



Berkshire Tai Chi



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Grandmaster Chen Xiaowang



Grandmaster Chen Xiaowang is not only one of the greatest living Tai Chi masters, but he is also an inspirational teacher. Born in 1946 in Chenjiagou Village, Wenxian County, in the province of Henan, Grandmaster Chen is the grandson of the legendary Chen Fake, nephew of Grandmaster Chen Zhaokui, and 19th generation head of Chen style Tai Chi Chuan.

Since childhood, he has demonstrated an exemplary dedication to the art of Tai Chi, allegedly making it a rule – even as a schoolboy - to complete twenty forms a day, come rain or shine. His perseverance helped him to make rapid progress and he is now considered by many to be the greatest Tai Chi exponent of his generation.

In 1980 he became a professional coach for the Physical Culture and Sports Committee of Henan Province, then Martial Arts Director for the province (which includes the world-famous Shaolin Temple).

He went on to win gold medals at the national martial arts tournaments in 1980 and 1981 and was awarded the title of All-China Grand Champion three times.

Grandmaster Chen's devotion to the art which was developed by his forebears has driven him to tour the world for the last fifteen years, sharing his knowledge and skill with students who, in turn, are helping to spread the study of traditional Chen style Tai Chi Chuan.

