



# Chen's Taichi Sword, Saber & Baton

*Chen Zhenglei*

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## **Chen's Taichi Sword, Saber & Baton** Chen Zhenglei

This is the fourth book in a new and important series on **Chen style Taichi Chuan**, demonstrating five different weapons sets for mastering Taichi. This fourth volume breaks down the Single and Double Straight Sword, the Single and Double Saber and the Double Taichi Baton. These are followed by a section called "Masters on Taichi" offering poems and writings of Chen family greats including Chen Wangting, Chen Xin and Chen Changxing.

Every one of these classic routines shows the flavor and elegance of Chen Taichi. The descriptions are solid and make comments on what to emphasize and some written examples of application to combat. Chen Zhenglei (yes, it's no accident that his family name is that of the creators of Taichi) is a **19th generation descendant of the Chen family and an 11th generation direct line inheritor of Chen's Taichi**. His Taichi studio in China is one of the most visited in the world. He has disciples in many countries.

The entire series of books is a major contribution from Chen Zhenglei and Jack Yan. It is, at its core, a very detailed description of Taiji health movements, the two key routines of Old style and the two beautiful forms created by Chen Fa Ke of the New style, then a volume with four major weapons sets explained. The translation is literate and intelligent and very clear. Jack Yan resolves translation problems that have been stumbling blocks for a long time.

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