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This takes years, too. And it is not something every instructor will tell you, but since I was the kid fighting the bully, I can tell you that push hands skill is not crucial for using a basic level of Taiji for self-defense, just as a powerful jab-cross-uppercut combination is not crucial for using boxing for self-defense.

### **Tai Chi for Basic Self-Defense -- A 4-Step System for ...**

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Training in Taijiquan (Tai Chi Chuan) for self defense vs. training for health/wellness purposes is generally the level of intensity. Like anything worth learning, there is a progression from beginner to skilled practitioner. Chen Tai Chi Students are reminded of the old adage "Eat bitter to taste sweet".

#### **Internal martial arts - Tai Chi 413**

The ebook is titled Chen Taiji Self-Defense - Fighting Applications from the Chen Family Tai Chi 19 Form. It is available on the Amazon Kindle store for \$4.99 and will play on any device with the free Kindle app installed. The Chen 19 Form was designed by Chen Xiaowang in 1995. He was asked by students around the world for a shorter form to fit ...

#### **How to Fight with Tai Chi - Self-Defense Applications from ...**

Through the combined and balanced focus of health and self-defense, of training internally and externally by embodying the principles of yin and yang or change, Taiji is a unified and integrated martial art." ~ Master Chen Bing (The Internal Athlete's Interview 2011)

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Master Szondi is a unique teacher and training can be intense. He sincerely cares about the student's progress and improvement. I recommend the USA Chen Taiji Center to anyone that wants to learn authentic Taiji for a health/exercise program, or for a self-defense Martial Arts program. (We also have some fun in class :)

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A collection of tai chi videos from combat to forms. ... Tai Chi Application for Self-defense Fight in Chen taiji 1 by taichitsao. 3:28. Tai Chi Application for Self-defense fight in Chen taiji 2 by taichitsao. 4:46. Tai Chi combat by Master Wong. 0:55. Tai Chi self-defense demonstration

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It is also a form of self defense for the dedicated student and will enhance the skills for all martial artists. It is a defensive art utilizing all ranges of combat. It specializes in tempering the body to move in a most natural way using structure, proper body alignment, joints, ligaments, tendons, muscle, neurological pathways etc ....

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