

Masters of Heaven & Earth



The Secrets of Tai Chi Chuan

Yang Style

Chen Style

Wudang Tai Chi



Explore the most mysterious martial art of all ... Tai Chi Chuan. The Supreme Ultimate. The Heaven and Earth. While the world pummeled each other with fists and iron, China discovered a new way to fight. Not with strength but with softness. Not with speed but with stillness. Travel with us across China to meet the greatest Tai Chi masters of Yang style, Chen style and Wudang. From the opening scene in the park of the Forbidden City of Beijing to the secret training caves of Wudang, this is not the Tai chi you see everyday! Visit the birthplace of Tai Chi, Chen Village to meet the Chen family who pass on the teachings to the next generation. Climb the peaks of Wudang and experience the power of Tai chi and the philosophy of Yin and Yang from the priests of Wudang Mountain.

Travel with us from Beijing to Chen Village and to Tai Chi's spiritual home of Wudang Mountain. In Masters of Heaven and Earth we will take you where few people can go, to experience one of the worlds most misunderstood arts. You will learn the history of Tai Chi Chuan, about yesterday and today's top masters and how Tai chi has spread and much more. Understand the internal health principles - the Chi and the Mind and Essence. Witness breathtaking demonstrations of Chen style and Wudang Tai chi with a soundtrack from China's top traditional and modern-fused musicians.

Filmed in sharp High-Definition. Packed with interviews and demonstrations and Featuring: Chen Xiaowang and Chen Xiaoxing. Priest Zhong Yun Long and Master Yuan. Master Cui Zhongsan. Small edited portions of this film are repeated in Warriors of China. Written and directed by Jon Braeley. Run time 85 minutes. Ships worldwide and plays in all regions. Dolby 5.1 surround sound. Filmed in High definition with DVD in standard widescreen format.

A Jon Braeley Film

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