Ages: open

In our Tai Chi Classes you will learn traditional Chen Style Taijiquan as taught in China. You will learn:

⇒ Self defense
⇒ Self discipline
⇒ Meditation
⇒ Relaxation
⇒ Martial Arts
⇒ Qin Na
⇒ Health
⇒ Traditional Forms
⇒ Short Forms
⇒ Proper Technique

The twelve qualities of character required by the Chen-style school of Taijiquan are:

Propriety
Fairness
Kindness
Nobility
Loyalty
Honesty
Respect
Integrity
Righteousness
Bravery
Trustworthiness
Morality

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David Clyne has been a student in the art of Chen Family Tai Chi Chuan since 2001. He began assisting Salvador A. DeLaRosa, his instructor at Northwest Vista College under Sal’s supervision. David has carried the qualities of the teaching of Taichi at Northwest Vista, at the Baptist Hospital System’s Health Link Program, and has continues this tradition through private lessons as well as studio teaching under The Next Generation Chen Style Taijiquan banner. In June, 2009, David was inducted into the Lineage of the Chen Family Taijiquan system.

David is officially recognized by Grandmaster Chen Zheng Lei who himself is recognized throughout the world of Taijiquan to be one of the Top Ten Contemporary Kung Fu Masters in the world. Chen Zheng Lei is considered to be one of China’s Living Treasures, as a Descendant of the system considered by many to be the original Taijiquan and is listed as such in the official records in China. David is now listed in the records in China, as a 13th generation descendant of the Chen Family Taijiquan system.

In ten years of competition in both national and international competition. David has earned seven gold medals, seven silver medals and three bronze medals in the competitive areas of Push Hands, Open Sparring, Broadsword and Straight Sword form, Open Hand and Advanced Open Hand form.

Tai Chi is more than a set of movements. It is a way of life, it is a way of being and it is a way of understanding the world around us.