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## **Ancient Art Adds New Color to Asian Cultural Heritage Celebration China's Top Tai Chi Teachers Visit Washington D.C.**

### ***Oral History of Chen Family Taichi Archived by the Library of Congress***

**WASHINGTON, DC** – Chen Quanzhong, 82-year-old Chen Tai Chi Grandmaster, wowed the crowd with his graceful demonstration at a local Chinese school when 70 students watched in silence. His son Xili Chen, also a Tai Chi Master, surprised quiet a few when he did “fa jing” (energy projection through internal force) during his demonstration of “Canon Fists”, also a Chen Taichi Routine.

“I have never seen Taichi performances as powerful as these!”, said Roy, a young martial artist among the audience. Most people associate Taichi with slow and soft movements, but Chen style Taichi preserved the original concept of Taichi to integrate Yin and Yang polarity forces. “That’s why you will see the variation of fast and slow, hard and soft movements, as well as the emphasis on internal Qi circulation”, explained Grandmaster Quanzhong Chen, 19<sup>th</sup> generation of Chen family. The Old Large Frame Taichi that has been practiced in the family for over 400 years is considered the source of most modern day Taichi forms.

The father and son team was invited by the Traditional Chinese Cultural Institute International ([www.tccii.com](http://www.tccii.com)) to attend a series of activities in the Asian Heritage Month in May 2007, teaching local Taichi friends at communities and universities, as well as at public seminars. They also gave an impressive demonstration at a Federal Government agency as part of the Asian month celebration. The highlight of their visit was to have the oral history of their family art archived at the National Folk Life Center of the Library of Congress on May 14<sup>th</sup>, 2007.

“We wanted to share the entire celebration of Asian Pacific Heritage Month with our American friends and not miss a day in May,” said Chen Quanzhong. “We were so honored for our oral history and Tai Chi DVD to be archived at the Library of Congress. My son and I also want to share our traditional style of the Tai Chi form with American students, so they can, in turn, teach others and preserve this ancient tradition.” In keeping with his promise to share his family’s ancient art, Grandmaster Chen capped his visit by accepting his first North American disciple, Mr. Shawn Cartwright as a 20<sup>th</sup> generation Chen Family indoor student. Mr. Cartwright, also a TCCII Director, will continue to teach authentic Chen Style Taichi after Grandmaster Chen returns to China.

During an interview at a The World Today, a local Chinese TV station, Mr. Chen Quanzhong was asked how he has benefited from decades of Taichi practice. “Well, I have never been hospitalized in my life. A few times when I went to a hospital, I was there visiting other patients.” He also said at last year’s check up, his blood pressure was 70/120 mmHg with a heart beat of 53 per minute. “Doctor said I was as strong as a young man”.

For more information on Tai Chi and Qigong classes and seminars, visit [www.tccii.com](http://www.tccii.com).  
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