Silk-Reeling Exercises

Silk-Reeling Exercises is translated as "Chan Si Gong" in Chinese. "Gong" in Chinese means work or skill or exercises (drills). Silk-Reeling Exercises (SRE) in Taiji is a set of repetitive spiral movement exercises with emphasis on the ground connection, waist connection, knee alignment, kua sinking, opening and closing of joints, and dantian rotation. These continuous spiral movements are the basic components and foundation of Taijiquan. This series of spiral movement exercises are for the development of the basic strengths and coordination of Chen Taijiquan. These exercises will increase the mobility of body joints and relax the muscles and tendons of the practitioner. The spiral movements will open up and exercise the 18 major joints (in sequence from the head to the ankles) of the body, promote muscle relaxation and flexibility, and reduce physical tension and strain.

Many people misunderstand the nature of SRE. They believe SRE are only a set of stretching exercises to stretch the bones, muscles, and tendons of the practitioner. Silk-reeling exercises can be considered as stretching exercises which use the Taiji principles to physically and mentally relax our bodies.

Master Tony Wong, my teacher created and compiled this sequence of SRE from both Chen Style Hun Yuan Taijiquan System in Beijing and the Chen Style Taijiquan System from the Chen Village and the very essential Dantian Rotation exercise he learned from his Shifu, Grandmaster Chen Qingzhou. By practicing these exercises regularly one will learn Taiji quicker. The version that I will be demonstrating is a short version of Silk Reeling Exercised for Health (SREH). You are welcome to come and join me for the hour and experience the exercises.

Please wear loose comfortable cloths.