. This routine contents more than 20 methods of sword, such as thrusting, uppercutting, pointing and so on. With the wait as the central axis of movement and the spiraling energy of "chan jin jin" as its style. The requirements are: The sword techniques are exact, and the fore is smooth. Practicing it is as gentle as drizzle, as powerful as a thunderbolt, as sensitive as a cat pouncing on rat, as steady as a bear walking on the grass. Stress the hardness or softness when revolving and moving. Pay attention to sword techniques, change force by body. It is suitable for someone who has exercised Wushu.

陈式太极单剑六十二式
主讲:武世俊
(片长:94分钟 字幕:英语/中文)
剑如猛虎，剑如游龙“游龙戏水般的六十二式陈式太极剑是原始太极剑的再现，在演练技巧上保留了古朴典雅的风格。在技法上又包涵了劈、劈撩、点等二十多种剑法充分体现以腰为主，无处不缠丝的特点。演练时剑法明确，劲力顺达，轻柔灵敏时和风细雨，沉稳刚发时雷霆万钧，折叠翻转带缠丝，往返回游有虚实。该套路适合有一定武术基础的人去细心揣摩，长期演练此剑，不但可增强身体素质，加深认识太极剑的正确使用法，更是一种美的韵律，艺术的享受。

Traditional Yang-style Taiji Pushing Hands Series 传统杨氏太极推手系列



Lecturer: Li Derun
(Length:202minutes, Subtitles:English,Chinese)

CODE NO.DW097-1
6937475367021

The content of Single Pushing Hands: The harmony and standardization between the upper leg and the lower leg. What the upper limbs stresses is the circle which should be round and big. The strength can't be increased or decreased. Arms should be rotated inward and outward. Circle can be divided into two semicircles, four areas. Some formulas verse says: Bow in the front and empty in the back then keeps the center naturally, upward in the front and backward in the back then stands the left and right sides.

定步单推手
主讲:李德润
(片长:202分钟 字幕:英语/中文)
单推手的内容是：上脚与下脚的协调规范性，上肢讲的是圆型，圈要而大，力度不增不减，臂要内外旋，圈又分两个半圈，四个区域。歌诀曰：前弓后虚自然中，前仰后俯左右立。础者研修。



Lecturer: Li Derun
(Length:104minutes, Subtitles:English,Chinese)

CODE NO.DW097-2
6937475367038

The content of Double Push Hands is: on the basis of single pushing hand, connect two arms, both hands should lead and follow. The former is leading and the latter is following. Following is to sticking, the cross-use of sticking can make the two arms keep connecting and only if you can do that then you can move freely with chest. Then your head should be raised, your neck will be upright and your hips will be lowered. And relax your chest and abdomen then make your back natural. There's a saying that: move spirally to neutralize the opponent's force by

定步双推手
主讲:李德润
(片长:104分钟 字幕:英语/中文)
双推手的内容是：在单推手基础上，主要讲两臂相系，讲究双领双随，前者为领，后者为法，随为法，沾粘互用则为两臂相吸，能吸者才能走在前，胸则顶颈至颈骨空，舒胸胸腹自然背。歌诀曰：螺旋走旋中求。



Lecturer: Li Derun
(Length:94minutes, Subtitles:English,Chinese)

CODE NO.DW097-3
6937475367045

The content of Pushing Hands with Active Step: On the base of Four-sides-hands with fixed stance, it talks about the four energies of the upper limbs and the harmonious integrity of the lower limbs. The four energies embody the identification and opposition of "To adhere and lift", "To join", "To adhere horizontally", "To attach from the rear". Always keep the movement of the two persons in a whole, canonical and harmonious.

活步推手
主讲:李德润
(片长:94分钟 字幕:英语/中文)
活步推手内容是：在定步正手的基础上主要讲上肢四劲法与下肢退步法的协调的完整性，上肢的四劲表现出相生相克的沾粘连随，意味幅度与下肢的步法的大小快慢相间地，二人整体规范的协调性。



CODE NO.DW097-4
6937475367052

Lecturer: Li Derun
(Length:94minutes, Subtitles:English,Chinese)

The content of Four-sides-hand with Fixed Steps: The three steps and four kinds of using force on the basic of Double Pushing Hands. The three steps are Step forward, Step backward, Step forward and backward. The four techniques of using force are about Ward-off, Rub, Press forward, Push. These are the four kinds of using force of the eight techniques. They are "Ward-off" force, "Rub" force, "Press forward" force, and "Push" force. The two persons should move with the note to embody the identification and opposition of the five elements. The formulas verse is that, one "ward-off", two "press forward", three "change hands", four "rub", five "push" then turn body.



CODE NO.DW097-5
6937475368011

Lecturer: Zhang Jizong
(Length:94minutes, Subtitles:English,Chinese)

Techniques of Pushing Hands of Yang-style Taijiquan in Practical Combat was directly passed to Orient Knight-errant Zhang Ce who was the creator of Taiji Wuxing Tong BiQuan by Yang Jinhou.Yang Jianhou was the third son of Yang Luchan who was the creator of Yang-style Taijiquan.

This film embodies the characteristics of Yang-style Taijiquan,that is move as flowing water,comfortable,extended unfolding,natural and smooth,stickling,linking,Continuing,and following,neither "no letting go and nor resistance,"making the upper and lower part of the body acting in unison.According to the discipline of sticking,linking,continuing,and following without letting go and with no resistance,no-discussion and no-excess,following the bending to extend.Uses the eight techniques of Ward-off,Rub,Press forward,Push,Pull-down,Pluck,Elbow-stroke and Body-stroke,and strength route to practice the listening by touching and feeling in this way,you can find how the opponent change his force and master the technique of "react nurringly if the opponent moves hurriedly,follow slowly if the opponent moves slowly,"and "If others don't move,I don't move.If others just want to move,I move first."Influence the opponent's centre of the to neutralize a thousand pounds.Thereby you can defeat the opponent.

In this show,it explains the practicing and using of Single Push Hands,Double Push Hands,Fixed Step and Moving Steps Pushing Hands in detail.With abundant,widely-covered and valuable content,it is an excellent teaching show.

Traditional Yang-style Taiji Quan 传统杨式太极拳



CODE NO.DW093-1
6937475371363

Lecturer: Ding Shuide
(Length:117minutes, Subtitles:English,Chinese)

Yang-style Taijiquan is a book of great practicability. It is said that stillness is in the movement, and hardness hides in the softness, so that it is like a locomotors swimming dragon, having the wonderful reputation that it can also attack the others without any touch of the body and hands



CODE NO.DW093-2
6937475371349

Lecturer: Ding Shuide
(Length:122minutes, Subtitles:English,Chinese)

Traditional Yang-style Taiji Broadsword preserves the simple and unsophisticated characteristics of broadsword, it moves as fierce as a tiger, and the practitioner walking agilely as an ape. Its basic methods of broadsword include: cutting, chopping, upper cutting, embracing, hacking, pointing, sweeping, parrying, hanging, thrusting, twining, holding and pulling, and it's also called thirteen-posture broadsword. Settle firmness in softness, melt force by shrinking or sending out, its movements are most changeful.



CODE NO.DW093-3
6937475371356

Lecturer: Ding Shuide
(Length:111minutes, Subtitles:English,Chinese)

The 54 Forms of Yang-style Taiji Sword keeps the complete traditional sword technique. It fully reflects the feature of being artful, neat and light. It has movements of picking, pointing, stabbing, which can show the character of combining hardness and softness, quickness and slowness. In practice, it is vigorous but not clumsy, twining but not scattering. It is very clear in the firmness and emptiness and very neat in attacking and defending technique. It is provided with the high appreciation and practical value.

Zhaobao Taiji 赵堡太极



CODE NO.DW024
6937475312991

Lecturer: Wan Haizhou
(Length:164minutes, Subtitles:English,SimpleChinese,TraditionalChinese)

Zhaobao Taiji Quan consists of 108 movements. The external and internal three integrations are the basic requirements to practice it. The external three integrations means that hands should be integrated with feet, elbows with knees and waists with hips. The internal three integrations refer to the integration of mind with intention, Qi (internal energy) with force, and posture with bones. While practicing, your hands, feet and body should cooperate well and move smoothly so that they can generate the force as a whole. Each movement should be performed clearly and distinctly.

CODE NO.DW097-4

四正手
主讲:李德润
(片长:94分钟 字幕:英语/中文)

定步四正手内功是:在双推手的基础上讲三法四劲。三法一是进法,二是退法,三是摆进方法。此三法三:四劲是:捋、挤、按四字。此四字是八大劲的前四法功。捋是:抽劲,捋是:捋劲,挤是:按劲,按是:按劲。二人要开音符走出五行相生相克。歌诀曰:一抽二捋三换手,四捋五换体走。

CODE NO.DW097-5

推手技击术
主讲:张继宗
(片长:94分钟 字幕:英语/中文)

杨氏太极拳推手技击术由杨氏太极拳创始人杨露蟠三子杨剑侯亲传给太极五行通臂拳创始人"东方大力"张继宗大师,再下传给弟子张以谦到张继宗。

本片充分突出杨氏太极拳行云流水、中正安舒、开展大方、自然圆活、沾连粘随、不丢不顶、上下协调、周身一家特点。根据"沾粘随、不丢不顶、不过不及、随屈就伸"的原则,运用"捋、挤、按、采、云、肘、靠"八种方法和劲功练习触角和心灵的感应的(听劲),探知对手劲力的各种变化情况,灵巧地掌握好"听劲到意应,劲随劲随随,以及"彼不动我不动,彼微动,已先动"的技巧,牵动对方的重心,破坏对方的力度平衡,找准时机,"以实破虚"四两拨千斤"而战胜对手。

本片具体讲解了单推、双推、定步、活步推手的练法用功,内容非常丰富全面、珍贵,是不可多得的教学片。

CODE NO.DW093-1

传统杨式太极拳精编
主讲:丁水德
(片长:117分钟 字幕:英语/中文)

传统杨式太极拳精编实用性极强,谓之中动中有柔,柔中藏刚,呈运动游龙之势,素有"身手不与对方接触,也能较劲之美誉"。

CODE NO.DW093-2

传统杨式太极刀
主讲:丁水德
(片长:122分钟 字幕:英语/中文)

传统杨式太极刀保存了古朴的刀械风范,走刀如猛虎,行步似灵猿。其基本刀法有:砍、剁、撩、抱、斩、点、扫、格、挂、扎、缠、托、带,也称十三势刀法。案中寓刚,吞吐走化,气势磅礴,变幻莫测。

CODE NO.DW093-3

五十四式杨式太极剑
主讲:丁水德
(片长:111分钟 字幕:英语/中文)

五十四式杨式太极剑保存了完整剑谱之传统剑法,极具刀、巧、飘之特征,其摆、点、刺等剑术,更是体现了刚柔相济、快慢相兼之特点。演练起来威而不拙,缠而不疏,虚实分明,攻防有致,具有很高的观赏性和实用性。

CODE NO.DW024

赵堡太极拳(上、中、下)
主讲:王海洲
(片长:164分钟 字幕:英语/中文/中/简)

赵堡太极拳整个套路共108式,外三合和内三合是练赵堡太极拳的要求。外三合是手与脚合、肘与膝合、膀与胯合;内三合是心与意合、气与力合、盘与骨合。练法要求不撒不停、不流水,手、脚身要互相配合,周身合成一劲。做到刚柔相济,招招清楚,一式分明



CODE NO.DW025
6937475313004

Lecturer: Wan Haizhou
(Length:46minutes, Subtitles:English,SimpleChinese,TraditionalChinese)

The routine of Zhaobao Taiji single broadsword consists of 20 movements. When you cleave it forward in practice, you should pay attention to the attacks from behind, blocking both left and right. It's the best method to develop the flexibility of your body. Broadsword is easy to carry and is one of the best weapons to protect your life and so it's suitable for everyone, young and old to practice.

Explained by Wang Haizhou and demonstrated by his son, Wang Changqing



CODE NO.DW025
6937475313004

Lecturer: Wan Haizhou
(Length:72minutes, Subtitles:English,SimpleChinese,TraditionalChinese)

As a one of the short weapons of Zhaobao Taiji Quan, Zhaobao Taiji Sword is played with 57 movements in round circles in which the sword moves with the drive of your body, feet and hands. One circle is crossly connected with another, freely to right or left, forward or backward. When practicing, the player and the sword should move as a whole, forcefully and flexibly.



CODE NO.DW026
6937475313011

Lecturer: Wan Haizhou
(Length:71minutes, Subtitles:English,SimpleChinese,TraditionalChinese)

Zhaobao Taiji Bludgeon play consists of 65 movements. The bludgeon is played in arc form. Movements such as chop, sweep, straight raise and defence are made in various kinds of hollow circles, which are crossly connected, rotating left and right, forward and backward, without a break. The player and the bludgeon move swiftly and flexibly as a whole.



CODE NO.DW026
6937475313011

Attack Techniques and Free Sparring in Zhaobao Taiji Quan
Lecturer: Wan Haizhou
(Length:59minutes, Subtitles:English,SimpleChinese,TraditionalChinese)

Zhaobao Taiji Quan Sanshou (Free Sparring) has 128 movements in 67 techniques. The movements are powerful, protective and attacking and their performances are clear and distinct. The practice of this boxing can improve your health greatly and is very practical in defense. It enjoys high popularity among martial arts lovers.

Chen-style Taiji Quan Series 陈式太极拳系列



CODE NO.DW070
6937475313363

Routine I of the Chen-style New Frame Taijiquan(Actual Combat Method)
Lecturer: Zhang Zhijun
(Length:104minutes, Subtitles:English,Chinese)

Contents synopsis: The Routine I of the Chen-style New Frame Taijiquan is the cream of the Chen-style Taijiquan. In this teaching program, the master Zhang Zhijun not only introduces the drill methods and skill essentials of the Routine I of the Chen-style New Frame Taijiquan, but also stresses his fruitful result he has studied for many years. "Leading force by tip-section and folding from the both tips" is the new techniques for pushing hands and actual combat in Taijiquan. The contents abundance, theory novel and skills consummate in it, and you can find everything fresh and new, so it is a rare specimen of good teaching film.



CODE NO.DW071
6937475313370

Routine II of the Chen-style New Frame Taijiquan
Lecturer: Zhang Zhijun
(Length:94minutes, Subtitles:English,Chinese)

The Routine II of the Chen-style New Frame Taijiquan is called Cannon Hammer. The structure of routine is complicated, its movements are quick, compact, swift and violent. It takes the Pulling Downward, Bend Backward, Elbow Stoke and Shoulder Stoke as its main forces, and Ward off, Stroke, Push and Press as its auxiliary forces. And stress on the exercise of the springiness force. In this teaching program, the master Zhang Zhijun introduces to the practice method and movement essentials, and stress on the combat techniques of the Chen-style Taijiquan. The movement is demonstrated and explained naturally and clearly so that the learners can easily follow.

CODE NO.DW025

赵堡太极单刀
主讲:王海洲
(片长:46分钟 字幕:英语/中文/中/简)

赵堡太极单刀整个套路共20式,是赵堡太极拳介于兵器之间,短兵器械的一种。练刀的时候,应劈前顺后、挡左挡右,这是灵活地运动锻炼自己身法的最好办法。刀是最容易携带的,它是护身的最好兵器,所以老少皆宜,深受广大太极拳爱好者的喜爱。

CODE NO.DW025

赵堡太极剑
主讲:王海洲
(片长:72分钟 字幕:英语/中文/中/简)

赵堡太极剑整个套路共57式,是赵堡太极拳短兵器械的一种。动作走圆弧,剑要随身、脚、手的催动走成各种空圆。圆与圈交错相连,左旋右转,前进后退,一气相连,处处成圈。练习时人剑合一,刚柔相济。

CODE NO.DW026

赵堡太极棍
主讲:王海洲
(片长:71分钟 字幕:英语/中文/中/简)

赵堡太极棍整个套路共65式,是赵堡太极拳长兵器械的一种。演练时动作走圆弧,棍的劈、扫、挑、护要随身催动,走成各种空圆,圆与圈交错相连,左旋右转,前进后退,一气相连,人棍合一,刚柔相济。

CODE NO.DW026

赵堡太极拳技击散手
主讲:王海洲
(片长:59分钟 字幕:英语/中文/中/简)

赵堡太极拳技击散手整个套路共67个拳式一百二十八种技法。每式都有强烈的防卫进攻技击性,招招清楚,一式分明。不仅可强身健体,且实用性强,深受广大爱好者的喜爱。

CODE NO.DW070

陈式太极拳新架一路(实用技击)
主讲:张志俊
(片长:104分钟 字幕:英语/中文)

陈式太极拳新架一路为陈式太极拳之精华,张志俊大师在本教学节目中不仅详细介绍了陈式太极拳新架一路的全套演练方法和分解动作的教学要点要求,更着重介绍了自己多年来研究的成果一招招领劲,两头卷曲新的陈式太极拳的推手技击法。本教学片内容丰富,理论新颖,技法精湛,让人耳目一新,是太极拳散手技击爱好者必看的一部不可多得的教学节目。从我们也可领略到一代太极拳散手技击大师的精湛技法和渊博学识。

CODE NO.DW071

陈式太极拳新架二路(实用技击)
主讲:张志俊
(片长:94分钟 字幕:英语/中文)

陈式太极拳新架二路也称炮锤。套路动作复杂,要求疾速、紧凑、刚多柔少,用劲以采、列、肘、靠为主。以棚、挤、按、接为辅;用劲力求刚劲有力,快速迅速,着重弹性劲的锻炼。

张志俊大师在本教学节目中详细介绍了陈式太极拳新架二路的整套演练方法和分解动作的教学要点要求,更着重介绍了陈式太极拳散手技击法。内容丰富,技法精湛,是太极拳散手技击爱好者必看的一部教学片。



Lecturer: Zhang Zhijun
(Length:94minutes, Subtitles:English,Chinese)

CODE NO.DW072
6937475313387

The Chen-Style Taiji Sword belongs to one of the short weapons in Chen-Style Taiji series. The series is of the characteristics of reasonable layout, close linkage and clear sword techniques. The sword techniques of thrust, hack, upper cut, parry, point, slice, dispel and so on, combined with extending bodywork and agile-moderate footwork of Chen-Style Taiji Sword have the changes of valor or gentleness, hiding or appearing, close following, prancing and somersaulting, which really show that Chen-Style Taiji Sword is characterized by using the body to operate the sword, stretching continuously and alternating with quickness and slowness. In this education program, Master Zhang will introduce the series of practising methods of Chen-Style Taiji Sword and the main points of actions in details. You have a chance to appreciate the outstanding skills and rich learning of the great free-combat

陈式太极剑 CODE NO.DW072

主讲:张志俊
(片长:94分钟 字幕:英语/中文)
陈式太极剑是陈式太极拳套路中短器械的一种。套路布局合理,衔接紧凑,剑法清晰,以刺、劈、推、挂、点、抹、推、化等剑法,并结合陈式太极拳舒展大方的身法,灵活稳健的步伐,以忽刚忽柔、忽隐忽现、沾粘连随、腾闪应变的变化,真正体现陈式太极剑以身运剑,边练边变,快慢相间的特点。张志俊大师在本教学节目中详细介绍了陈式太极剑的全套演练方法和分解动作的教学要点要求,从中可以领略到一代太极拳大师张岳甫的精湛剑法和渊博学识。



Lecturer: Chen Yongfu
(Length:117minutes, Subtitles:English,Chinese)

CODE NO.DW074-6
6937475313523

Chen-style Taijiquan is expressed gracefully and generously, its movements are agile and stable, not only develop a school of its own with touching, sticking, linking and following, but also until now, it kept leaping, jumping, springing, dodging, spreading, soaring, moving etc in connotation for inside, shown out for outside, and has the spire and twining force in practicing. Although Taijiquan was divided into big frame and small frame or routine I and routine II, its theory is exclusive. The program collects the every routines of Chen-style Taijiquan, Small Frame, those are demonstrated naturally and clearly so that the learners can easily follow.

CODE NO.DW075
6937475313530

Lecturer: Chen Yongfu
(Length:117minutes, Subtitles:English,Chinese)

The Chen-style Taijiquan which based of the Chen-style Changquan 108 Forms is created by Chen Wangting after absorbing strong points of various styles of wushu schools. Until Chen's family 12th generation, the Chen-style disciple Guo Yongfu who mastered the long-style boxing routine of 108 forms, (someone said that his primary name is Chen Bufu, but his name following his mother was changed for Yongfu later) because his errantry so that manslaughterer people, escaped Hongdong county in Shanxi province, then long-style boxing (that is longbeiquan of Shanxi province, or "Wu Ji Chanquan" in Taijuyan city) was handed down there. After that, the Chen-style Changquan 108 Forms was lost in Chen's family. In 1975, Taiji master Chen Liqing paid a visit to Xu Fangqing in Sanxi province, and learned the Chen-style Changquan 108

陈氏太极拳小架一路 CODE NO.DW074-1

主讲:陈永福
(片长:94分钟 字幕:英语/中文)
陈氏太极拳一路以柔为主,柔中有刚,以腰为主宰,用螺旋缠丝劲,它是"以意行气"以气推形"一静百静,一动则四肢百骸相随,腰腿发动之源,在练习时,运行须柔缓、圆活,缠丝:应左右呼应,前后连贯,内外一致,周身相随,还要呼吸自然,虚实分明,沉静松周,含胸松胯,塌腰泛臀,快慢相间,蓄发兼备



陈氏二路炮捶 CODE NO.DW074-2

主讲:陈永福
(片长:117分钟 字幕:英语/中文)
陈氏二路炮捶陈氏太极拳小架二路,亦称炮捶。二路拳以刚为中寓柔。练习时,震脚弹抖,完整一气,学习小架二路拳,应在练好陈氏太极拳小架一路的基础上,突破去僵求柔的阶段,达到周身相随,全身一动无有不动,内外结合,放松沉稳,劲力完整,呼吸与动作协调一致,此时学练二路拳方能免出偏差,否则没有松弹劲,练拳是就会僵硬一条,上重下浮,横气填胸,心跳过快,呼吸发喘,嘴发青,脸发白,对健身和练功均不利,学者务必注意。

陈氏春秋大刀 CODE NO.DW074-3

主讲:陈永福
(片长:122分钟 字幕:英语/中文)
陈氏春秋大刀,亦称:"青龙偃月刀",是陈氏太极拳器械套路中兵器一种,套路布局合理,上下呼应,左右逢源。刀法干净利落,确有"大刀如猛虎"的风格,一招一式有威武、凛然的气概。在练习大刀时,必须有扎实的拳术基础,尤其对腰腿劲及臂力的要求更为重要,因大刀是器械中大型重武器,须有充沛饱满的内气和腰腿臂力,才能运用自如,劈、砍、推、斩、翻、滚、压、压,无不得其然。因大刀杀伤力颇大,被誉为"百兵之神"。

陈氏太极双刀 CODE NO.DW074-4

主讲:陈永福
(片长:111分钟 字幕:英语/中文)
陈氏太极双刀是陈氏太极拳器械套路中兵器的一种,双刀套路共三十五式,布局合理,衔接紧凑,刀法清晰,用法逼真,它以劈、砍、推、挂、扎、戳、拦、压、挂、摆、架晃花等刀法,结合陈氏太极拳舒展大方的身法,灵活稳健的步伐,将陈氏太极拳刚柔相济、快慢相间、松活弹抖特点,表现得淋漓尽致。双刀套路练习,要求身法协调一致,刀与步法密切配合,故有"单刀看手,双刀看走"之说,这就强调了练习双刀时步法的重要性。要想练习好步法,必须以流水套路为基础,有了扎实的拳术功底,练习时才能真正体现出刀如流水、步法如飞、缠丝绵柔、快速有力、气势磅礴、刚柔相济的风格。

陈氏太极单剑 CODE NO.DW074-5

主讲:陈永福
(片长:111分钟 字幕:英语/中文)
太极单剑是太极拳套路中短器械的一种,共四十九式,套路布局合理,衔接紧凑,刀法清晰,以刺、劈、挂、挂、挂、点、抹、托、架、扫、戳、扎、推、化等剑法,并结合太极拳舒展大方的身法,灵活稳健的步伐,忽刚忽柔、忽隐忽现、沾粘连随、腾闪应变的变化,真正体现陈氏太极剑以身运剑,连绵不断、缠绕回旋、蓄发相变、刚柔相济、快慢相间的特点,以及沾粘不散、无孔不入、虚笼诈诱、变化莫测、屈伸往来、刚劲有力的技击技法。习陈氏太极拳单剑时,需在练好拳架基础上进行,才能领悟到以意导气、以气健身、劲贯梢梢、周身一致、圆转自如。

Sun-style Tai Series 孙氏太极系列

CODE NO.DW076-1
6937475313554

Lecturer: Sun Jianyun
(Length:61minutes, Subtitles:English,Chinese)

This is a selection of the essential performances of Sun-style Taiji Quan, its sword and some other weapons, combining the core techniques of Xingyi (Imitation Boxing), Bagua (Eight Diagrams Palm) and Taiji Quan.



Sun-style Taiji Sword
Lecturer: Sun Jianyun
(Length:61minutes, Subtitles:English,Chinese)

CODE NO.DW076-2
6937475313547

The paly of Sun-style Taiji single sword is divided into two parts. The first part consists of 38 movements, and the second one begins from movement 39 to the end. The two parts can be combined for single practice with the aim to attack and defense.

Appreciation of Sun-style Taiji Quan Weapon Routines
Lecturer: Sun Jianyun
(Length:59minutes, Subtitles:English,Chinese)

CODE NO.DW076-3
6937475313561

The most basic feature of Sun-style Taiji Quan is the combination of the essential techniques of Xingyi (Imitation Boxing), Bagua (Eight Diagrams Palm) and Taiji boxing. A forward step is closely followed by the hind foot and vice versa. Each movement is relaxed and flexible, quick and natural. The whole routine of this boxing is played without break, like cloud flying and water flowing. A move leads other parts of your body to move and a stop leads them to stillness, so it's called Kaiene (open and close) Taiji Quan.

Zun Gu Chen-style Taijiquan Series 尊古陈氏太极系列

CODE NO.DW082-1
6937475314247

Routine I of Old Frame
Lecturer: Chen Qingzhou
(Length:94minutes, Subtitles:English,Chinese,French,Spanish)

The Chen-style Taijiquan Old Frame called Big Frame too, was created by Chen Changxing, the 14th successor of Chen family. Its ancient characteristics are retained completely so it is called kung fu frame. The routine I of Old Frame mainly emphasizes softness, but also contains an element of hardness within. Its characteristics are: large movements, agile and steady footwork, naturally erect posture, internal energy governing the body with the chan-si-jin (spiraling strength) as the core, the waist as the central axis of movement, and each separate movement linked together in a continuous whole. When movement commences the whole body is set in motion, when movement ceases the entire body is still. All the movements in the routine are performed continuously like floating clouds and flowing water. When applying force, one does so with a relaxed, active and elastic type of strength, and with an unbroken continuity of energy.



Chen-style Taiji Series 陈氏太极拳系列



Lecturer: Chen Yongfu
(Length:94minutes, Subtitles:English,Chinese)

CODE NO.DW074-1
6937475313479

Chen-style Taijiquan Routine emphasizes softness with hardness hiding in. The waist is the fountainhead to move, combine the twining force and use the mind to lead the Qi, use the Qi to control the body form. While practicing, you should make your movements continuous and smooth, and breath natural; keep your elbows lowered and shoulders relaxed, chest hold in and waist sunk. Your hands, feet and body should cooperate well so that they can generate the force as a whole.



Lecturer: Chen Yongfu
(Length:117minutes, Subtitles:English,Chinese)

CODE NO.DW074-2
6937475313486

Chen-style Taijiquan Small Frame Routine II also called Cannon Boxing has the characteristic of giving priority to the hardness and gentleness contained in hardness. The learning of Small Frame Routine II needs to on the basis of mastery of Chen-style Taijiquan small routine II, break through the stage of riding stiffness and seeking softness to reach the situation of the whole body following, one move of the whole body causing all moves, the combination of the inside and the outside, the full strength, the harmony of breath and movements. Only at this time is there no warp in learning routine II. Otherwise, there is no elasticity so that during exercise, we fall into the situation where the whole body is stiff with the upper heavy and the lower unstable, gas fills the chest, the heart beats too fast, the breath wheezes, lips turn green and face turns white. This is bad for the body strengthening and Kungfu exercising.



Lecturer: Chen Yongfu
(Length:122minutes, Subtitles:English,Chinese)

CODE NO.DW074-3
6937475313493

Chen-style Spring and Autumn Falchion is also called the Black Dragon Lower Moon Falchion, which is one of the long weapons of Chen-style Taiji weapons routine. Its distribution is rational and its skills are clear, and it can gain advantage from both sides. When practicing, you must have the good basic of Taijiquan, and it is more important to have the power of waist, legs and arms. The falchion is a long and heavy weapon, so you want to use it freely, and you must have the full energy and force of waist and arms. Its skills include cutting, hacking, pushing, chopping, turning, rolling, twining and pressing, so it is a kind of powerful interpersonal weapon and it is praised as "the Commander of Weapons".



Lecturer: Chen Yongfu
(Length:111minutes, Subtitles:English,Chinese)

CODE NO.DW074-4
6937475313509

The Chen-style Taiji Double Broadwords is one of the Chen-style Taiji Double Weapons routines. There are 35 forms in this routine, which is reasonably and connectively arranged. Its main techniques include cutting, hacking, arcing, parrying, thrusting, crossing, crosscutting, pressing, pushing, slicing, sweeping, supporting and figure-8 form. With generous body work, and agile and stable footwork, the double broadwords are played, fully embodying Chen-style Taijiquan's features of hardness and softness in harmony, fastness and slowness in interval, relaxing, activeness, flipping and shaking in force application. Practicing the routine of double broadsword, the broadsword must be combined well with steps, as the saying goes that "when playing single broadsword, watch your hand; when playing double broadswords, watch your footwork", which emphasizes the importance of your footwork in practicing double broadswords. So you should pay attention to that you must use the Taijiquan as the basic. When you grasp the sturdy basic skills of Taijiquan,



Lecturer: Chen Yongfu
(Length:111minutes, Subtitles:English,Chinese)

CODE NO.DW074-5
6937475313516

Taiji Single Sword is one of the short weapons of Chen-style Taijiquan. It has 49 forms, which are reasonable in arrangement and compact in cohesion. The sword movements, in addition, the various changes, truly represents the features of Chen-style Taiji Sword that operates the sword with the whole body, continuously and roundly, combining hardness and softness, equaling stress the quickness and slowness, changing the crook and the stretch. To practice the Chen-style Taiji Sword, you should use the Taijiquan as the base, pay attention to that you must use the mind to guide the Qi, and the force is focused at the tip of sword, so that the weapon and body move naturally as a whole.

陈氏太极拳械套路欣赏

主讲:陈永福
(片长:117分钟 字幕:英语/中文)

陈氏太极拳外气贯注、潇洒、大方、稳健,不仅以沾、粘、连随独树一帜,直至今日,它还保存着推、踢、跳、跃、闪、展、腾、挪诸功能,含蓄于内,发放于外,具有缠缠绵绵无不绝的弹性爆发劲。陈氏太极拳虽有大、小架之别,一、二之分,但根据其理理一也。本套路欣赏片集中了小菜架系列各拳路的演练,套路完整紧凑,可供广大武术爱好者更好地学习,是一部很好的武术欣赏片。

陈氏长拳108式

主讲:陈永福
(片长:117分钟 字幕:英语/中文)

此拳为陈王廷原编,传至十一世陈正知后渐失传。陈氏太极拳是陈氏王廷在陈氏108式长拳的基础上,吸取各派武术精华后所创编的。到陈氏12世时,习练108式拳的陈氏门徒陈永福(有说是陈氏12世陈正知,后陈母姓郭,改永福)因思义勇为误伤人命,逃亡山西霍州洪洞县一带,将长拳传到那里。(即现在山西省流传的通俗拳太原地区称"无极缠拳")从此,陈氏108式长拳在陈氏家族中就渐渐失传了。1975年,陈氏太极拳第十二代陈立清大师为将其失传已久的陈氏108式长拳找回,不辞艰辛,走访山西许多方老师,除交流之外,向许学回了陈氏108式长拳。

孙氏太极拳

主讲:孙剑云
(片长:61分钟 字幕:英语/中文)

本片精选了孙氏太极拳、剑等器械的演练精华,融合形意、八卦、太极三家拳术之精髓的特点。

孙氏太极剑

主讲:孙剑云
(片长:61分钟 字幕:英语/中文)

孙氏太极剑单练套路分上、下两路。上剑套路从第一式至第三十八式,下剑套路从第三十九式至结束。上下剑合一为单练拳,也可分而练之,互为攻防。

孙氏太极拳械套路欣赏

主讲:孙剑云
(片长:59分钟 字幕:英语/中文)

孙氏太极拳的最基本的特点是融合形意、八卦、太极三家拳术之精髓,一以贯之,且进退相随,迈步必跟,退步必撤,动作舒展圆活,敏捷自然。全套套路时行云流水,绵绵不断,一动无不动,一静无不动,周身无处不开。

老架一路

主讲:陈庆洲
(片长:94分钟 字幕:英语/中文/法语/西班牙语)

陈氏太极拳老架,亦称大架,系陈氏第十四世祖陈长兴所创,其风格完全保留了古老陈氏太极拳的功夫特色,故又称功夫架。

架势舒展大方,步法轻盈稳健,身法中正自然,内劲统领全身,以缠丝劲为核心。动作以腰为主,节节贯串,一动则如行云流水,绵绵不断;发劲时如活弹簧完整一气。



CODE NO.DW082-2
6937475314254

Lecturer: Chen Qingzhou
(Length:110minutes, Subtitles:English,Chinese,French,Spanish)

The Old Frame of Chen-style Taijiquan is called Big Frame. It was created by Chen Changxing, the 14th generation of the Chen family. As its style has fully maintained the kung fu characteristics of the ancient Chen-style Taiji Quan, it is also called Kung Fu Frame.

The Routine II of Old Frame is also called Cannon Hammer, has special characteristics compared with the Routine I. The second routine is accurately and closely arranged, with complicated movements and considerable difficulty. The speed as well as the degrees of force that the ending parts of the movements show is different. The movements of Taiji take Pull down, Bend backward, Elbow-stroke and Body-stroke as the main themes and four-direction-hand method as the subsidiary one.

老架二路
CODE NO.DW082-2

主讲:陈庆洲
(片长:94分钟 字幕: 英语\中文\法语\西班牙语)
陈氏太极拳老架, 亦称大架。系陈氏第十四世祖陈长兴所创, 其风格完全保留了古老陈氏太极拳的功夫特色。故又称功夫架。
老架二路亦称炮捶, 与一路拳相比有不同的特点, 二路拳势紧凑, 动作复杂, 难度很高, 其动作速度, 运动终点所表现的劲力也不相同, 其运动主要以捋、别、肘、靠为主, 四正手为辅。



CODE NO.DW082-3
6937475314261

Lecturer: Chen Qingzhou
(Length:94minutes, Subtitles:English,Chinese,French,Spanish)

The exercise of Xingong Taiji Ball is in order to help to raise the strength of Taijiquan, which is both good for healthy or the skill of combat. When exercising the Taiji ball, it's principal for fill Dantian with internal energy, studying storing and applying, making the ball turning around by Dantian, a foot under navel, it called from inside to outside, after studying hardly, there takes shape a Taiji ball in the belly, and this called from outside to inside, and the coordination energy between inside and outside can be shown as "Dantian twines itself".

行功太极拳
CODE NO.DW082-3

主讲:陈庆洲
(片长:94分钟 字幕: 英语\中文\法语\西班牙语)
行功太极拳的习练, 是为了辅助陈氏太极拳功夫增长的强度练法, 既能强身健体, 又对技击很有帮助。练太极拳主要是培植丹田内充劲量, 蓄发兼修, 通过胯下一寸部位的"丹田"内转, 带动太极拳球, 叫作由内及外, 经过刻苦的习练, 使腹内形成了活泼的太极拳球。叫作由外及内, 内外结合, 合为一体的内功表现则为"丹田自弹"。



CODE NO.DW082-4
6937475314278

Lecturer: Chen Qingzhou
(Length:90minutes, Subtitles:English,Chinese,French,Spanish)

Taiji Xingong Stick is a weapon for exercising the catching and neutralizing the catch in Taiji Kung fu, its shape is like an wrist, made by various kinds of fruit tree. Along with the growing of Taiji Kung fu, we unite the method of hand of demonstratoin and the pushing hand, use the technique in the Sanshou when we fight with others, every movement should be demonstrated with the inside revolving of Dantian, giving up yourself to follow others and adjusting to changing circumstances.

太极行功棒及推手
CODE NO.DW082-4

主讲:陈庆洲
(片长:90分钟 字幕: 英语\中文\法语\西班牙语)
太极行功棒, 是习练太极拳"拿法"和化解拳法的一种器械, 形似手腕, 选用各种果木制成为宜。随着太极拳功夫的增长, 将演练的手法结合到推手中去, 在双方交流中把技巧用到对手当中来, 在演练时每个动作都要结合丹田内转, 舍己从人, 随机应变。



CODE NO.DW084-5
6937475314285

Taiji Single Broadsword and Taiji Pole
Lecturer: Chen Qingzhou
(Length:122minutes, Subtitles:English,Chinese,French,Spanish)

Chen-style Taiji Single Broadsword is one of the short weapon in Taiji weapon routines, this posture is short and vigorous, its method of use is very lifelike, showing really the special characteristic of Chen-style Taiji: combining hardness and softness, equaling stress the quickness and slowness, dodging, transferring, jumping, sticking to each other without being separated, twining to neutralize the force.

Taiji Pole is short and vigorous, its use is very lifelike with incredible force, practise this Pole always, you can enhance your strength and the explosion force in crotch, wrist and arm. And it is a way to improve the endurance.

太极单刀与太极抖杆
CODE NO.DW084-5

主讲:陈庆洲
(片长:122分钟 字幕: 英语\中文\法语\西班牙语)
陈氏太极单刀是陈氏太极拳中短器械的一种。此套路短小精悍, 势勇力猛逼真。真正体现了陈氏太极拳的刚柔相济、快慢相同、穿钻翻跌、松活弹抖、沾粘连随、绵绵落空的特色。
太极抖杆杆短粗而精, 一招一用法逼真, 威力无比, 常练此杆, 可增长内劲, 加大裆、腰、臂之爆发力, 锻炼耐力强度的一种特有练习方法。



CODE NO.DW082-6
6937475314292

Lecturer: Chen Qingzhou
(Length:111minutes, Subtitles:English,Chinese,French,Spanish)

Taiji Double Broadwords is one of the double weapons in Chen-style Taiji. The distribution of Taiji Double Broadwords is very reasonable, its structure is compact, and its method of broadsword is clear, and its use is lifelike, its techniques are chopping, hacking, upercut, parrying, thrusting, cutting, blocking, pushing, slicing, sweeping and swing it with figure-8. It coordinates the elegant and composed torso form and the agile and steady footwork, shows fully the characteristic of Chen-style Taiji: combining softness and hardness, equal stress quickness and slowness, relaxing and twining.

太极双刀
CODE NO.DW082-6

主讲:陈庆洲
(片长:111分钟 字幕: 英语\中文\法语\西班牙语)
陈氏太极双刀是陈氏太极拳中双兵器的一种。此套双刀套路布局合理, 衔接紧凑, 刀法清晰, 用法逼真, 它以劈、砍、撞、挂、扎、戳、挫、推、挑、摆、摸、架以及舞花等刀法, 结合陈氏太极拳舒展大方的身法, 灵活稳健的步伐, 将陈氏太极拳刚柔相济, 快慢相间, 松活弹抖的特点, 表现得淋漓尽致。



CODE NO.DW082-7
6937475314308

Lecturer: Chen Qingzhou
(Length:111minutes, Subtitles:English,Chinese,French,Spanish)

Chen-style Taiji Single Sword is one of the short weapon in Taiji weapon routines. The distribution of Taiji Single Sword is very reasonable, its structure is stick, and its method of sword is clear, it coordinates the elegant and composed Chen-style Taiji and the method of torso clear and steady, soft or firm, latent or current, with sticking and soaking, the change of dodging, expanding, moving, galloping. Shows really the characteristic of Taiji Single Sword that operates sword with body continuously and roundly, twining and turning, combining hardness and softness, equaling stress the quickness and slowness. When practicing it for a long time, we can not only get a good effect of the health, but also carefree and happy, get an enjoyment of the beauty art.

太极单剑
CODE NO.DW082-7

主讲:陈庆洲
(片长:111分钟 字幕: 英语\中文\法语\西班牙语)
陈氏太极单剑, 是太极拳中短器械的一种。陈氏太极剑套路布局合理, 衔接紧凑, 剑法清晰, 并结合太极拳舒展大方的身法, 灵活稳健的步伐, 忽刚忽柔、忽隐忽现, 连绵不断, 缠绕回旋, 刚柔相济, 快慢相同等特点。长期习练不仅可以收到强健体质的效果, 而且可以使人心旷神怡, 得到艺术美的享受。



CODE NO.DW082-8
6937475314315

Lecturer: Chen Qingzhou
(Length:111minutes, Subtitles:English,Chinese,French,Spanish)

Taiji Double Swords is one of the double weapons in Chen-style Taiji, it was created by Chen Zhaopi. The distribution of taiji Double Swords is very reasonable, its structure is rational, and its method of sword is clear; when moving, the movement is easy and smooth, elegant and unfolded, the two swords like the cloud floating and the water flowing, the dragon going out of the sea; when walking, it just likes a butterfly flying; when squatting on heels, it just like a dragon winding or a tiger lying, when turning and pushing the sword, it just likes a python turning over or a black bear turning its back, shows the characteristic of Taijiquan: the force in movement is well balanced between softness and hardness, fast and slow, relaxed and springing.

太极双剑
CODE NO.DW082-8

主讲:陈庆洲
(片长:111分钟 字幕: 英语\中文\法语\西班牙语)
陈氏太极双剑是陈氏太极拳器械中双器械中的一种。是由太极大师陈照丕先生创编而成的。陈氏太极双剑布局合理, 结构严谨, 剑法清晰; 练起来动作流畅, 舒展大方; 两剑如行云流水, 蛟龙出海, 行走时如蝴蝶翩翩起舞; 下蹲时, 有盘龙卧虎的雄威之势, 转身劈剑如怪蟒翻身, 黑熊翻背, 力大无穷; 表现出太极拳的单纯猛烈, 绵绵弹抖的特色。



CODE NO.DW082-9
6937475314322

Lecturer: Chen Qingzhou
(Length:110minutes, Subtitles:English,Chinese,French,Spanish)

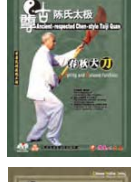
Pear-flower-spear Plus White-ape-cudgel collects the characteristic of spear and cudgel, in the use of real combat, it has both the effect of spear and cudgel. This posture of spear is compact, its style is special, with the coordination of the method of torso, it shows each feature of spear and cudgel, and the specialist of the combination of spear and cudgel, giving expression to the magical change of Pear-flower-spear Plus White-ape-Cudgel when exercising it and practicing it.



CODE NO.DW082-10
6937475314339

Lecturer: Chen Qingzhou
(Length:61minutes, Subtitles:English,Chinese,French,Spanish)

Five-tiger killing sheep cudgel is a kind of long weapon routine within Chen-style Taiji weapons routines and it has been combined with the special characteristics of both spear and cudgel. With its movement combined with the twining, twisting touching methods of Chen-style Taijiquan, so it has a unique style. This routine is accurately and closely arranged, fully displays the special characteristics of the spear-cudgel, and truly shows that the combination of Five-tiger Killing Sheep Cudgel and Taijiquan is wonderful, changeable and powerful.



CODE NO.DW082-11
6937475314346

Spring and Autumn Falchion
Lecturer: Chen Qingzhou
(Length:61minutes, Subtitles:English,Chinese,French,Spanish)

Spring and Autumn Falchion of Chen Family is also called Black Dragon and The Moon Falchion. It belongs to one kind of the weapons in Chen-style Taiji. This set of weapon has logical and reasonable structure and the forms echo with each other. The forms are agile and flexible in practise. It is very clear in the techniques of hack, cut, upercut, hang, chop, slice, raise and stab. It has the feature of "the falchion is as fierce as the tiger". Every posture and form is characterized of being powerful and forceful.



CODE NO.DW082-12
6937475314353

Appreciation of the Routines
Lecturer: Chen Qingzhou
(Length:61minutes, Subtitles:English,Chinese,French,Spanish)

The Appreciation of the routine of Ancient-respected Chen-style Taijiquan collects the old routine of Chen-Style Taijiquan and shows it to everyone more completely, more extensively and more authentic, it is demonstrated by Chen Qingzhou, the international master and the 19th successor of Chen-Style Taijiquan, it is for more amateurs of Taijiquan who can see the original face of Ancient-respected Chen-style Taiji Quan, and who can also see the elegant demeanor of the great master.

Wu-Style Taiji Series 武氏太极拳系列



CODE NO.DW077-1
6937475313378

Lecturer: Qiao Songmao
(Length:70minutes, Subtitles:English,Chinese)

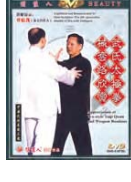
The Wu-style Taijiquan has 85 forms totally, its forms are dapper and compact. The methods such as the "ward off", "stroke", "push", "press", "pull down", "bend backward", "elbow stroke" and "body lean" are used in each form with attack contained inside. The advance, retreat, fixing, look and stop come into being with forms. Postures are tight and elegant; mind and spirit are in peace and comfort. For its features and style of hardness combined with softness, open with close and impishness with solidness, every form of Wu-style Taijiquan is an excellent example for explaining the fist theories and techniques. It is easy to learn and can prolong your life.



CODE NO.DW077-2
6937475313585

Lecturer: Qiao Songmao
(Length:56minutes, Subtitles:English,Chinese)

Wu-style body-strengthening sword totals 25 forms. It was compiled by the Wu-style Taijiquan masters on the basis of Wu-style Taijiquan and Wu-style Taiji outline. It combines the techniques of broadsword and those of sword. The basic hand form is sword-fingers. It requires the sword to go with people and integrate with body. After Wu-style Taiji Quan forms and the hitting hands are mastered and on the basis of Wu-style boxing outline, it makes us to exercise Wu-style Taiji swordplay better.



CODE NO.DW077-3
6937475313592

Appreciation of Wu-style Taiji Quan and Weapon Routines
Lecturer: Qiao Songmao
(Length:80minutes, Subtitles:English,Chinese)

This program which selects the essentials of "Wu-style Taijiquan", "Wu-style Taijiquan Hitting Hand", "Wu-style Taiji Body-strengthening Swordplay", showing you the features and style of hardness combined with softness, opening with closing of the Wu-style Taiji Quan and Weapon series. Each form is an excellent example to demonstrate the theory and method of Taijiquan. It is easy to learn, and possesses the functions of strengthening body and prolonging life.

梨花枪夹白猿棍
主讲:陈庆洲
(片长:110分钟 字幕: 英语\中文\法语\西班牙语)

CODE NO.DW082-9

梨花枪夹白猿棍汇集枪、棍的特点, 在实战应用中, 既有枪扎一线, 又有棍打一大片的应击功效。此枪套路严密紧凑, 风格特异, 在太极拳协调身法的配合下, 充分显示出枪、棍各具特色和相互为用的独到之处, 真正体现了梨花枪夹白猿棍在演练和使用中的神化无穷。

五虎群羊棍
主讲:陈庆洲
(片长:61分钟 字幕: 英语\中文\法语\西班牙语)

CODE NO.DW082-10

五虎群羊棍是陈氏太极器械套路中兵器的一种, 汇集枪、棍的特点, 结合陈氏太极拳中缠绕沾粘法而风格独具。此套路严密紧凑, 在太极拳协调身法的配合下, 充分显示出枪、棍合一的独到特色。真正体现了五虎群羊棍和太极拳相互结合的神化无穷, 变幻莫测, 气势磅礴的威武效应。

春秋大刀
主讲:陈庆洲
(片长:61分钟 字幕: 英语\中文\法语\西班牙语)

CODE NO.DW082-11

陈氏春秋大刀, 亦名"青龙偃月刀"是陈氏太极器械套路中兵器的一种。此套套路布局合理, 上呼下应, 左右逢源, 宽的劈、砍、撩、挂、斩、抹、截、挑、刺等以及舞花等刀法, 交待得清清楚楚, 干净利落, 确有"大刀如猛虎"的风格。一招一势有威武凛烈的气概。

套路欣赏
主讲:陈庆洲
(片长:61分钟 字幕: 英语\中文\法语\西班牙语)

CODE NO.DW082-12

陈氏太极拳器械欣赏, 它更全面、广泛、真实的将古老的陈氏太极拳器械集并展现给大家, 本片由国际太极拳大师, 陈氏太极拳第十九代传人陈庆洲主讲示范, 同时让更多喜爱太极拳爱好者从中领略到陈氏太极拳的风采面貌, 同时也能让一睹大师之拳姿风采。

武氏太极拳
主讲:乔松茂
(片长:70分钟 字幕: 英语\中文)

CODE NO.DW077-1

武氏太极拳整个套路共85式, 拳式小巧紧凑, 身法严谨无隙, 捋挤按压靠贯穿于各势之中, 机宜尽蕴于内, 进退顾盼定随势而生, 体态端庄, 气势鼓荡, 恬静安神、精神内蕴。武氏太极拳的内圈精神, 外示安逸, 一息鼓荡, 练气归神、气势磅礴、刚柔相济、开合有致、虚实清楚的特点和风格, 均皆为解说太极拳理、拳法的绝好范例。易学且延年益寿。

武氏太极强身剑
主讲:乔松茂
(片长:56分钟 字幕: 英语\中文)

CODE NO.DW077-2

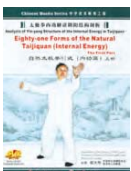
武氏太极强身剑共25式, 这是由武氏太极拳的宗师在武氏太极拳、武氏太极大纲的基础上创编的。它刀剑合一, 基本手型就是剑指, 要求剑随人走, 和身体合二为一, 它是在练习好武氏太极拳、拳架和打手, 在武氏大纲的基础上, 更好的演练武氏太极剑。

武氏太极拳械套路欣赏
主讲:乔松茂
(片长:80分钟 字幕: 英语\中文)

CODE NO.DW077-3

本片精选了《武氏太极拳》、《武氏太极拳打手》与《武氏太极强身剑》的演练精华, 向您展示了武氏太极拳器械套路相济、开合有致、虚实清楚的特点和风格, 均皆为解说太极拳理、拳法的绝好范例。简单易学, 并具有强身健体, 延年益寿之功效。

Analysis of Yin-yang Structure of the Internal Energy in Taijiquan
太极拳内功解读阴阳结构剖析



Eighty-one Forms of the Natural Taijiquan (Internal Energy) The First Part
Lecturer: Zhu Datong
(Length:51minutes, Subtitles:English,Chinese)

CODE NO.DW120-1
6937475381119

There are Eighty-one Forms in the Natural Taijiquan, including three chapters of Internal Energy, Practical Combat, and Health Care. Nine forms in one section, there are nine sections, total eighty-on forms. It practice the heart, spirit, mind and energy, from the upper to the below, the inner to the outer. It is art, an exercise art of relaxation and flexibility in the exchanging of Yin and Yang. The characteristic of the Natural Taijiquan is following the principle and the track of nature ways. The fist is light and agile, it focuses on the mind not the force, it is good for the health and it can drive away the disease and prolong the life.

自然太极拳81式（内功篇）上部

主讲:祝大彤 CODE NO.DW120-1
片长:51分钟 字幕: 英语/中文

自然太极拳八十一式，共分为内功篇，技击篇、养生篇等三篇，九式为一节，九九八十一式，九九归真，心、神、意气内外双修上下相融，内外相合，是在阴阳变化中的松柔动态运动艺术。自然太极拳的修炼特点，循太极拳的运动规律和运动轨迹，承拳道之自然道法的拳之规范，拳法轻灵，用意不用力，在阴阳变化中，循弧形线运动，上善若水，天下莫柔弱于水，打拳如行云流水，以健体强身，祛病益寿。

自然太极拳81式（内功篇）下部

主讲:祝大彤 CODE NO.DW120-2
片长:60分钟 字幕: 英语/中文

自然太极拳八十一式，共分为内功篇，技击篇、养生篇等三篇，九式为一节，九九八十一式，九九归真，心、神、意气内外双修上下相融，内外相合，是在阴阳变化中的松柔动态运动艺术。自然太极拳的修炼特点，循太极拳的运动规律和运动轨迹，承拳道之自然道法的拳之规范，拳法轻灵，用意不用力，在阴阳变化中，循弧形线运动，上善若水，天下莫柔弱于水，打拳如行云流水，以健体强身，祛病益寿。

改变思维、改变观念与九杵十要一虚灵

主讲:祝大彤 CODE NO.DW120-3
片长:54分钟 字幕: 英语/中文

习练太极拳，首先要对拳的结构和品格进行分析，认识、太极拳有自身的运动规律和运动轨迹。太极是武术，有武术的共性，又有它自身的特性。其特性是阴阳变动，举动轻灵，用意不用力，上下相融、内外相合、虚实兼备，被动练拳等等。太极拳的基本功十分重要，手脚结合上下相融，基本功为：从性上，脚（脚趾）跟、膝、胯、肘、肩、腕、腕、手指完全放松，且节节贯串，这是九杵。（听劲）十要是：漏臀、裹裆、收小腹、吸收左右腹股沟、展胸、圆背、吸收左右胸窝、项顶。（听劲）一虚灵：头上虚灵顶，胸会穴为阳顶，百会穴为阴顶。（听劲）

三动三不动与心神意气安静

主讲:祝大彤 CODE NO.DW120-4
片长:30分钟 字幕: 英语/中文

注意修炼三动三不动：即手脚动不动，脚动手不动，手脚起动。周身三不动：一不要有动，二不要主动，三不要妄动。手上三不动：一不动，二不歪，三不顶。手脚三不动：一手动脚不动，二脚动手不动，三手脚起动。（何吋动手，何吋脚动，拳熟练后，自然会把握这个度）在练拳、推手中，“三动三不动”技艺十分重要。说重要，不是练拳人的教学法，而是根据太极拳的特性阴阳变动所决定的。太极拳更重视修身养性，心神安静，练拳应该内心世界安静，极安静，性命双修，不可浮躁，勿急功近利。

太极拳与太极揉手艺术

主讲:祝大彤 CODE NO.DW120-5
片长:39分钟 字幕: 英语/中文

太极拳有手指、手掌、手腕屈，手上不着力，“形于手指”，“妙手空空”。手掌及手28个小关节都要放松，每个手指都有自己的功能。推手是长期练拳出来的松手，空空的太极功夫。推手活动是太极拳体用结合的产物。推手原则很多，分为四条：一、以静制动，以虚得实，后发先制。二、以心行意，用意不用力，不主动进攻。三、以柔克刚，形无象，化中有粘。四、以小打大，以弱胜强，引动回两拨千斤。

太极八方线

主讲:祝大彤 CODE NO.DW120-6
片长:38分钟 字幕: 英语/中文

八方线图由武术方向位的四正位（东、西、南、北）、四偏位（东北、西北、东南、西南）以及前进、后跟、左跟、右跟、中定等八门五步十三势组成，运用何原理，以外圆圈从正方变化为圆形八方线图。太极拳十分重视方向方位及中正安舒。有了八方线，在练拳时，就有一个准确的中心点，方向方位准确无误，避免脚下出现“差之毫厘，谬以千里”的错误。

阴阳相济

主讲:祝大彤 CODE NO.DW120-7
片长:48分钟 字幕: 英语/中文

传统太极拳家研究者都明白，太极拳的重要特征是阴阳在拳中的主导和尊卑的地位。动则阴变阳，阴不离阳，阳不离阴，阴阳相济，如太极图，阴阳鱼互相不隔，因为收为吸，为开（大小关节开，阴则收放，为普遍规律太极阴阳编转，有特殊性，应在习练中体会。）阴为放，为呼，为合，首尾相接正是阴阳相济，黑鱼（阴）白眼，白鱼（阳）黑眼，阴中有阳，阳中有阴的深层原理，照此运用立于不败。

Eighty-one Forms of the Natural Taijiquan (Internal Energy) The Second Part
Lecturer: Zhu Datong
(Length:60minutes, Subtitles:English,Chinese)

CODE NO.DW120-2
6937475381126

There are Eighty-one Forms in the Natural Taijiquan, including three chapters of Internal Energy, Practical Combat, and Health Care. Nine forms in one section, there are nine sections, total eighty-on forms. It practice the heart, spirit, mind and energy, from the upper to the below, the inner to the outer. It is art, an exercise art of relaxation and flexibility in the exchanging of Yin and Yang. The characteristic of the Natural Taijiquan is following the principle and the track of nature ways. The fist is light and agile, it focuses on the mind not the force, it is good for the health and it can drive away the disease and prolong the life.

Change the Thinking and Concept, Nine Relaxing, Ten Need and One Lightness

CODE NO.DW120-3
6937475381133

Lecturer: Zhu Datong
(Length:54minutes, Subtitles:English,Chinese)

Before we take up Taiji we should have an understanding of its structure and quality. The basic skills are from the below to the top, relaxing with the toe, heel, knee, crotch, elbow, waist, shoulder, wrist, hand, and fingers. All are successive. This is Nine Relaxing. The Ten Need are: keeping the buttocks down, wrapping the crotch, shrinking the abdomen, dropping hips, expanding the chest, making the back round, emptying ampils, and straightening the neck. One lightness: Pushing the head up in mind. The Conghui point as the Yang peak and the Baihui point as the Yin peak.

Three Move, Three No Move and Calming the mind, will and spirits

CODE NO.DW120-4
6937475381140

Lecturer: Zhu Datong
(Length:59minutes, Subtitles:English,Chinese)

Pay attention to the practice of Three Move and Three No Move: That is the movement of hands without the feet's movement, vice versa, or the movement of both at the same time. Three No Move: the body, firstly, no movements; secondly, no active movement, thirdly, no rush. Also there are Three No Move about hands, firstly no movement, secondly, not letting go, thirdly, no resistance. The Three No Move about the hands and feet: firstly, movement of hands without feet; secondly, feet's movement without the hands'; thirdly, the movement of both. Taijiquan emphasizes on building up the body, as well as silence of mind. Practicing Qian is to calm your mind. Don't be fickle and eager for quick success and instant benefit.

Taiji Hand and Art of Roushou

CODE NO.DW120-5
6937475381157

Lecturer: Zhu Datong
(Length:59minutes, Subtitles:English,Chinese)

Taiji Hand includes finger, palm and hand wrist group. The force isn't put on the hand but it is "The force locks landing on the finger" "the skillful hands are empty". The palms and its 28 small joints must be relaxed. Each finger has its function. Hand pushing is a kind of released hand from long-term fist practice, an empty Taiji inner kungfu. Hand pushing comes from Taiji Fist practice inside the body. There are four categories of hand pushing: First: Silence overwhelming action, intangibility tangibility, latter resistance former attack. Second: Action by mind, rather than force or active attack. Third: Overcoming the hardness with softness, intangibly. Fourth: Beating the small by big, overwhelming the strong by weak, holding the heavy by the light.

Taiji Eight-direction Line

CODE NO.DW120-6
6937475381164

Lecturer: Zhu Datong
(Length:48minutes, Subtitles:English,Chinese)

Eight-direction Line Diagram is formed by The Thirteen Postures, including eight directions, four normal directions of martial arts: east, west, south, north, and four corners directions: northeast, northwest, southeast, southwest, combining with five steps: advancing, retreating, look to the left, look to the right, central equilibrium. The circular Eight-direction Line Diagram is from a square, forming from the rim of a circle through geometry principle.

The Complement of Hardness and Softness

CODE NO.DW120-7
6937475381171

Lecturer: Zhu Datong
(Length:48minutes, Subtitles:English,Chinese)

The researchers who study the traditional Taijiquan know it very well that the important characteristic of Taijiquan is that the status of yin and yang play a leading role in the Taijiquan. Respond if there is change of Yin and Yang. Yin is inseparable from yang, and vice versa. The complement of yin and yang is something like Taiji totem which the fish of yin and yang are independent of each other. Because yang refers to inhaling and opening Yin refers to expanding, exhaling and joining.



Eighty-one Forms of the Natural Taijiquan (Practical Combat)
Lecturer: Zhu Datong
(Length:48minutes, Subtitles:English,Chinese)

CODE NO.DW120-8
6937475381188

There are Eighty-one Forms in the Natural Taijiquan, including three chapters of Internal Energy, Practical Combat, and Health Care. Nine forms in one section, there are nine sections, total eighty-on forms. It practice the heart, spirit, mind and energy, from the upper to the below, the inner to the outer. It is art, an exercise art of relaxation and flexibility in the exchanging of Yin and Yang. The characteristic of the Natural Taijiquan is following the principle and the track of nature ways. The fist is light and agile, it focuses on the mind not the force. It moves in an arc during the exchanging of Yin and Yang.



Eighty-one Forms of the Natural Taijiquan (Practical Combat)
Lecturer: Zhu Datong
(Length:52minutes, Subtitles:English,Chinese)

CODE NO.DW120-9
6937475381195

There are Eighty-one Forms in the Natural Taijiquan, including three chapters of Internal Energy, Practical Combat, and Health Care. Nine forms in one section, there are nine sections, total eighty-on forms. It practice the heart, spirit, mind and energy, from the upper to the below, the inner to the outer. It is art, an exercise art of relaxation and flexibility in the exchanging of Yin and Yang. The characteristic of the Natural Taijiquan is following the principle and the track of nature ways. The fist is light and agile, it focuses on the mind not the force. It moves in an arc during the exchanging of Yin and Yang.



Eighty-one Forms of the Natural Taijiquan (Health Care)
Lecturer: Zhu Datong
(Length:52minutes, Subtitles:English,Chinese)

CODE NO.DW120-10
6937475381201

There are Eighty-one Forms in the Natural Taijiquan, including three chapters of Internal Energy, Practical Combat, and Health Care. Nine forms in one section, there are nine sections, total eighty-on forms. It practice the heart, spirit, mind and energy, from the upper to the below, the inner to the outer. It is art, an exercise art of relaxation and flexibility in the exchanging of Yin and Yang. The characteristic of the Natural Taijiquan is following the principle and the track of nature ways. The fist is light and agile, it focuses on the mind not the force. It moves in an arc during the exchanging of Yin and Yang.



Eighty-one Forms of the Natural Taijiquan (Health Care)
Lecturer: Zhu Datong
(Length:53minutes, Subtitles:English,Chinese)

CODE NO.DW120-11
6937475381218

There are Eighty-one Forms in the Natural Taijiquan, including three chapters of Internal Energy, Practical Combat, and Health Care. Nine forms in one section, there are nine sections, total eighty-on forms. It practice the heart, spirit, mind and energy, from the upper to the below, the inner to the outer. It is art, an exercise art of relaxation and flexibility in the exchanging of Yin and Yang. The characteristic of the Natural Taijiquan is following the principle and the track of nature ways. The fist is light and agile, it focuses on the mind not the force. It moves in an arc during the exchanging of Yin and Yang.

Taiji Foot

Lecturer: Zhu Datong
(Length:46minutes, Subtitles:English,Chinese)

CODE NO.DW120-12
6937475381225

From principles for Taijiquan written by the ancestor, it is said that, the base is on the foot. The foot is the base, so relax the foot, the toes. Relax from the foot, the knee, the crotch, the waist, the shoulders, the elbows, the wrists, and the hand, from the foot to the top. The solid step is completely solid while the empty step is completely empty. Exchange the Yin and Yang when stepping. In this boxing, Yin and Yang is exchanging all on the foot. There is no need or less to move the hand, just change the Yin and Yang on the foot. Move from the foot, to the leg, and the waist without a break. The upper follows the lower, and the outer joins the inner.

Longmen Taiji Series 龙门太极系列



Huan Dan Xun
Lecturer: Li Fujun
(Length:118minutes, Subtitles:Chinese)

CODE NO.DW126
6937475382369

Huan Dan Quan was reported as a kind of Kungfu which can continue and prolong the life. As a secret Kungfu, it was refused to discuss for centuries.Regular exercises such skills can treat some strange and difficult disease for the kidney and waist.



The Thirty-seven Form of Longmen-style Taiji Quan
Lecturer: Li Fujun
(Length:58minutes, Subtitles:Chinese)

CODE NO.DW127
6937475382376

It was reported as a kind of Kungfu which can continue and prolong the life. As a secret Kungfu, it was refused to discuss for centuries.Regular exercises such skills can treat some strange and difficult disease. It is almost suitable for human rehabilitation of chronic diseases, especially for neurasthenia, neuralgia, hypertension, heart disease, kidney problems, arthritis, diabetes, etc. have a good efficacy.

自然太极拳81式（技击篇）上部

主讲:祝大彤 CODE NO.DW120-8
片长:48分钟 字幕: 英语/中文

自然太极拳八十一式，共分为内功篇，技击篇、养生篇等三篇，九式为一节，九九八十一式，九九归真，心、神、意气内外双修上下相融，内外相合，是在阴阳变化中的松柔动态运动艺术。自然太极拳的修炼特点，循太极拳的运动规律和运动轨迹，承拳道之自然道法的拳之规范，拳法轻灵，用意不用力，在阴阳变化中，循弧形线运动，上善若水，天下莫柔弱于水，打拳如行云流水，以健体强身，祛病益寿。

自然太极拳81式（技击篇）下部

主讲:祝大彤 CODE NO.DW120-9
片长:52分钟 字幕: 英语/中文

自然太极拳八十一式，共分为内功篇，技击篇、养生篇等三篇，九式为一节，九九八十一式，九九归真，心、神、意气内外双修上下相融，内外相合，是在阴阳变化中的松柔动态运动艺术。自然太极拳的修炼特点，循太极拳的运动规律和运动轨迹，承拳道之自然道法的拳之规范，拳法轻灵，用意不用力，在阴阳变化中，循弧形线运动，上善若水，天下莫柔弱于水，打拳如行云流水，以健体强身，祛病益寿。

自然太极拳81式（养生篇）上部

主讲:祝大彤 CODE NO.DW120-10
片长:52分钟 字幕: 英语/中文

自然太极拳八十一式，共分为内功篇，技击篇、养生篇等三篇，九式为一节，九九八十一式，九九归真，心、神、意气内外双修上下相融，内外相合，是在阴阳变化中的松柔动态运动艺术。自然太极拳的修炼特点，循太极拳的运动规律和运动轨迹，承拳道之自然道法的拳之规范，拳法轻灵，用意不用力，在阴阳变化中，循弧形线运动，上善若水，天下莫柔弱于水，打拳如行云流水，以健体强身，祛病益寿。

自然太极拳81式（养生篇）下部

主讲:祝大彤 CODE NO.DW120-11
片长:53分钟 字幕: 英语/中文

自然太极拳八十一式，共分为内功篇，技击篇、养生篇等三篇，九式为一节，九九八十一式，九九归真，心、神、意气内外双修上下相融，内外相合，是在阴阳变化中的松柔动态运动艺术。自然太极拳的修炼特点，循太极拳的运动规律和运动轨迹，承拳道之自然道法的拳之规范，拳法轻灵，用意不用力，在阴阳变化中，循弧形线运动，上善若水，天下莫柔弱于水，打拳如行云流水，以健体强身，祛病益寿。

太极拳脚

主讲:祝大彤 CODE NO.DW120-12
片长:46分钟 字幕: 英语/中文

太极拳先贤拳经云：“其根在脚”，脚为根，脚和脚趾放松，由脚上膝、胯、腰、肩、肘、腕、手、脚松到顶，实脚实足，虚脚虚乎，上步变转阴阳。大拳，以百分比说话，百分之百脚下阴阳变化，手不可动少动，形于手指，则先起于脚的阴阳变转，在脚而腿而腰总须完整一气。上下相融，内外相合，离开脚的根什么也没有了。我在练拳中体验到，拳在拳中的作用，吴式太极拳单腿重心，脚的作用之大是根，是阴阳变化的根，我有一决：下一条线，脚阴下变。

还丹拳

主讲:李法均 CODE NO.DW126
片长:118分钟 字幕: 中文

还丹拳被道家视为续命延年之拳法，数百年来不肖外传，口口相传，秘传失传。练习还丹拳，要求做到“八松、五要”，动中求静，以达强身。息心守神，拳架和缓，可促进气血的正常运行，通达四肢百骸，调节阴阳平衡，达到强身健体，祛病延年之目的。经常练习此拳，还可治疗一些疑难病症，对肾、腰痛患者有显著疗效。

龙门太极拳三十七式

主讲:李法均 CODE NO.DW127
片长:58分钟 字幕: 中文

龙门太极拳，源于中华道家，数百年来不肖外传，历代弟子口口相传，鲜为人知。龙门太极拳结合道教医学，内丹养生与道教武术为一体，在疾病的防治及锻炼方面有独到之处。其通过练拳养气，行气通经，促进了气血运行的升降开合，通调周身四肢百骸，从而提高了自身机体抗病康复能力和自身免疫力，使功能紊乱的脏腑恢复正常。在疾病防治方面，它凡于适合人体各种慢性疾病的康复，尤其对神经衰弱、神经痛、高血压、心脏病、肾病、腰肌劳损、风湿骨痛、关节炎、糖尿病等有良好疗效，是目前被国家政府部门正式下档推广的少数拳种之一。

Chen-Style Taiji Sparring and Capture
陈氏太极散手与擒拿



Single basic skill (2discs)
Lecturer: Chen Erhu
(Length:114minutes, Subtitles:English,Chinese) **CODE NO.DW087-01**
6937475392337

Single basic skill is essential for mastering the actual combats of Taiji Sparring. It is good for drilling the explosive force, flick force, and even the hardness of forces, and upgrading actual combat skills such as ward-off, roll-back, pressing, push-down, pull-down, splitting, elbow, leaning and so on. It's required the learners should lay a solid foundation before having the exercise. When exercising, be sure to relax, cluster the whole body with qi, boost hand techniques and make footwork flexible.

单式基本功 (2碟)
主讲:陈二虎
片长:114分钟 字幕:英语/中文

单式训练是练习好太极散手实用功夫的必修课, 单式训练可以有效地增强爆发力、弹抖劲乃至整个太极拳训练中的刚猛之功。提高实战技巧、棚、捋、挤、按、采、捌、肘、靠、蹀、打、摆、划、拿都需要单式练习, 为太极散手的训练打好基础。单式训练开始之前, 练习者要有一定的太极拳基础, 注意周身关节放松, 要求劲达四梢, 气布周身, 过三关, 通三田, 达涌泉, 继而做到身法活便, 手脚灵敏, 步法轻灵。



Single basic skill I
Lecturer: Chen Erhu
(Length:50minutes, Subtitles:English,Chinese) **CODE NO.DW087-02**
6937475392344

Taiji originates from boxing frame, the correctness and level of which are testified by Taiji push-hands exercise. Both Taiji push-hands and Taiji sparring are exceptional examples of Taiji in 13 forms and the highest expression of Taiji kungfu. Chen-style Taiji Quan is founded by Cheng Changxing and further developed by his proud disciple Yang Lu who spends 18 years in it. Yang is unparalleled with Taiji sparring including 113 movements as a whole routine which will be demonstrated and explained by Chen Erhu who is the twelfth successor of Chen-style Taijiquan.

制敌绝招 (一)
主讲:陈二虎
片长:50分钟 字幕:英语/中文

太极功夫从拳架而来, 检查拳架的正确与否及功夫长进层次的是太极推手。由太极推手到太极散手, 是脱规矩, 灵活运用太极十三式的表现, 也是太极功夫的最高表现形式。散手是太极拳中的推手与大捋的延伸, 沾粘相随, 舍己为人, 无论一招一式, 均有化而发。出手自然, 全以腿脚为主, 而无硬碰硬打的动作。陈氏太极拳传人陈长兴宗师的得意门徒杨露禅经过十八年的研修, 打遍当时的天下名手, 号称“杨无敌”。他是太极散手的最好例证, 全套路共一百一十三个动作。由陈氏太极拳第十二代正宗传人陈二虎示范讲解。



Overwhelming Skills II
Lecturer: Chen Erhu
(Length:51minutes, Subtitles:English,Chinese) **CODE NO.DW087-03**
6937475392351

Taiji originates from boxing frame, the correctness and level of which are testified by Taiji push-hands exercise. Both Taiji push-hands and Taiji sparring are exceptional examples of Taiji in 13 forms and the highest expression of Taiji kungfu. Chen-style Taiji Quan is founded by Cheng Changxing and further developed by his proud disciple Yang Lu who spends 18 years in it. Yang is unparalleled with Taiji sparring including 113 movements as a whole routine which will be demonstrated and explained by Chen Erhu who is the twelfth successor of Chen-style Taijiquan.

制敌绝招 (二)
主讲:陈二虎
片长:51分钟 字幕:英语/中文

太极功夫从拳架而来, 检查拳架的正确与否及功夫长进层次的是太极推手。由太极推手到太极散手, 是脱规矩, 灵活运用太极十三式的表现, 也是太极功夫的最高表现形式。散手是太极拳中的推手与大捋的延伸, 沾粘相随, 舍己为人, 无论一招一式, 均有化而发。出手自然, 全以腿脚为主, 而无硬碰硬打的动作。陈氏太极拳传人陈长兴宗师的得意门徒杨露禅经过十八年的研修, 打遍当时的天下名手, 号称“杨无敌”。他是太极散手的最好例证, 全套路共一百一十三个动作。由陈氏太极拳第十二代正宗传人陈二虎示范讲解。



Overwhelming Skills III
Lecturer: Chen Erhu
(Length:50minutes, Subtitles:English,Chinese) **CODE NO.DW087-04**
6937475392368

Taiji originates from boxing frame, the correctness and level of which are testified by Taiji push-hands exercise. Both Taiji push-hands and Taiji sparring are exceptional examples of Taiji in 13 forms and the highest expression of Taiji kungfu. Chen-style Taiji Quan is founded by Cheng Changxing and further developed by his proud disciple Yang Lu who spends 18 years in it. Yang is unparalleled with Taiji sparring including 113 movements as a whole routine which will be demonstrated and explained by Chen Erhu who is the twelfth successor of Chen-style Taijiquan.

制敌绝招 (三)
主讲:陈二虎
片长:50分钟 字幕:英语/中文

太极功夫从拳架而来, 检查拳架的正确与否及功夫长进层次的是太极推手。由太极推手到太极散手, 是脱规矩, 灵活运用太极十三式的表现, 也是太极功夫的最高表现形式。散手是太极拳中的推手与大捋的延伸, 沾粘相随, 舍己为人, 无论一招一式, 均有化而发。出手自然, 全以腿脚为主, 而无硬碰硬打的动作。陈氏太极拳传人陈长兴宗师的得意门徒杨露禅经过十八年的研修, 打遍当时的天下名手, 号称“杨无敌”。他是太极散手的最好例证, 全套路共一百一十三个动作。由陈氏太极拳第十二代正宗传人陈二虎示范讲解。



Overwhelming Skills IV
Lecturer: Chen Erhu
(Length:59minutes, Subtitles:English,Chinese) **CODE NO.DW087-05**
6937475392375

Taiji originates from boxing frame, the correctness and level of which are testified by Taiji push-hands exercise. Both Taiji push-hands and Taiji sparring are exceptional examples of Taiji in 13 forms and the highest expression of Taiji kungfu. Chen-style Taiji Quan is founded by Cheng Changxing and further developed by his proud disciple Yang Lu who spends 18 years in it. Yang is unparalleled with Taiji sparring including 113 movements as a whole routine which will be demonstrated and explained by Chen Erhu who is the twelfth successor of Chen-style Taijiquan.

制敌绝招 (四)
主讲:陈二虎
片长:59分钟 字幕:英语/中文

太极功夫从拳架而来, 检查拳架的正确与否及功夫长进层次的是太极推手。由太极推手到太极散手, 是脱规矩, 灵活运用太极十三式的表现, 也是太极功夫的最高表现形式。散手是太极拳中的推手与大捋的延伸, 沾粘相随, 舍己为人, 无论一招一式, 均有化而发。出手自然, 全以腿脚为主, 而无硬碰硬打的动作。陈氏太极拳传人陈长兴宗师的得意门徒杨露禅经过十八年的研修, 打遍当时的天下名手, 号称“杨无敌”。他是太极散手的最好例证, 全套路共一百一十三个动作。由陈氏太极拳第十二代正宗传人陈二虎示范讲解。



Overwhelming Skills V
Lecturer: Chen Erhu
(Length:56minutes, Subtitles:English,Chinese) **CODE NO.DW087-06**
6937475392382

Taiji originates from boxing frame, the correctness and level of which are testified by Taiji push-hands exercise. Both Taiji push-hands and Taiji sparring are exceptional examples of Taiji in 13 forms and the highest expression of Taiji kungfu. Chen-style Taiji Quan is founded by Cheng Changxing and further developed by his proud disciple Yang Lu who spends 18 years in it. Yang is unparalleled with Taiji sparring including 113 movements as a whole routine which will be demonstrated and explained by Chen Erhu who is the twelfth successor of Chen-style Taijiquan.

制敌绝招 (五)
主讲:陈二虎
片长:56分钟 字幕:英语/中文

太极功夫从拳架而来, 检查拳架的正确与否及功夫长进层次的是太极推手。由太极推手到太极散手, 是脱规矩, 灵活运用太极十三式的表现, 也是太极功夫的最高表现形式。散手是太极拳中的推手与大捋的延伸, 沾粘相随, 舍己为人, 无论一招一式, 均有化而发。出手自然, 全以腿脚为主, 而无硬碰硬打的动作。陈氏太极拳传人陈长兴宗师的得意门徒杨露禅经过十八年的研修, 打遍当时的天下名手, 号称“杨无敌”。他是太极散手的最好例证, 全套路共一百一十三个动作。由陈氏太极拳第十二代正宗传人陈二虎示范讲解。



Overwhelming Skills VI
Lecturer: Chen Erhu
(Length:54minutes, Subtitles:English,Chinese) **CODE NO.DW087-07**
6937475392399

Taiji originates from boxing frame, the correctness and level of which are testified by Taiji push-hands exercise. Both Taiji push-hands and Taiji sparring are exceptional examples of Taiji in 13 forms and the highest expression of Taiji kungfu. Chen-style Taiji Quan is founded by Cheng Changxing and further developed by his proud disciple Yang Lu who spends 18 years in it. Yang is unparalleled with Taiji sparring including 113 movements as a whole routine which will be demonstrated and explained by Chen Erhu who is the twelfth successor of Chen-style Taijiquan.

制敌绝招 (六)
主讲:陈二虎
片长:54分钟 字幕:英语/中文

太极功夫从拳架而来, 检查拳架的正确与否及功夫长进层次的是太极推手。由太极推手到太极散手, 是脱规矩, 灵活运用太极十三式的表现, 也是太极功夫的最高表现形式。散手是太极拳中的推手与大捋的延伸, 沾粘相随, 舍己为人, 无论一招一式, 均有化而发。出手自然, 全以腿脚为主, 而无硬碰硬打的动作。陈氏太极拳传人陈长兴宗师的得意门徒杨露禅经过十八年的研修, 打遍当时的天下名手, 号称“杨无敌”。他是太极散手的最好例证, 全套路共一百一十三个动作。由陈氏太极拳第十二代正宗传人陈二虎示范讲解。

Chen-style Taijiquan Series 陈式太极拳系列



Chen-style Xiangsigong Exercise (I) **CODE NO.DW142-01**
Lecturer: Chen Xiaowang
(Length:60minutes, Subtitles:English,Chinese)
6937475390227

Changsigong exercise is fundamental in taijiqun. It concerns two parts, one being the direct axis along the elixir field, the other being the level axis crossing the elixir field. Both of the two parts center on the elixir field. They are closely connected to each other in any movement. Taijiqun is variable, only when one masters Changsigong would he get twice the result with half the effort when practicing taiji.

陈式缠丝功 (上)
主讲:陈小旺
片长:60分钟 字幕:英语/中文

缠丝功是太极拳的基本功, 它分两段, 第一段是丹田的顺向中轴, 第二段是丹田的横向中轴, 它们有一个共同特点就是都以丹田为核心, 一动全动, 节节贯穿。太极拳千变万化, 只有了解了缠丝功, 再练太极的时候就会事半功倍。



Chen-style Xiangsigong Exercise (II) **CODE NO.DW142-02**
Lecturer: Chen Xiaowang
(Length:59minutes, Subtitles:English,Chinese)
6937475390234

Changsigong exercise is fundamental in taijiqun. It concerns two parts, one being the direct axis along the elixir field, the other being the level axis crossing the elixir field. Both of the two parts center on the elixir field. They are closely connected to each other in any movement. Taijiqun is variable, only when one masters Changsigong would he get twice the result with half the effort when practicing taiji.

陈式缠丝功 (中)
主讲:陈小旺
片长:59分钟 字幕:英语/中文

缠丝功是太极拳的基本功, 它分两段, 第一段是丹田的顺向中轴, 第二段是丹田的横向中轴, 它们有一个共同特点就是都以丹田为核心, 一动全动, 节节贯穿。太极拳千变万化, 只有了解了缠丝功, 再练太极的时候就会事半功倍。



Chen-style Xiangsigong Exercise (III) **CODE NO.DW142-03**
Lecturer: Chen Xiaowang
(Length:61minutes, Subtitles:English,Chinese)
6937475390241

Changsigong exercise is fundamental in taijiqun. It concerns two parts, one being the direct axis along the elixir field, the other being the level axis crossing the elixir field. Both of the two parts center on the elixir field. They are closely connected to each other in any movement. Taijiqun is variable, only when one masters Changsigong would he get twice the result with half the effort when practicing taiji.

陈式缠丝功 (下)
主讲:陈小旺
片长:61分钟 字幕:英语/中文

缠丝功是太极拳的基本功, 它分两段, 第一段是丹田的顺向中轴, 第二段是丹田的横向中轴, 它们有一个共同特点就是都以丹田为核心, 一动全动, 节节贯穿。太极拳千变万化, 只有了解了缠丝功, 再练太极的时候就会事半功倍。



Chen-style Taiji Push-hands Exercise and Actual Combat (I) **CODE NO.DW142-04**
Lecturer: Chen Xiaowang
(Length:60minutes, Subtitles:English,Chinese)
6937475390258

Apart from abiding by general taijiqun's principle of sticking, clinging, warding, following, loosening, siphoning, flipping and flicking, neither letting go nor confronting, turning freely, steering clear of the solid but taking advantage of the void, Chen-style taijiqun push-hands exercise combines the basic techniques of clutching, holding, slammung, kicking and striking, etc. and avails itself of the 8 methods of parrying, deflecting, pushing, pressing, picking, chopping, elbowing, and leaning to drill the sensitivity of skin and body. It's an ideal way to practice superb skills. To practice taiji frame is to improve oneself, while practicing push-hands is to excel others. Only when achieving the two aims will one be likely to be insurmountable.

陈式太极推手与实战 (上)
主讲:陈小旺
片长:60分钟 字幕:英语/中文

陈式太极推手, 根据太极拳粘、黏、连、随、松、活、弹、抖、不丢不顶、圆转自如、避实就虚、捨巧不持力的原则, 将抱、拿、摔、踢、打等基本方法融为一体, 运用 棚、捋、挤、按、采、捌、靠八种方法, 练习全身皮肤触觉和体内感觉的灵敏性, 是一种练习高超技击技能的方法。练习太极拳是知己功夫, 练习推手是知彼功夫, 知己知彼方能百战百胜。



Chen-style Taiji Push-hands Exercise and Actual Combat (II) **CODE NO.DW142-05**
Lecturer: Chen Xiaowang
(Length:64minutes, Subtitles:English,Chinese)
6937475390265

Apart from abiding by general taijiqun's principle of sticking, clinging, warding, following, loosening, siphoning, flipping and flicking, neither letting go nor confronting, turning freely, steering clear of the solid but taking advantage of the void, Chen-style taijiqun push-hands exercise combines the basic techniques of clutching, holding, slammung, kicking and striking, etc. and avails itself of the 8 methods of parrying, deflecting, pushing, pressing, picking, chopping, elbowing, and leaning to drill the sensitivity of skin and body. It's an ideal way to practice superb skills. To practice taiji frame is to improve oneself, while practicing push-hands is to excel others. Only when achieving the two aims will one be likely to be insurmountable.

陈式太极推手与实战 (下)
主讲:陈小旺
片长:64分钟 字幕:英语/中文

陈式太极推手, 根据太极拳粘、黏、连、随、松、活、弹、抖、不丢不顶、圆转自如、避实就虚、捨巧不持力的原则, 将抱、拿、摔、踢、打等基本方法融为一体, 运用 棚、捋、挤、按、采、捌、靠八种方法, 练习全身皮肤触觉和体内感觉的灵敏性, 是一种练习高超技击技能的方法。练习太极拳是知己功夫, 练习推手是知彼功夫, 知己知彼方能百战百胜。



Chen-style Falchion (I) **CODE NO.DW142-06**
Lecturer: Chen Xiaowang
(Length:58minutes, Subtitles:English,Chinese)
6937475390272

Chen-style falchion belongs to a long weapon. It has a sound and seamless routine marked by imposing and brisk movements of chopping, hacking, teasing, hitching, cutting, smearing, intercepting, blocking, stirring, stabbing, shoving, dragging, and parrying, etc. To practice falchion, one must have a solid foundation of bare-handed exercise, especially that of waist, legs, and arms.

陈式春秋大刀 (上)
主讲:陈小旺
片长:58分钟 字幕:英语/中文

陈式春秋大刀, 亦名青龙偃月刀, 是陈式太极器械套路中长大兵器的一种。陈式春秋大刀套路布局合理, 上下呼应, 左右逢源, 它的劈、砍、撩、挂、斩、抹、截、拦、挑、刺、推、抱、架等交待的清楚清楚。一招一式有威武、凛冽的气概。在练习大刀时, 必须有扎实的拳术基础, 尤其对腰腿劲及臂力的要求更为重要。



Chen-style Falchion (II) **CODE NO.DW142-07**
Lecturer: Chen Xiaowang
(Length:53minutes, Subtitles:English,Chinese)
6937475390289

Chen-style falchion belongs to a long weapon. It has a sound and seamless routine marked by imposing and brisk movements of chopping, hacking, teasing, hitching, cutting, smearing, intercepting, blocking, stirring, stabbing, shoving, dragging, and parrying, etc. To practice falchion, one must have a solid foundation of bare-handed exercise, especially that of waist, legs, and arms.

陈式春秋大刀 (下)
主讲:陈小旺
片长:53分钟 字幕:英语/中文

陈式春秋大刀, 亦名青龙偃月刀, 是陈式太极器械套路中长大兵器的一种。陈式春秋大刀套路布局合理, 上下呼应, 左右逢源, 它的劈、砍、撩、挂、斩、抹、截、拦、挑、刺、推、抱、架等交待的清楚清楚。一招一式有威武、凛冽的气概。在练习大刀时, 必须有扎实的拳术基础, 尤其对腰腿劲及臂力的要求更为重要。

Actual Combat Techniques of Old-styled Taichi Rushing Fist and Sudden Agile Fist 古传太极捶翻行 腾挪忽灵实用技击



Taichi Agile Fist (I)
Lecturer: Yuan Zhanqiu
(Length:50minutes, Subtitles:English,Chinese)

CODE NO.DW153-01
6937475392566

Taichi Rushing and Sudden Agile Fist is an ancient shadowboxing popular in Wen county, Henan province. It features aureole all around the exerciser, so people call it supernatural shadowboxing. The ancients call the fist routine as Taichi Agile Fist featuring energetic footwork and elusive movement. Each of the movement is circular and then horny, as displays the principle of triangle. According to the lever principle, each movement adheres to the theory of triangle, giving full play to the power. The theory involves three interior triangle and three outer triangle, at the end of which the acupoint is blocked. Acupoint block is the highest actual combat technique of Taichiqian.

太极忽灵劲(上)
主讲:原占国
(片长:50分钟 字幕:英语/中文)

CODE NO.DW153-01

腾挪忽灵太极拳是河南温县古老的拳种,因在演练是浑身处处带圈,人们称为“太极神拳”
第一趟古称“太极忽灵劲”,步法腾挪,招式忽灵,招招体现圈的表现,圆变为角,体现三角的理论,根据杠杆原理,节节贯穿三角理论,三角分里三角、外三角,三角之外为点六,点六为太极拳最高技击技巧。



Taichi Soft Punching (III)
Lecturer: Yuan Zhanqiu
(Length:57minutes, Subtitles:English,Chinese)

CODE NO.DW153-07
6937475392627

Taichi Rushing and Sudden Agile Fist is an ancient shadowboxing popular in Wen county, Henan province. It features aureole all around the exerciser, so people call it supernatural shadowboxing. The ancients call the third routine as Taichi soft punching featuring the exercise of vital energy. The steps are like the walking of the cat, the movements like ladder. Control the breathing like the movement of the thread going through the pinhole and exert force like the puddling of iron. As a whole, it produces an impression of pliable and agile movements, smooth breathing, and integration of universe and man. It's an ideal exercise for those with relative infirm body.

太极软捶(下)
主讲:原占国
(片长:57分钟 字幕:英语/中文)

CODE NO.DW153-07

腾挪忽灵太极拳是河南温县古老的拳种,因在演练是浑身处处带圈,人们称为“太极神拳”第三趟故称太极软捶,以练气为主,步法上迈步如猫行,运动如抽丝来体现盘架子,外形上运气如九曲珠,运动如百炼钢之起势,整体上圆活、轻灵、吐纳自如、天人合一,是体弱者养生健身之妙拳,三趟旧时又称为“太极软捶”是赵堡太极拳之原架形。



Taichi Agile Fist (II)
Lecturer: Yuan Zhanqiu
(Length:51minutes, Subtitles:English,Chinese)

CODE NO.DW153-02
6937475392573

Taichi Rushing and Sudden Agile Fist is an ancient shadowboxing popular in Wen county, Henan province. It features aureole all around the exerciser, so people call it supernatural shadowboxing. The ancients call the fist routine as Taichi Agile Fist featuring energetic footwork and elusive movement. Each of the movement is circular and then horny, as displays the principle of triangle. According to the lever principle, each movement adheres to the theory of triangle, giving full play to the power. The theory involves three interior triangle and three outer triangle, at the end of which the acupoint is blocked. Acupoint block is the highest actual combat technique of Taichiqian.

太极忽灵劲(下)
主讲:原占国
(片长:51分钟 字幕:英语/中文)

CODE NO.DW153-02

腾挪忽灵太极拳是河南温县古老的拳种,因在演练是浑身处处带圈,人们称为“太极神拳”
第一趟古称“太极忽灵劲”,步法腾挪,招式忽灵,招招体现圈的表现,圆变为角,体现三角的理论,根据杠杆原理,节节贯穿三角理论,三角分里三角、外三角,三角之外为点六,点六为太极拳最高技击技巧。



Taichi Sanshou
Lecturer: Yuan Zhanqiu
(Length:41minutes, Subtitles:English,Chinese)

CODE NO.DW153-08
6937475392634

Taichi Sanshou is the extension of Taichi push-hands exercise. When one has laid a solid foundation of Taichi frames and Taichi push-hands exercise, he is in the position to practice Taichi sanshou. This film explains and shows how to cushion the enemy's attack and counterattack effectively through Taichi sanshou.

太极散手
主讲:原占国
(片长:41分钟 字幕:英语/中文)

CODE NO.DW153-08

太极散手是太极拳推手法的延伸。当太极拳架子和太极拳推手训练到一定程度后,就可以进行太极散手的练习,本片主要讲述与演练了敌对方在运用各种招法向我进攻时,我如何进行化解与反击的有效方法。



Taichi One-end-cudgel Play (I)
Lecturer: Yuan Zhanqiu
(Length:51minutes, Subtitles:English,Chinese)

CODE NO.DW153-03
6937475392580

Taichi Rushing and Sudden Agile Fist is an ancient shadowboxing popular in Wen county, Henan province. It features aureole all around the exerciser, so people call it supernatural shadowboxing. The ancients call the second routine as Taichi one-end-cudgel play which is supplemented by the first routine. Why is it called one-end-cudgel play? It's to grip one end and hit with the other end of the cudgel. This play can also disentangle oneself by a flash fighting. It also demonstrates the techniques of kicking, hitting, wrestling and capturing. Constant exercise of the first and second routines will help one experience the integration of universe and man, as is typical of Taichiqian.

太极根头棍劲(上)
主讲:原占国
(片长:51分钟 字幕:英语/中文)

CODE NO.DW153-03

腾挪忽灵太极拳是河南温县古老的拳种,因在演练是浑身处处带圈,人们称为“太极神拳”第二趟古时称太极根头棍,它以根头棍为主,一趟为辅,什么叫“根头棍”即按这头,那头打,解脱为次,闪战为辅,体现踢、打、摔、拿,一趟二趟拳常练才能体会太极拳天人合一,套、勾、点的武术妙用。



Taichi Push-hands Exercise (I)
Lecturer: Yuan Zhanqiu
(Length:41minutes, Subtitles:English,Chinese)

CODE NO.DW153-09
6937475392641

Taichi Push-hands Exercise is a duel event between two bare-handed people, and therefore has a feature of duel between two opponents. Following and sticking, up and down going together, neither losing nor goring, circling and turning, avoiding the main forces and striking the weak point, persisting instead of prompting, this exercise draws on these basic techniques of grasping, catching, throwing, hitting, warding, deflecting, pushing, pressing, elbowing and leaning, etc. to take preemptive steps in fighting the enemy. This exercise is explained by Yuan Zhanqiu who is a master of Taichiqian. You'll get to know the essence of Taichi Push-hands exercise by enjoying the real pitched play of our program.

太极推手(上)
主讲:原占国
(片长:41分钟 字幕:英语/中文)

CODE NO.DW153-09

太极推手是太极拳运动一项两人徒手对练的项目,以粘黏不脱、上下相随、不丢不顶、圆转自如、虚实兼施、持巧不持力原则,将抓、拿、摔、踢、打等基本方法融为一体,运用棚、捋、挤、按、采、肘、靠等方法 and 劲路制敌于不究时,本片由太极名师原占国老师讲解,通过真刀真枪的演练,使你了解太极推手的精髓。



Taichi One-end-cudgel Play (II)
Lecturer: Yuan Zhanqiu
(Length:46minutes, Subtitles:English,Chinese)

CODE NO.DW153-04
6937475392597

Taichi Rushing and Sudden Agile Fist is an ancient shadowboxing popular in Wen county, Henan province. It features aureole all around the exerciser, so people call it supernatural shadowboxing. The ancients call the second routine as Taichi one-end-cudgel play which is supplemented by the first routine. Why is it called one-end-cudgel play? It's to grip one end and hit with the other end of the cudgel. This play can also disentangle oneself by a flash fighting. It also demonstrates the techniques of kicking, hitting, wrestling and capturing. Constant exercise of the first and second routines will help one experience the integration of universe and man, as is typical of Taichiqian.

太极根头棍劲(下)
主讲:原占国
(片长:46分钟 字幕:英语/中文)

CODE NO.DW153-04

腾挪忽灵太极拳是河南温县古老的拳种,因在演练是浑身处处带圈,人们称为“太极神拳”第二趟古时称太极根头棍,它以根头棍为主,一趟为辅,什么叫“根头棍”即按这头,那头打,解脱为次,闪战为辅,体现踢、打、摔、拿,一趟二趟拳常练才能体会太极拳天人合一,套、勾、点的武术妙用。



Taichi Push-hands Exercise (II)
Lecturer: Yuan Zhanqiu
(Length:45minutes, Subtitles:English,Chinese)

CODE NO.DW153-10
6937475392658

Taichi Push-hands Exercise is a duel event between two bare-handed people, and therefore has a feature of duel between two opponents. Following and sticking, up and down going together, neither losing nor goring, circling and turning, avoiding the main forces and striking the weak point, persisting instead of prompting, this exercise draws on these basic techniques of grasping, catching, throwing, hitting, warding, deflecting, pushing, pressing, elbowing and leaning, etc. to take preemptive steps in fighting the enemy. This exercise is explained by Yuan Zhanqiu who is a master of Taichiqian. You'll get to know the essence of Taichi Push-hands exercise by enjoying the real pitched play of our program.

太极推手(下)
主讲:原占国
(片长:45分钟 字幕:英语/中文)

CODE NO.DW153-10

太极推手是太极拳运动一项两人徒手对练的项目,以粘黏不脱、上下相随、不丢不顶、圆转自如、虚实兼施、持巧不持力原则,将抓、拿、摔、踢、打等基本方法融为一体,运用棚、捋、挤、按、采、肘、靠等方法 and 劲路制敌于不究时,本片由太极名师原占国老师讲解,通过真刀真枪的演练,使你了解太极推手的精髓。



Taichi Soft Punching (I)
Lecturer: Yuan Zhanqiu
(Length:53minutes, Subtitles:English,Chinese)

CODE NO.DW153-05
6937475392603

Taichi Rushing and Sudden Agile Fist is an ancient shadowboxing popular in Wen county, Henan province. It features aureole all around the exerciser, so people call it supernatural shadowboxing. The ancients call the second routine as Taichi one-end-cudgel play which is supplemented by the first routine. Why is it called one-end-cudgel play? It's to grip one end and hit with the other end of the cudgel. This play can also disentangle oneself by a flash fighting. It also demonstrates the techniques of kicking, hitting, wrestling and capturing. Constant exercise of the first and second routines will help one experience the integration of universe and man, as is typical of Taichiqian.

太极软捶(上)
主讲:原占国
(片长:53分钟 字幕:英语/中文)

CODE NO.DW153-05

腾挪忽灵太极拳是河南温县古老的拳种,因在演练是浑身处处带圈,人们称为“太极神拳”第三趟故称太极软捶,以练气为主,步法上迈步如猫行,运动如抽丝来体现盘架子,外形上运气如九曲珠,运动如百炼钢之起势,整体上圆活、轻灵、吐纳自如、天人合一,是体弱者养生健身之妙拳,三趟旧时又称为“太极软捶”是赵堡太极拳之原架形。



10-top Capture Techniques
Lecturer: Yuan Zhanqiu
(Length:48minutes, Subtitles:English,Chinese)

CODE NO.DW153-11
6937475392665

The 10-top Capture Techniques are based on the Taichi principle of dexterously harnessing the enemy's force. Each technique displays the essence of Taichiqian. By virtue of the mechanics of anthropometry, lever centrifugal force and volition force, this film displays the essence of old-styled Taichiqian in actual combat by explaining how to skillfully capture the back of hand, wrist, crock and shoulder, etc.

十大拿法
主讲:原占国
(片长:48分钟 字幕:英语/中文)

CODE NO.DW153-11

太极十大拿法是在清代云游道长顾一旸所传,至今有三百年的历史。太极拳的精髓,在人体解剖学,结合杠杆离心力、螺旋力等力学原理,通过对拿手臂、拿手腕、抓裆、拿肩等实际手法的讲解,让人明白古传太极的真正技击含义。



Taichi Soft Punching (II)
Lecturer: Yuan Zhanqiu
(Length:40minutes, Subtitles:English,Chinese)

CODE NO.DW153-06
6937475392610

Taichi Rushing and Sudden Agile Fist is an ancient shadowboxing popular in Wen county, Henan province. It features aureole all around the exerciser, so people call it supernatural shadowboxing. The ancients call the third routine as Taichi soft punching featuring the exercise of vital energy. The steps are like the walking of the cat, the movements like ladder. Control the breathing like the movement of the thread going through the pinhole and exert force like the puddling of iron. As a whole, it produces an impression of pliable and agile movements, smooth breathing, and integration of universe and man. It's an ideal exercise for those with relative infirm body.

太极软捶(中)
主讲:原占国
(片长:40分钟 字幕:英语/中文)

CODE NO.DW153-06

腾挪忽灵太极拳是河南温县古老的拳种,因在演练是浑身处处带圈,人们称为“太极神拳”第三趟故称太极软捶,以练气为主,步法上迈步如猫行,运动如抽丝来体现盘架子,外形上运气如九曲珠,运动如百炼钢之起势,整体上圆活、轻灵、吐纳自如、天人合一,是体弱者养生健身之妙拳,三趟旧时又称为“太极软捶”是赵堡太极拳之原架形。



Wudang Gu-style Taichiqian (2discs)
Lecturer: Liu Dengxin
(Length:100minutes, Subtitles:English,Chinese)

CODE NO.DW155-01
6937475393440

Gu-style Taichiqian is passed down by Gu Dianyi, alias Yunyue Daozhang, a respectful form of address for a Taoist priest in the Qing dynasty. Now it has a history of 300 years. It has unique merits of boxing, body movement, footwork and hand technique. It can produce considerable effect in health-care and actual combat exercises.

Explained and demonstrated by master Liu Dengxin, this film is different from the conventional way of merely sticking to routines. Instead, it focuses on the combat techniques of each movement. It has a full set of series with complete contents, and the explanation is easy to understand. In one word, this film is a feasible teaching material and an ideal choice for those martial art fans.

武当式太极拳(2碟)
主讲:刘登信
(片长:100分钟 字幕:英语/中文)

CODE NO.DW155-01

武当式太极拳是由清代云游道长顾一旸所传,至今有三百年的历史。改革有独特的拳势力,独特的身法,步法和手法,在健身和技击上颇具奇效。

本片有刘登信大师亲自示范讲解,突破一般只讲套路的方式,重点剖析每招每式的技击含义和实战用法,讲解通俗易懂,深入浅出,内容完整,体系周全,是一部行之有效的教学培训片,更是爱好者的良师益友。

Wu-Style Taiji Quan 武氏太极拳



The 108 tricks of Wu's (Hao Jia) Taiji

Lecturer: Fang Shan **CODE NO.DW148-01**
(Length:15minutes, Subtitles:English,Chinese) 6937475391767

Taichi Rushing and Sudden Agile Fist is an ancient shadowboxing popular in Wen county, Henan province. It features aureole all around the exerciser, so people call it supernatural shadowboxing. The ancients call the fist routine as Taichi Agile Fist featuring energetic footwork and elusive movement. Each of the movement is circular and then horny, as displays the principle of triangle. According to the lever principle, each movement adheres to the theory of triangle, giving full play to the power. The theory involves three interior triangle and three exterior triangle, at the end of which the acupoint is blocked. Acupoint block is the highest actual combat technique of Taichiquan.

武式(郝架)108式太极拳

主讲:方山 **CODE NO.DW148-01**
(片长:15分钟 字幕:英语/中文)

武式(郝架)108式太极拳创自武禹襄,其特点是:姿势紧凑,动作舒缓,步法严格,分清虚实,全身进退,旋转始终保持中正,用内动的虚实转换和“内气流转”来支配外型,久练能极大提高人体生命潜能,达到健康、长寿、抗衰老、治病强身的功效,并能陶冶情操,使人高雅。

Traditional Yang-style Taichiquan Series

传统杨式太极拳系列



Yang-style Taichiquan In 85 Forms

Lecturer: Zhang FuHua **CODE NO.DW149-01**
(Length:106minutes, Subtitles:English,Chinese) 6937475392122

Traditional Yang-style Taichiquan In 85 Forms features impressive movements, compact juncture, vertical body, smooth, adroit and composed motion. It integrates hardness with softness and alternates slowness with quickness. Its movements display mightiness without being clumsy, close instead of distant, solid as well as empty, attack in concert with defence. Hence, it's of high appreciative and practical quality.

杨式太极拳85式

主讲:张福华 **CODE NO.DW149-01**
(片长:106分钟 字幕:英语/中文)

传统杨式太极拳八十五式其拳架风格“舒展大方,结构严谨,身法中正,动作和顺,轻重沉着”,体现了刚柔相济,快慢相兼之特点,演练起来威而不拙,缠而不疏,虚实分明,攻防有致,具有很高的观赏性和实用性。



Traditional Yang-style Taichi Sword

Lecturer: Zhang FuHua **CODE NO.DW149-02**
(Length:55minutes, Subtitles:English,Chinese) 6937475392139

Traditional Yang-style Taichi Sword originates from Taichiquan. It shares the same characteristics and requirements with Taichiquan exercise and keeps the antique style of weapons which wielded as fierce as tiger and as adroit as jungle ape. Taichi sword's movement features circles, as is the same as Taichiquan and sword. However, Taichi sword's welding circles hovering above and around head is most outstanding.

传统杨式太极刀

主讲:张福华 **CODE NO.DW149-02**
(片长:55分钟 字幕:英语/中文)

杨式太极刀是由太极拳演变而来的,具有太极拳练习的一般特点和要求。太极刀保存了古朴的刀械风范,走刀如猫步,行步似灵猿。太极刀与太极拳、剑的运动,都是圆,而刀法运行的圆,“缠头裹脑”为其突出特点。



Traditional Yang-style Taichi Push-hands Exercise

Lecturer: Zhang FuHua **CODE NO.DW149-03**
(Length:44minutes, Subtitles:English,Chinese) 6937475392146

Taichi Push-hands Exercise is a duel event between two bare-handed people, and therefore has a feature of duel between two opponents. Following and sticking, up and down going together, neither losing nor going, circling and turning, avoiding the main forces and striking the weak point, persisting instead of prompting, this exercise draws on these basic techniques of grasping, catching, throwing, hitting, warding, deflecting, pushing, pressing, elbowing and leaning, etc. to drill the sensibility of skin and body so as to take preemptive steps in fighting the enemy. Hence, it's a super martial art exercise marked by taking advantage of the enemy's force to counterattack.

传统杨式太极推手

主讲:张福华 **CODE NO.DW149-03**
(片长:44分钟 字幕:英语/中文)

太极推手是太极拳运动一项两人徒手对练的项目,具有一定的对抗性。太极推手是以粘黏不脱、上下相随、不丢不顶、圆转自如,避实就虚、精巧不恃力原则,将抓、拿、摆、捋、打等基本方法融为一体。运用棚、捋、挤、按、采、肘、靠等方法和劲路,以练习全身皮肤触觉和体内感觉的灵敏性,以达别人不知我,我知别人,意在人先,是一种以乘势借力、克敌制胜为目的练习高超技击技能的方法。

Traditional yang-style Taiji Quan 85 Forms

传统杨式太极拳八十五式



Traditional yang-style Taiji Quan 85 Forms

Lecturer: Ding shuide **CODE NO.DW129-02**
(Length:180minutes, Subtitles:English,Chinese) 6937475384127

Traditional yang-style Taiji Quan 85 Forms is very practical.It combines dynamic with static movement,softness with firmness,like a dragon flying around.It enjoys a good reputation that the player can have a trial of strength with his opponents without touching their bodies.

传统杨式太极拳八十五式

主讲:丁水德 **CODE NO.DW129-02**
(片长:180分钟 字幕:英语/中文)

传统杨式太极拳八十五式实用性极强,谓之动作有静,柔中藏刚,呈运动游龙之势,素有“手不对方接触,也能较劲”之美誉。

Actual Combat of Chinese Martial art

中国武术散手实战系列



The actual combat skill of traditional Taiji Push-hand (2discs)

CODE NO.DW143-01
6937475390296

Lecturer: Zhang Dongwu
(Length:111minutes, Subtitles:English,Chinese)

The actual combat skill of traditional Taiji Push-hand comes from the third method—Push-hand along with steps,which is from five Push-hand methods of Chen-style Taijiquan.It clearly explains the using of eight strength in actual combat.There are ward—off,roll—back,pressing, push—down,pull—down,splitting, elbow and leaning.

太极传统推手技法 (2碟)

主讲:张东武 **CODE NO.DW143-01**
(片长:111分钟 字幕:英语/中文)

传统太极推手实战技法是以陈式太极拳五种推手法中的第三种方法顺序推手演变而来,通过有招有势的36个基本动作,详细阐述了太极推手中棚、捋、挤、按、采、肘、肘、靠等八种劲在实战中的灵活运用。



Taiji Free Fight Actual Combat Skill

CODE NO.DW143-02
6937475390302

Lecturer: Zhang Dongwu
(Length:54minutes, Subtitles:English,Chinese)

Taiji Free Fight Actual Combat Skill is the extension of Taiji push hand skill. When you practice the Taiji structure and Taiji push hand for a certain time you can begin to practice the Taiji free fight. This movie mainly demonstrates the efficient methods for you to relieve and fight against when the opponent attacks you in different ways.

太极散手实战用法

主讲:张东武 **CODE NO.DW143-02**
(片长:54分钟 字幕:英语/中文)

太极散手实战用法是太极推手技法的延伸,当太极拳架子和太极推手训练到一定程度后,就可以进行太极散手的练习,本片主要讲述与演练了敌对方在运用各种招法向我进攻时,我如何进行化解与反击的有效方法。



Taiji Capture

CODE NO.DW143-03
6937475390319

Lecturer: Zhang Dongwu
(Length:50minutes, Subtitles:English,Chinese)

Taiji Capture is guided by the theory of Taiji Quan, that is follows the opponent's force, turn thousand kilogram by eight hundred kilogram. Every feat inherit the essence of Chen Shi Taiji Quan-with the screw twine as its basic core and correspond to the mechanics theory like lever centrifugal force, screw force etc. You can control the opponent through the action of carve, capture, lock, clasp, wrench, point, twine, and slice.

太极擒拿

主讲:张东武 **CODE NO.DW143-03**
(片长:50分钟 字幕:英语/中文)

太极擒拿是在太极拳舍己为人、四两拨千斤的原理指导下,每招每势贯穿了陈式太极拳的精髓——螺旋缠丝劲,以基本核心,结合人体解剖学,结合杠杆离心力、螺旋力等力学原理,通过刁、拿、锁、扣、扳、点、缠、切等手法制服对方。



Taiji Athletics Push Hand Actual Combat Skills

CODE NO.DW143-04
6937475390326

Lecturer: Zhang Dongwu
(Length:50minutes, Subtitles:English,Chinese)

Taiji Athletics Push Hand Actual Combat Skills is established by Zhang Dongwu according his six years championship experience and the actual combat experience in National push hand competition and International Taiji Annual Meeting in Weng city of China, correspond to the competition rules and the essence of traditional Taiji push hand skill. You can manage the competition rules nowadays and the secret to be the champion

太极竞技推手实战用法

主讲:张东武 **CODE NO.DW143-04**
(片长:50分钟 字幕:英语/中文)

竞技太极推手实战技法是在张东武先生根据自己多年在全国太极拳手和中国温县国际太极拳年会上通过六年夺冠的实战经验,结合大赛的比赛规则和传统太极推手技法的精华创编而成,通过此片可掌握在现行比赛规则下,擂台立于不败之地的秘密。