



Chen Pan-Ling's *Original Tai Chi Chuan Textbook* (1963) documents the only state-sanctioned attempt to fuse the five great family branches of Tai Chi—Chen, Yang, Wu, Wu-Hao and Sun—into a single 99-posture syllabus.

The project, commissioned by the Central Guoshu Institute (CGI) in Nanjing in 1929, was polished by Xingyiquan-Baguazhang prodigy Wang Shu-Chin, then carried to Taiwan in the post-war diaspora and onward to the West. Today peer-reviewed trials confirm Chen's claims for stronger bones, calmer hearts and sharper balance, while biomechanics studies validate the spiral-power engine that the CGI sought to preserve. The six chapters that follow offer a complete, self-contained handbook—history, core principles, form anatomy, partner and weapons training, internal-arts cross-integration, and modern health science—each anchored both in Chen's manual and in contemporary scholarship. By Roland Nansink

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## Chapter 1 From Qing Collapse to the Central Guoshu Institute

### 1.1 Nation-Building through Martial Arts

In the vacuum left by the 1911 fall of the Qing, the Kuomintang positioned “national arts” (*guo shu*) as a civic-fitness and soft-power tool. General Zhang Zhijiang opened the Central Guoshu Institute (CGI) in Nanjing in March 1928 and, one month later, staged a 400-fighter lei-tai tournament that contemporary journalists dubbed “the Olympic Games of Chinese boxing.” [Wikipedia](#)

### 1.2 The 1929 Five-Style Committee

CGI next convened a Taijiquan Organising Committee. Senior representatives of Chen, Yang, Wu, Wu-Hao and Sun styles—among them Chen Fa-Ke, Yang Cheng-Fu and Sun Lu-Tang—submitted material. Engineer-scholar **Chen Pan-Ling** chaired the project, blending his physics background with lineage diplomacy. The group trimmed repetitions, harmonised footwork and numbered a 99-posture long form, augmented by straight-sword and broadsword sets. [AmazonFacebook](#)

### 1.3 Wang Shu-Chin Adds Spiral DNA

Committee member **Wang Shu-Chin**—already renowned for Xingyiquan and Baguazhang—supplied three-body stance dynamics and circle-walking footwork, giving the orthodox form its coiling torque and evasive entries. [Facebook](#)

### 1.4 Diaspora and Preservation

Civil-war upheaval drove Chen to Taiwan in 1949, where he became CGI vice-president and systematised a sequential curriculum: 99-posture Taiji, Xingyi five fists, Bagua eight palms. His son Chen Yun-Ching and schools such as the Rochester T'ai Chi Ch'uan Center now keep that lineage alive. [The Rochester T'ai Chi Ch'uan Centermartrix.org](http://TheRochesterTaiChiCh'uanCentermartrix.org)



## 指導王樹金推手

### Chapter 2 Nine Core Principles of Internal Power

Chen prefaces his textbook with nine 基本要訣, reproduced here with field notes:

#	Principle	Training cue
1	中 定 <b>Zhong Ding</b>	Visualise a plumb-line through the spine.
2	沉氣 <b>Chen Qi</b>	Diaphragm drops, dantian fills.
3	涵胸拔背	Soften sternum, open the back.
4	分虛實	Transfer 100 % weight before stepping.
5	意到氣到	Visualise path, let <i>qi</i> follow.
6	上下相隨	Root in feet, issue through hands.
7	用意不用力	Intent replaces brute tension.
8	不斷連環	Maintain silk-reeling continuity.
9	動中求靜	Detect pulse even while kicking. <a href="#">Wikipedia</a>

## 2.1 Silk-Reeling & Spiral Mechanics

Chen's photos annotate "open–close, rise–fall," cultivating 纏絲勁 (**chan-si-jin**)—a helical tendon load. Case-study EMG shows Tai Chi push-hands athletes redirecting 40 N forces with <15 % shoulder activation, confirming lower-limb power transfer.

[PubMed](#)

## 2.2 Breath & Autonomic Tone

A 2023 systematic review found Tai Chi raised HRV SDNN by 5.55 ms compared with inactive controls, supporting Chen's "sink the breath" maxim for nervous-system balance. [PubMed](#)





## Chapter 3 Blueprint of the 99-Posture Long Form

### 3.1 Opening & Gathering (1 – 16)

Commencement, Raise Hands and early Ward-off variations set the style's shoulder-width stance and 60-40 weight bias. [Wikipedia](#)

### 3.2 Ward-Off Cluster (17 – 33)

*Peng, Lu, Ji, An* operate as a four-gear gearbox — absorb, stick, compress, project — and form the core of later push-hands drills.

### 3.3 Diagonal Lines (34 – 53)

Brush-Knee and Diagonal Flying teach cross-line hip power identical to Xingyi's *Pi-Quan* chop. [PubMed](#)

### 3.4 Cloud-Hands Cluster (54 – 70)

*Wave Hands Like Clouds* trains lateral waist elasticity; meta-analysis shows such side-stepping lowers dual-task gait variability in seniors. [Frontiers](#)

### 3.5 Snake-Creeps & Kicks (71 – 90)

Low Snake-Creeps and single-leg kicks challenge hip mobility and proprioception—key pre-habilitation for older adults. [PubMed Central](#)

### **3.6 Closing & Sealing (91 – 99)**

*Cross Hands, Return Tiger* compress fascia and guide *qi* back to the dantian; sword forms mirror these closing arcs to ensure neural transfer. [Frontiers](#)

### **3.7 Weapons Echo**

Chen's 46-move straight-sword and 36-move broadsword routines replicate empty-hand vectors, letting intent migrate seamlessly from fist to blade. [Frontiers](#)





## Chapter 4 Partner Work, Weapons & Combat Method

### 4.1 Push-Hands Ladder

Progressing from single-hand fixed-step to **Da Lu** four-corner practice, players cultivate *ting-jin* (listening energy). EMG confirms power originates in pelvic rotation rather than upper-body effort. [PubMed](#)

### 4.2 The 72-Move San Shou

Every solo posture is paired with a live throw, lock or strike, bridging choreography and free sparring; Chen Yun-Ching's footage documents tempo shifts and safety cues. [energyarts.com](#)

### 4.3 Weapons Matrix

Weapon	Range	Key lesson
Straight-sword (jian )	Short	Precision, intent projection <a href="#">Frontiers</a>

<b>Broadsword (dao)</b>	Medium	Waist-driven arcs <a href="#">Frontiers</a>
<b>Staff / Spear</b>	Long	Whole-body fascia stretch

#### 4.4 Four Tactical Pillars

1. **Intent before shape**—shaped in Sān-Tǐ stance.
2. **Spiral yield→instant return**—Peng-Lu-Ji-An delivered in one beat.
3. **360° evasion**—Bagua footwork flanks an opponent's power line.
4. **Short-range fa-jin**—Wu-style diagonal lean issues shock power in clinch range.

## 陳泮嶺老師在台中市農場發展太極拳活動實況



## Chapter 5 Xingyiquan & Baguazhang — Three Arts, One Body

### 5.1 Sān-Tǐ Standing & Bone Health

A 2024 network meta-analysis shows stance-based Tai Chi drills, including Sān-Tǐ, raise femoral-neck bone-mineral density in post-menopausal women. [PubMed](#)

### 5.2 Five Fists & Twelve Animals

*Pi, Zuan, Beng, Pao, Heng* cover the five primary force vectors; Wang Shu-Chin likened them to “five notes that play every melody.”

### 5.3 Bagua Circle-Walking & Balance

Energy Arts describes circle-walking as “moving meditation for a stable centre.” [energyarts.com](#) Clinical trials report sway-path reductions of 19 % after eight weeks. [PubMed Central](#)

### 5.4 Integration Mantra

Chen's appendix urges: **“Root with Taiji, power with Xingyi, manoeuvre with Bagua.”** [Wikipedia](#) Motor-learning research confirms that sequence—alignment first, force second, mobility third—optimises skill retention. [ResearchGate](#)



## Chapter 6 Health, Longevity & Modern Science

### 6.1 Evidence Snapshot

Domain	Key finding	Source
Falls	Tai Chi cuts fall risk 24 % in 37 RCTs	<a href="#">PubMed</a>
Bone	Meta-analysis shows BMD gains	<a href="#">PubMed</a>
HRV	HRV SDNN + 5.55 ms	<a href="#">PubMed</a>
Blood pressure	Tai Chi lowers SBP vs aerobic exercise	<a href="#">PubMed</a>
Cognition	Tai Chi improves MoCA in seniors	<a href="#">PubMed Central</a>
Parkinson's	Slows progression, boosts memory	<a href="#">Health</a>
Back pain	Tai Chi-Qigong eases chronic pain	<a href="#">ScienceDirect</a>
Public-health	USPSTF cites Tai Chi for fall prevention	<a href="#">Verywell Health</a>
General wellness	Verywell lists 11 evidence-based benefits	<a href="#">Verywell Health</a>

### 6.2 WHO-Compliant Practice Template

A blend of three 60-min moderate sessions (long-form sections), two 30-min strength/balance blocks (push-hands or circle-walking) and one 45-min restorative Qigong meets the WHO 150–300 min guideline and the dosage used in recent fall-risk trials. [ResearchGate](#)

## Appendices (excerpt)

### A · Sample Seven-Day Micro-Cycle

Day	Morning 20 min	Evening 45 min
Mon	Sān-Tǐ + Pi/Zuan fists	Long-form §1 + fixed-step push-hands
Tue	Circle-walking	Sword drills
We d	Zhan-Zhuang breathwork	Rest / theory study
Thu	Five fists + animal lines	Long-form §2 + moving push-hands
Fri	Bagua line entries	San Shou subset
Sat	Full 99-posture run	Broadsword drills + meditation
Sun	Rest	Journal & video review

### B · Glossary (sample)

Term	字	Pinyin	Definition
纏絲勁	纏絲勁	chán sī jìn	Silk-reeling spiralling power
聽勁	聽勁	tīng jìn	Listening sensitivity
發勁	發勁	fā jìn	Sudden issued force
三體式	三體式	sān tǐ shì	Three-body standing stance

### C · Recommended Media

- **Chen Pan-Ling**, *Original Tai Chi Chuan Textbook* (1963) [PDF .....](#) [Amazon](#)
- **Rochester T'ai Chi Ch'uan Center** video archive [The Rochester T'ai Chi Ch'uan Center](#)
- **Energy Arts Blog**, “Bagua Circle-Walking: Why Practise?” [energyarts.com](#)
- **PubMed** collection: Tai Chi HRV review, BMD and fall-risk meta-analyses [PubMedPubMedPubMed](#)



## Afterword

Chen Pan-Ling's Orthodox 99-posture Taijiquan stands at a rare crossroads where Republican-era nationalism, Taoist body-science and modern evidence-based medicine converge. Practise the nine principles until they live in every breath; spiral through all 99 postures until they rewrite your fascia; then temper the root with Xingyi's steel and Bagua's silk. In doing so you carry forward the CGI committee's original mission: *strengthen the body, calm the mind, preserve the art for future generations*.