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Scholar Boxer: Chang Naizhou's Theory of Internal Martial Arts and the Evolution of Taijiquan

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Chang Naizhou
Master Cháng, known as the “scholar-boxer,” lived and practiced in Hénán province, at the center of Chinese culture and martial arts near the Shàolín Temple and legendary Luòyáng. His extensive writings reflect many of the ideas, even the phraseology, now familiar from classic Tai Chi Chuan texts. Chinese-language authority Marnix Wells traveled to Cháng’s village, where the master’s family carries on his tradition of Cháng boxing. This resulting study of Chang’s life and teachings reveals the true origins of today’s internal martial arts.

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