

## Tai Chi Chuan Ta Wen Questions And Answers On Tai Chi Chuan

Master the ancient Chinese art of Tai Chi Chuan with this informative guide. One of the most popular Chinese martial arts, Tai Chi Chuan is also one of the most effective stress relievers available. In China it is also used extensively for the prevention and treatment of illnesses, and its beneficial effects for health and fitness are now widely recognized in the West. The Complete Book of Tai Chi Chuan is a comprehensive and fascinating guide to the practical application and potential benefits of Tai Chi Chuan. Packed with step-by-step illustrations for practice at home, this tai chi guide covers everything you would want to know about this ancient art, including its benefits for mental, spiritual and emotional development. This tai chi book is both an ideal introductory guide and an invaluable reminder for those who have already taken classes. Topics in The Complete Book of Tai Chi Chuan include: Tai Chi Chuan as a Martial Art The Concept of Yin-Yang and Tai Chi Chuan The Historical Development of the Various Styles Advice from the Great Masters Techniques and Skills of Pushing Hands Specific Techniques for Combat Situations Taoism and Spiritual Development in Tai Chi Chuan And many more

Book Review

According to Master Liao, the great power of T'ai Chi cannot be realized without knowing its inner meaning. T'ai Chi Classics presents the inner meaning and techniques of T'ai Chi movements through translations of three core classics of T'ai Chi, often considered the "T'ai Chi Bible." The texts are introduced by three chapters explaining how to increase inner energy (ch'i), transform it into inner power (jing), and project this inner power outward to repel an opponent without physical contact. Master Liao also provides a description of the entire sequence of T'ai Chi movements, illustrated by his own line drawings.

This is the original classic about Short Form, the most popular and widespread form of T'ai Chi in the West. T'ai Chi Ch'uan is a must-read for every serious T'ai Chi student. This book is not meant to "teach" T'ai Chi Ch'uan, but meant to expound upon its meaning to the earnest practitioner; to offer the layperson a glimpse into this ancient art; and to communicate the author's unique perceptions and experiences that only a lifetime of practice can cultivate. Taken in this context, this is a most valuable book.

T'ai Chi Ch'uan

Questions and Answers on T'ai Chi Ch'uan

The Life and Times of T'ai Chi Master T.T. Liang

Steal My Art

T'ai Chi

Tai-Chi Chuan in Theory and Practice

T'ai Chi as a Path of Wisdom

Conventional medical science on the Chinese art of Tai Chi now shows what Tai Chi masters have known for centuries: regular practice leads to more vigor and flexibility, better balance and mobility, and a sense of well-being. Cutting-edge research from Harvard Medical School also supports the long-standing claims that Tai Chi also has a beneficial impact on the health of the heart, bones, nerves and muscles, immune system, and the mind. This research provides fascinating insight into the underlying physiological mechanisms that explain how Tai Chi actually works. Dr. Peter M. Wayne, a longtime Tai Chi teacher and a researcher at Harvard Medical School, developed and tested protocols similar to the simplified program he includes in this book, which is suited to people of all ages, and can be done in just a few minutes a day. This book includes:

- The basic program, illustrated by more than 50 photographs
- Practical tips for integrating Tai Chi into everyday activities
- An introduction to the traditional principles of Tai Chi
- Up-to-date summaries of the research literature on the health benefits of Tai Chi
- How Tai Chi can enhance work productivity, creativity, and sports performance
- And much more

"This book, T'ai Chi Ch'uan Ta Wen, was written sixty years ago by Professor Ch'en Wei-ming, who was a famous exponent of the Yang style T'ai Chi Ch'uan and a student of the great master, Yang Cheng-fu. In 1927 he established the Chih Jou School in Shanghai where he taught many students. At that time he saw how popular T'ai Chi Ch'uan was becoming and he was concerned that if it became a fad it would lose its original spirit. In the process of its being spread, its principles would be forgotten or mixed with other forms, thus leading to the loss of an important part of its essence. Therefore, this book is based only on what Professor Ch'en heard in his teacher's classes. The questions are his own personal questions." -Benjamin Pang Jeng Lo, from the Introduction

IN Master Tings second book, he sets forth a far deeper path of discovery for the Tai Chi practitioner of every style and level. Master Ting describes and explains the Basic Foundational Principles normally shared only between the closed-door student and the Master under whom he studies. What makes this book stand out is the clarity of language and imagery used to explain concepts often misunderstood, or simply missing, due to translation difficulties and a reluctance to share this special knowledge with more than just a privileged few. He carefully presents, chapter by chapter, a blueprint of study which ultimately reveals the internal elements so often forgotten or overlooked by modern students. If you are looking for a Tai Chi book written in clear, understandable, and visual language that you will come back to again and again for advice and suggestions, this is that book. What Master Ting hopes to do is to make you the master of your own Tai Chi.

An analytic bibliography of periodical articles on controversies in modern Chinese intellectual history, mainly focused on the May Fourth movement and the Post-May Fourth periods..

Refining and Enjoying a Lifetime of Practice

Tai Chi for Everyone

The Taijiquan Classics

Palace Women in the Northern Sung

The Illustrated Encyclopedia of Confucianism: A-M

The "Supreme Ultimate" Exercise for Health, Sport, and Self-Defense

Controversies in Modern Chinese Intellectual History

Tai Chi for Everyone Girlebooks

Distilling the martial art known in the West as kung fu, Robert Smith presents Chinese boxing (ch'uan shu) as an art "that combines the hardness of a wall and the softness of a butterfly's wings." This pragmatic account conveys the discipline and insights acquired in ten years of study and travel in Asia. Smith describes his work with t'ai chi master Cheng Man-ch'ing, and connects ch'uan shu with the softer aspects and inner power of that popular practice. Fifty black and white photos illustrate this informative and personal account of the Chinese boxing tradition.

Originally published before Kuo Lien-Ying left China and then again in 1966 soon after his arrival in the United States, Tai-Chi Chuan in Theory and Practice has now been edited and expanded by his wife and disciple, Simone Kuo. Her version includes new material on the philosophical origins of Tai-Chi Chuan, particularly how it relates to the I Ching, the most ancient text of Chinese wisdom. The book provides explanations of the meaning of this ancient and elegant martial art--its name and history--the keys to understanding the Thirteen Movements, archival photographs of Lien-Ying performing the movements, and other supplementary literature.

Cheng Man-ch'ing (1902-1975)—also romanized as Zheng Manqing—certainly played a lead role in popularizing tai chi ch'uan throughout the world and greatly influencing the way the art is perceived and practiced. This fact alone should drive all those interested in tai chi to study the man's history and thought. There is a huge body of writings and video representations of Cheng's tai chi theory and practice. Unfortunately, much of the available content actually obscures Cheng's message. The result is that Cheng and his role in tai chi evolution are often not fully understood and faulty conclusions are drawn. A further result is that many feel either enlightened with what they believe to be true, or they become even more perplexed in who Cheng was as a human and what his tai chi truly embodied. The essays in this anthology contain rare information about Professor Cheng not available elsewhere, except in their originally published formats in the Journal of Asian Martial Arts. Most of the articles in the anthology were written in an academic style, limiting their acceptance from the general public, which is typically interested in the more accessible popular writing styles. Of course the content here deals not only with the complexities of tai chi theory and practice, but does so in a thick weave of historical and cultural threads. We are republishing the journal articles in book format so all with a sincere interest in tai chi theory, and practice can benefit from the content, particularly those interested in the Cheng Man-ch'ing tradition. Each author is uniquely qualified for producing some of the highest-quality writings in this specialized area.

Chinese Materials in the Jesuit Archives in Rome, 14th-20th Centuries: A Descriptive Catalogue

The Hidden System of the Yang Family

The Tai Chi Book

960-1126

A Simplified Method of Calisthenics for Health and Self-Defense

Revised Edition

Asian Fighting Arts

A handbook of the classical Chinese literature on which the art of t'ai chi is based. First English translation of the classic texts of T'ai Chi Ch'uan. This is required reading for practitioners of every style.

The Yang family taught two separate tai chi systems. One for the public, another just for heirs. When Robert Boyd became a Disciple of fifth generation Yang family heir, Ip Tai Tak, he was allowed to learn the family system -- the snake style. Now he reveals this duality and introduces the snake style openly to the public.

Written by Tai Chi Gold Medalist Dr. So, Tai Chi for Everyone is intended for the beginner who would like to learn a short Tai Chi workout in a minimum of time, with or without class instruction. Includes photos and descriptions, detailing step-by-step several Tai Chi and Chi Gong sequences.

The Jesuit Archives in Rome (Archium Romanum Societatus Iesu) contains books and manuscripts from the Ming (1369-1644) and Ching (1644-1911) dynasties on Chinese history, Chinese and Western philosophy, astronomy and other sciences; volumes by Westerners introducing Christian thought to the Chinese; and works by Chinese Christians comparing what they were taught by the Jesuits with the Buddhist, Taoist, and Confucian traditions. Many works deal with the famous Chinese rites controversy. There are also volumes that treat other religious groups such as the Muslims and the Jews. The archive has a collection of some of the first Chinese-Western dictionaries. Some of the works include marginal annotations by the emperors of China, famous Chinese scholars, and Jesuit missionaries and much, much more. This catalogue consists of careful descriptions of all these archival items with bibliographical sources pertaining to them. English is the main language, but Latin, other European languages, and Chinese (with characters) are also abundant.

The Literary Tradition

Chinese Books and Documents in the Jesuit Archives in Rome

A Life in Chinese History and Politics

An Analytic Bibliography of Periodical Articles, Mainly of the May Fourth and Post-May Fourth Era

108 Insights Into Tai Chi Chuan

A Trilogy

Confucian China and Its Modern Fate

**Presents variety of entries related to or arising from over thirty years of taiji and related practices.**

**This collection of seventeen essays by James R. Hightower and Florence Chia-ying Yeh contains three chapters on shih poetry, ten chapters on Sung tz'u, and four chapters on the works of Wang Kuo-wei. It includes ten previously unpublished works, including Hightower's now classic work on T'ao Ch'ien and Yeh's studies of Subg tz'u, as well as seven important additions to the literature on Chinese poetry. The essays treat individual poets, particular poetic techniques (for example, allusion), and general issues of period style and poetry criticism. The previously published items have been updated to include the Chinese texts of all poems presented in translation. Although authored separately by Professors**

Hightower and Yeh, the essays presented here are the result of their thirty years of collaboration in working on Chinese poetry. Through close readings of individual texts, the two authors explicate the stylistic and psychological components of the work of the poets they study and present compelling interpretations of their poems.

This guide to all of the main fighting arts of Asia introduces and comparesighting methods and techniques, ranging from the artful Chinese "t'ai chi"nd Japanese "jijutsu", to the lethal "pentjak-silat" of Indonesia.

Now 101 years old, Master T. T. Liang came to the U.S. from Taiwan in the 1960s to introduce t'ai chi to America. His life story is full of the stuff that makes a great martial arts adventure: a career as a high-ranking government official, street fights and shootouts, opium dens and prostitutes, mystical martial arts masters and monks—the story of a life lived to the absolute maximum. Twenty-five photographs add to the captivating life story of this great t'ai chi master.

**The Way of God**

**Volume One: The Problem of Intellectual Continuity**

**Snake Style Tai Chi Chuan**

**Masters and Methods**

**Comprehensive Asian Fighting Arts**

**Fu Ssu-nien**

**T'ai Chi Ch'uan Ta Wen**

Fighting arts are as old as man himself and as varied as his languages. In Asia they developed to a degree of effectiveness probably unsurpassed elsewhere in the world. This book explains the relationships between fighting arts, assesses their strengths and weaknesses, and presents new material about hitherto unknown fighting methods. Written by two of the best-known and most widely published authorities in the field, it covers fighting methods and techniques found in eleven Asian countries—fighting techniques that range from the artful Chinese tai-chi and Burmese bando to Japanese jujutsu and the lethal pentjak-silat of Indonesia. Documentation of these has been supplemented with a wealth of fascinating anecdotes. The reader learns of the daring exploits of the Japanese ninja, of Gama, perhaps the greatest of the great Indian wrestlers, of the Indonesian "trance" fighters—and hundreds of other tales that serve to illustrate some of the most deadly fighting systems that the world has known. The volume is illustrated with over two hundred photographs and drawings, many of them depicting combat styles and techniques that have never been seen in the West.

The Columbia History of Chinese Literature is a comprehensive yet portable guide to China's vast literary traditions. Stretching from earliest times to the present, the text features original contributions by leading specialists working in all genres and periods. Chapters cover poetry, prose, fiction, and drama, and consider such contextual subjects as popular culture, the impact of religion, the role of women, and China's relationship with non-Sinitic languages and peoples. Opening with a major section on the linguistic and intellectual foundations of Chinese literature, the anthology traces the development of forms and movements over time, along with critical trends, and pays particular attention to the premodern canon.

Millions of people worldwide practice t'ai chi, the most popular form of which was codified beginning in the 1960s by Cheng Man Ch'ing. In this scholarly yet practical book, Professor Cheng shows precisely how the postures and moves of t'ai chi work, with examples from anatomy and physics, both internally as energetic principles and externally on opponents. He clarifies the spheres, triangles, and centripetal and centrifugal forces within physical exchanges such as push-hands. Contrasting Western and Chinese techniques of healing, he also explores the relationships of organs to one another in pathology and the necessary dynamics of treatment. Professor Cheng explains how the practitioner may serve as his or her own doctor and, likewise, as the physician or trainer of an attacker. The martial arts, he says, are not a special case of unusual power, simply an aspect of adapting natural and cosmic law to circumstance. This edition of the classic text contains 13 major essays; oral secrets from Cheng's teacher Yang Cheng'fu; a Q&A with commentary on martial arts classics; the author's application and functions of each of the 37 postures of the short form, with the original photographs of him as a young man; two prefaces; and much more.

First published in 1958 These volumes analyze modern Chinese history and its inner process, from the pre-western plateau of Confucianism to the communist triumph, in the context of many themes: science, art, philosophy, religion and economic, political, and social change. Volume One includes: · The critique of Idealism · Science and Ch'ing empiricism · The Ming style, in society

and art · Confucianism and the end of the Taoist connection · Eclecticism in the area of native Chinese choices · T'i and Yung · The Chin-Wen School and the classical sanction · The modern Ku-Wen opposition to Chin-Wen reformism · The role of nationalism · Communism · Western powers and Chinese revolutions · Language change and the problem of continuity

A String of Pearls

An Annotated Translation

The Columbia History of Chinese Literature

Tao

Cultivating Inner Strength

Cheng Man-ch'ing and T'ai Chi: Echoes in the Hall of Happiness

Anatomy of Yang Family Tai Chi

Along with Chinese art, medicine, and philosophy, taijiquan has left the confines of its original culture, and offers health, relaxation, and a method of self-defense to people around the world. Using the early texts now known as The Taijiquan Classics which have served as a touchstone for t'ai chi practitioners for 150 years, this book explores the fundamental principles that mean to practitioners, students, and scholars. It also incorporates newly discovered sources that address the history of taijiquan and newly translated commentaries by leading scholars. This guide to bibliographical scholarship on China aims to summarize the contents of current reference publications on China from all disciplines and to show how they can be used in conjunction with the 'classical tools of sinology', e.g. "Tz'u-hai."

A longtime teacher and Harvard researcher presents the latest science on the benefits of T'ai Chi as well as a practical daily program for practitioners of all ages. Convincing evidence on the Chinese art of T'ai Chi now shows what T'ai Chi masters have known for centuries: regular practice leads to more vigor and flexibility, better balance and mobility, and overall well-being. Cutting-edge research from Harvard Medical School also supports the long-standing claims that T'ai Chi also has a beneficial impact on the health of the heart, the immune system, and the mind. This research provides fascinating insight into the underlying physiological mechanisms that explain how T'ai Chi actually works. Dr. Peter P. Chen, a T'ai Chi teacher and a researcher at Harvard Medical School, developed and tested protocols similar to the simplified program he includes in this book, which is suited for busy people and can be done in just a few minutes a day. This book includes: • The basic program, illustrated by more than 50 photographs • Practical tips for integrating T'ai Chi into your daily life • An introduction to the traditional principles of T'ai Chi • Up-to-date summaries of the research on the health benefits of T'ai Chi • How T'ai Chi can enhance work productivity and sports performance • And much more

This study of Tsung-mi is part of the Studies in East Asian Buddhism series. Author Peter Gregory makes extensive use of Japanese secondary sources, which complement the often complex Chinese materials that form the basis of the study.

Chinese Boxing

Chinese Yoga for Health and Longevity

Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan

Tsung-mi and the Sinification of Buddhism

T'ai Chi Classics

China Bibliography

12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind

*Professor Cheng Man-Ch'ing regarded a set of five disciplines—the "five excellences"—to be the mark of a well-rounded person: calligraphy, painting, poetry, t'ai chi, and medicine. Although he is best known for his teachings on the martial arts (in particular, his highly influential adaptation of t'ai chi), versatility was central to Cheng's philosophy of life, and he encouraged his students to combine artistry with scholarship. This inspiring book is a commentary on and working compendium of Cheng's literary and pictorial interpretations of these subjects. Of interest to aficionados of Chinese art, culture, and history, Master of Five Excellences also offers internal techniques for practitioners of the martial arts, as Hennessy provides an insight into the rarely-glimpsed creative side of Cheng Man-Ch'ing.*

*- Over 2,000 thoroughly cross-referenced entries listed A-Z describe the major beliefs and practices of Confucianism.- Contents by Subject section categorizes entries thematically: Art, Architecture, and Iconography; Astrology, Cosmology, and Mythology; Biographical Entries; Ceremonies, Practices, and Rituals; Concepts; Geography; Literature and Language; Music; Rulers and Dynasties; Schools and Groups; and Texts.- Black and white photos and illustrations throughout show key geographical sites and provide*

*compelling portraits within Confucianism.- Charts and maps provide additional information.- Appendices provide a timeline of Chinese dynasties and glossaries of Chinese terms transliterated according to the Pinyin and Wade-Giles systems.- 8 1/2 x 11- Library-bound- 1,000 pages (500 per volume)- © 2005* Confucianism can be defined as the teachings and practices associated with the historical teacher Confucius and his followers from the sixth century bce through the twentieth century. Confucius saw in his own lifetime a world torn by civil strife. He sought to remedy its ills by teaching of a golden age when virtue prevailed. For Confucius, moral order could be brought to the world by emulating the ways of the ancient sage-kings. Fundamentally, his teachings stressed the establishment of proper relations and respect between human beings. Confucius taught that each person had moral responsibilities to those around him or her. One was to develop one's life, as well as one's society, into a microcosm of the moral order of the universe itself; that is, the Way of Heaven. Confucianism flourished within China, but also influenced the cultures of Korea, Japan, parts of Southeast Asia, and, recently, the West. This comprehensive, two-volume encyclopedia clearly and effectively defines the major forces of Confucianism and shows us its relevance for the present day. Rodney L. Taylor, Ph.D. (Columbia University), is a specialist in East Asian religion and philosophy with particular expertise in Confucianism. Professor of religious studies at the University of Colorado at Boulder, Professor Taylor has also held a number of administrative positions including director of the Asian Studies Program, chair of the Department of Religious Studies, Associate Dean of the Graduate School, Interim Dean of the Graduate School and presently Associate Vice Chancellor for Graduate Education. His publications include: *The Cultivation of Sagehood as a Religious Goal in Neo-Confucianism: A Study of Selected Writings of Kao P'an-lung* (1978); *The Holy Book in Comparative Perspective* (with F.M. Denny) (1985); *The Way of Heaven: An Introduction to the Confucian Religious Life* (1986); *The Confucian Way of Contemplation: Okada Takehiko and the Tradition of Quiet-Sitting* (1988); *They Shall Not Hurt: Human Suffering and Human Caring* (with J. Watson) (1989); and *The Religious Dimensions of Confucianism* (1990) as well as numerous articles. Howard Choy is a Ph.D. candidate in comparative literature and humanities at the University of Colorado at Boulder. He holds an M.A. in East Asian languages and literature from the University of Wisconsin-Madison, and taught at Stanford University and the University of Colorado at Denver. He has published articles, reviews, and translations in several major scholarly journals. His dissertation is on the rewriting of history in contemporary Chinese fiction.

*What is God? Why do we suffer? How can we heal ourselves and our world? What is the purpose of life? What happens when we die? What is the best way to pray? When you understand the way God works, you'll understand the answers to these questions and more. Master Waysun Liao takes you to the inner teachings of Tao wisdom, giving you the keys to its ancient mysteries in simple terms applied to modern life in today's world. Enjoy common sense analogies, humor, diagrams, and passages from texts such as Lao Tzu's Tao Te Ching as you start your own Tao journey with Master Liao as your guide. With Tao: The Way of God, you will unlock the secret to the power of God, the spiritual dimension, and break beyond the limits of our man-made artificial world. Once you know Tao as the Way of God, you will never be the same.*

*Introduces the philosophy of tai chi, and discusses breathing, stances, alignment, and movements*

*The Harvard Medical School Guide to Tai Chi*

*The Complete Book of Tai Chi Chuan*

*The T'ai Chi Ruler*

*A Research Guide to Reference Works About China Past and Present*

*Confucian China and its Modern Fate*

*Tai Chi Push Hands*

Master the Chinese martial art of T'ai Chi with this accessible, illustrated guide. T'ai-chi (Tai Chi) is an effortless and rhythmical art that stresses slow breathing, balanced and relaxed postures, and absolute calmness of mind. It requires no special equipment or place to practice, and takes no more than ten minutes a day. This book, from renowned Tai Chi master, Cheng Man-Ch'ing, introduces T'ai-chi as a means to a healthier life, as a sport and as a method of self defense. It is a complete step-by-step manual for the beginner. With conscientious practice, readers will master the sequence of thirty-seven postures that will make up the T'ai-chi solo exercise. Students will learn how to progress from exercise to sport to self defense with maximum efficiency. The instructions are clear and easy to follow, and more

than 275 photographs and 122 foot-weighting diagrams guarantee an understanding of the correct form. A history of T'ai-chi, including thumbnail sketches of famous masters, and the first English translation of the basic T'ai-chi document, known as the T'ai-chi Ch'uan Classics, are also included.

Unlike most t'ai chi books, which focus strictly on how to do the t'ai chi forms, T'ai Chi as a Path of Wisdom presents a personal, practical view of this intriguing martial art. Lehrhaupt shares illuminating stories from her own life and the lives of her students that show how t'ai chi can be a vehicle for profound self-discovery and spiritual growth. In learning to master each body posture, t'ai chi students often confront self-doubt, frustration, and the desire to compete and compare themselves to others—problems that also arise in daily life. Lehrhaupt shows how these and other obstacles provide valuable opportunities to deepen awareness and recognize the striking continuities between practice and everyday life. Each section of the book includes practical exercises designed to enhance students' understanding of t'ai chi movements, and a helpful appendix answers many frequently asked questions about t'ai chi training such as how to find a teacher and how to balance practice with family life. Full of useful insights and guidance, T'ai Chi as a Path of Wisdom will be a valuable companion for all students of this increasingly popular martial art.

Push Hands is the "other" part of tai chi that makes your practice a true living art Tai chi push hands practice is a necessary next step for tai chi practitioners who wish to make their art come alive. Push hands practice requires two people to engage in a variety of "light touch" moving and walking routines. By practicing these movements, practitioners begin to develop tai chi's sensing, listening, and yielding skills. Combined, these skills are the first step for developing your tai chi as a martial art. The Dao De Jing classic reminds us that knowing others (an opponent) is important for knowing ourselves. By develop tai chi push hand skills, one begins to obtain a profound sense of feeling of your own body and mind. This ability aids greatly in regulating and controlling body, balance, health, perseverance, compassion, and overall spirit. It is no mistake that tai chi offers a lifetime of continued learning and progress; the goal is a deep understanding of yourself and your role in nature. In this book, you will learn The theory of tai chi pushing hands Tai chi qigong foundation practice Tai chi jing (power) practice Two-person stationary push hands practice Two-person moving push hands practice Tai chi rollback and press push hands practice International standard push hands routine Two-person free style push hands Martial art applications in tai chi push hands practice Dr. Yang reminds us "tai chi chuan was created based on the martial applications which were used for self-defense. Every movement of tai chi chuan has its unique martial purpose. Without this martial root, tai chi chuan practice will limited to a dance, lacking a deeper meaning or a deeper feeling." This book is complemented by two companion videos sold separately. Tai Chi Pushing Hands 1 - Yang Style Single and Double Pushing Hands Tai Chi Pushing Hands 2 - Yang Style Single and Double Pushing Hands Available wherever DVD and Streaming videos are sold.

Wang's biography of Fu Ssu-nien examines Fu's important role in modern China's intellectual development.

The Essence of T'ai Chi Ch'uan

Studies in Chinese Poetry

Descriptive Catalogue : Japonica-Sinica I-IV

Taijiquan

Essential Concepts of Tai Chi

The Martial Foundation of Tai Chi Chuan

A Descriptive Catalogue

*This important resource for both students and teachers exposes the true meaning behind the flowery, esoteric language of Tai Chi's classic Chinese texts, and offers concrete examples of the principles of Tai Chi in action.*

*This book diverges from traditional exposition on Taijiquan (Tai Chi Chuan) as it engages rather than shuns the role of muscles in elucidating the cryptic practice dictum of "using yi (mind) and not li (muscle force)." It centers on the core principle of Taiji balance—the balance of yin and yang, but presents the metaphysics of balance the way the body comprehends it, developmentally, through practice in the musculo-skeletal framework. In the process, the fog of mystique lifts, and the many abstruse concepts of Taijiquan become clear. Taijiquan training is physical at the initial phase, but the slow-motion exercise nurtures a meditative discipline of the mind. As it progresses, the soft methodology grows into one of building qi-energy, and then the practice becomes more internalized. The process fortifies the body with qi and cultivates a holistic balance of the organ systems. The book explains how the training methodology, in pursuing Taiji balance, leads to the development of a highly refined strength called neijin (inner strength). By incorporating the training of "silk-reeling energy" in Taiji balance, the practitioner develops the coiling power (chanrao jin) that underlies the magic of Taijiquan kungfu.*

*Master of Five Excellences*