

Chen Wang Ting (c.1600-1680)



Chen Jia Gou village lies in the Henan Province in Eastern Central China, it was here that, nearly 400 years ago General Chen Wang Ting retired after the war, developing a style of martial arts that combined Ming General Qi Jiguang's Canon of Boxing with the theories of Traditional Chinese Medicine, deep breathing exercises and other Daoist understandings, such as Yin-Yang philosophy. He created the first open handed, weapons, and pushing hands forms of tai chi quan.