

**ILLUSTRATED  
EXPLANATIONS  
OF  
CHEN FAMILY  
TAIJIQUAN**

by Chen Xin (Chen Pin San)

**Wen County  
Henan Province**

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# EDITOR'S NOTE

"Illustrated Explanations of Chen Family Taijiquan" is universally acknowledged by the Taoist community and Taiji practitioners as the seminal sourcebook of Taiji philosophy and techniques. A work of intense scholarship which took over fourteen years to complete, this tome was intended by its author to be both the first ever written repository of Taiji lore, and a referential resource for Taiji instructors and practitioners for generations to follow.

The English translation of this canon marks the first ever attempt to translate into English Chen Xin's highly esoteric and detailed technical explanations of Chen-style Taijiquan techniques, including his meticulous inscriptions for over 400 illustrations. Given the complexity of the material, the main objectives of this translation are twofold. First, to render the work accessible to as wide an audience as possible by modernizing and simplifying the language while conserving the integrity of the author's intention and instruction. To this end, the Pinyin transliteration system has been used to standardize the spelling of all Chinese nouns, and footnotes have been added wherever additional clarification was deemed necessary. The second objective is to encourage its usage as a reference book by improving on the user-friendliness of its structure. Hence, minor adjustments were made in the order and naming of the chapters, and more importantly, the order of inscriptions explaining the illustrations have been clarified through a detailed numbering system.

While many areas for translation and editorial improvement remain, it is hoped that readers will find this first edition a useful introduction into the philosophy and techniques of Chen Taijiquan and a valuable source of knowledge as their practice and understanding evolves.

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# A SONG OF TAIJIQUAN

## BY CHEN PAN-LING

**in commemoration of the publication of this book**

The great beginning of heaven and earth  
Springs from *Wuji*, the Ultimate Nothingness,  
As well as from the Grand Terminus of *Taiji*,  
Which gives to the myriad things their completion.

Hence everyone has the *Taiji* motif in their bosom;  
A human being is created in the image of heaven,  
Whose nature is to return to his origin.  
The pre-birth *jing* essence, the post-birth *qi* energy,  
And the eternal *shen* spirit are managed upon one principle,  
The all-embracing pattern.

Running to the extreme of greatness and firmness,  
You can pass on heaven and earth, these two extremes,  
The mysteries of which are fathomless and out of count,  
But incomparable in their courage.

Our Chen family is from Wen County —  
Upholders of the outstanding abilities of Master Chen Ying-yi;  
True guardians of the great ancestors' traditions in boxing,  
Entitled by the all-embracing name *Taiji*;