

DoTaiJi

The gentle martial art you do not expect

The art of TaiJiQuan through the study of The Chen Style

- Traditional Chen Style here in Rome from the heart of China
- Dynamic approach fit to the westerner and faithful to the chinese school
- Balance and centrality, posture improvement, articular-tendons job, muscle power and assimilation of spiral movement

The internal job together with the power of the martial art strength meets beauty

- This style expresses an intrinsic duality creating a stimulating ground for those who seek a comprehensive activity.

Force

Intense training which works in depth, increasing energy and muscle tone and providing a general sense of well being and wholeness.



Equilibrium

Better ability to harmonize the body and awakening of spiritual sensitivity



Harmony

Harmonious and powerful duality: work on yourself with others



whatsapp +39 35 3434 6822
dotaiji@dotaiji.it

DoTaiJi

The school, the students and the teachers

Students of all levels, ages and nationality can:

- learn the traditional forms of Grandmaster Chen ZhengLei's lineage
- be directly taught on a year basis by Master Fu Neng Bin, one of his closest disciples coming for this purpose directly from China
- grow with careful and professional teaching with day by day training from teacher Antonella, one of the 5 only European disciples of Master Fu; get full attention from the coach
- personally take a trip to visit Master Fu School in China and join his coaches and students with Antonella or on their own

Strangers are drawn together by TaiJi

- Chen Style warm up
- Push hands basics in 2
- Bare hands forms
- Weapons forms

Teacher Antonella says

China-YangShuo-Rome is my axis of fidelity and constancy which brings TaiJiQuan, a Unesco Cultural Heritage Site, within the historical frame of Villa Pamphili. From the birth place of Chen style, through Grandmaster Chen Zhenglei to Master Fu, all the way to my BaiShi, a chain of discipleship leads to a gentle yet determined approach to the study of TaiJiQuan. A solid background and hard work through the years, the ability to dream and the love for simplicity within complexity, together with the respect for tradition and scholarship brought me to the gradual confirmation that a connection is possible when reason, heart and skill work together. When you have the right teacher by your side the work ahead becomes an inspiring journey.

Eternal practice in the Eternal City

Come join us! *Antonella Carrara*

whatsapp +39 35 3434 6822
dotaiji@dotaiji.it