



Philip Larsson

Key milestones

- 1989: Starts Tai Chi classes.
- 1995: Begins teaching
- 1996: Sets up Berkshire Tai Chi with Trevor Priest
- 1999: Begins studying with Grandmaster Chen Xiaowang
- 2002: Begins studying with Master Chen Yingjun
- 2005: Goes to study in Chenjiagou, birthplace of Tai Chi.
- 2008: Becomes a full-time professional Tai Chi instructor.
- 2009: Discusses the possibility of hosting Chen Yingjun on visit to Berkshire.
- 2013: Co-hosts Master Yingjun who agrees to teach for us regularly.
- 2014: Certification by Grandmaster Chen Xiaowang.
- 2016: Helps to set up Chen Seminars UK to present world-class Masters



Philip is a regular instructor at various venues throughout Berkshire. In keeping with traditional Taoist principles, he is keen to ensure that Tai Chi Chuan is taught in a balanced way, with equal emphasis being placed on the martial and the health aspects of Tai Chi.

Besides his regular training, originally with Grandmaster Chen and subsequently with Master Chen Yingjun, since 1989 Philip has met, and attended courses run by, other leading Tai Chi teachers including Masters Yang Jwingming, Chen Bing, Du Xianming, Ji Jiancheng, Chen Lei, and Mike Sigman.

He is an active supporter of Tai Chi in the local community and beyond, helping in 2016 to set up Chen Seminars UK with the intention of bringing world-class Chen style masters and students together in order to help preserve traditional Tai Chi training.

