

DoTaiJi

The gentle martial art you don't 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 and faithfulness to the Chinese school
- Balance, centrality, posture improvement, muscle strengthening

The force within together with the power of the martial art strength meets beauty

- Chen style expresses a duality which creates a stimulating ground for those who seek a comprehensive activity. The practice of the form meets the practice of TuiShou, the push hands, a composite method which acts as a form in itself, connecting training with application, a way to learn the defensive and attack skills of TaiJi.

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



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 taught on a year basis by Master Fu Neng Bin, one of his closest disciples coming to us from China
- grow with professional teaching with day by day training from teacher Antonella, one of the 5 European disciples of Master Fu; get full attention from the coach
- take a personal trip to visit Master Fu School in China and join his coaches and students with Antonella or on your own

Strangers are drawn together by TaiJi

- Chen Style warm up
- Push hands in 2
- Open hands forms
- Weapons forms

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 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 may become an inspiring journey.

Eternal practice in the Eternal City

Come join us! *Antonella Carrara*