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XP5JMV - ROBERTS SIMONE

A full-color guide to an ancient form of exercise that promotes both mental and physical well-being 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.

A comprehensive text that includes a study of the origins and history of Tai Chi; a detailed analysis of its relationship to Western philosophy, the I Ching, Tao te Ching, yoga, and Zen. The author also ties its use to esoteric systems, and discusses health and Chinese medicine in relation to Tai Chi. Includes several hundred detailed photographs showing application of the positions.

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

Tai Chi Chuan is an effective stressbuster, in China it is also used for the prevention and treatment of illnesses with its beneficial health and fitness effects now being recognized in the West. This book is a comprehensive guide to the practical application and potential benefits of Tai Chi Chuan. It includes step-by-step illustrations for practise at home and it covers everything you need to know about this ancient art.

William C. Phillips, a devoted student and master teacher with over fifty years experience, takes us on a journey into his lifetime in the martial arts and in particular, his lessons and experiences with the Master Of Five Excellences, the incomparable Cheng Man-Ch'ing, the master who brought tai chi to the West in the 1960s. SIFU WILLIAM C. PHILLIPS, commenced training in tai chi in 1967 and was a student of Professor Cheng Man Ch'ing, one of the great masters of the 20th century, from 1970-1975. He was the most junior student to become a teacher in his school of tai chi, culture and the arts. He also studied Yang family tai chi and push hands with Zhang Lu-Ping. He has studied Japanese martial arts since 1965 achieving 7th dan from the Japan Shotokan Karate Association, 2nd brown belt from the United States Judo Federation and a 1st dan in Goshen Jitsu Jujitsu, Shodan. Nin Tai Jujitsu, Godan (5th AJJC). In addition to writing many magazine articles and producing instructional videos, Phillips has given countless demonstrations, including at Madison Square Garden and appeared in magazines and newspapers such as Self, Men's Health, The Harvard Women's Health Watch and USA Today. He has also appeared on several cable TV shows, most notably, the O'Reilly Report. Phillips founded the Patience T'ai Chi Association in New York City

The deepest benefits of T'ai Chi cannot be realized without an understanding of its underlying principles. This book presents these principles through translations of three core classics of T'ai Chi that are often considered the "T'ai Chi Bible," accompanied by the author's insightful commentary. Master Liao demonstrates how to increase the body's inner energy (ch'i) and transform it into power, health, and well-being. By reading the clear and precise explanations of the fundamental princi-

ples of T'ai Chi, students can develop a more complete understanding of the art and philosophy of this traditional martial art.

"Wolfe Lowenthal's quiet little memoir will with window-opening wisdom reinforce, I think, my view of how Cheng stood on Tai Chi. It tells how a young writer reacted to this strange Chinese man when he appeared in New York City in the mid-1960s and stayed there for a decade before returning to Taiwan to die in 1975. In a nickel town where neurosis is a cardinal virtue, the Tai Chi center established by Cheng soon became an oasis of learning. In my visits there I was invariably approached by a quiet fellow with a ready smile and loads of questions. His form and sensing hands improved but he never lost his kindly ways. This led me once to tell the three seniors that the one person in the club who best exemplified Tai Chi was this junior. That man who has since become a teacher of the art is the author if this book." -Robert W. Smith, from the Preface

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.

The ancient Chinese art of relaxed and natural mental and physical exercise is presented through step-by-step photographs and instructions.

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.

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 made. 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 chapters 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 journal were written in an academic style, limiting their acceptance from the general public, which is typically interested in the more accessible popular writ-

ing 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 history, 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.

Tai Chi is a beautiful and health - giving ancient exercise that fosters a relaxed, energised body and a peaceful mind. bull; Expert guidance from Tricia Yu, whose teachers include Yang Style tai chi masters Benjamin Pang Jeng Lo and William C.C. Chen. Tricia is director of the T'ai Chi Centre in Madison, Wisconsin, one of the oldest and most respected schools in the United States. bull; A Tai Chi basics programme of non - impact, flowing movements that build strength and endurance, enhance flexibility, improve co - ordination and help reduce stress. bull; Modifies the more difficult moves that often prove a stumbling block. bull; Essential groundwork towards learning the traditional Yang Style.

Please note that the content of this book primarily consists of articles available from Wikipedia or other free sources online. Pages: 53. Chapters: Yin and yang, Chen-style tai chi chuan, Taoist Tai Chi, Yang-style tai chi chuan, Lee style tai chi chuan, Jian, Wu style tai chi chuan, Guang Ping Yang Tai Chi Chuan, 108-form Wu family tai chi chuan, Wu Style Tai Chi Fast Form, Pushing hands, Taoist Tai Chi Society, World Tai Chi and Qigong Day, Tai chi chuan philosophy, Fu Chen Sung, Moy Lin-shin, Tai chi classics, Wudang tai chi chuan, Wudang Mountains, 103-form Yang family tai chi chuan, Sun-style tai chi chuan, List of tai chi chuan forms, Neigong, International Yang Style Tai Chi Chuan Association, Silk reeling, Tui na, 24-form tai chi chuan, Zhaobao tai chi chuan, Wu-style tai chi chuan, Tao yin, Taijijian, Qiang, Tai chi chih, Jianquan Taijiquan Association, 42-form tai chi chuan, Single whip, Yangjia Michuan Taiji Quan. Excerpt: Taijiquan (simplified Chinese: traditional Chinese: pinyin: taijiquan; Wade-Giles: t'ai chi ch'uan; literally "Supreme Ultimate Fist") is an internal Chinese martial art practiced for both its defense training and its health benefits. It is also typically practiced for a variety of other personal reasons: its hard and soft martial art technique, demonstration competitions, and longevity. As a consequence, a multitude of training forms exist, both traditional and modern, which correspond to those aims. Some of Taijiquan's training forms are especially known for being practiced at what most people categorize as slow movement. Today, Taijiquan has spread worldwide. Most modern styles of Taijiquan trace their development to at least one of the five traditional schools: Chen, Yang, Wu/Hao, Wu, and Sun. The term Taijiquan translates as "supreme ultimate fist," "boundless fist," "great extremes boxing," or simply "the ultimate" (note that chi in this instance is the Wade-Giles transliteration of the Pinyin ji, and is distinct...

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 encourage 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.

This book presents the "Simplified Tai Chi" method created by China's Ministry of Physical Culture and Sports. Unlike traditional Tai Chi, which has over 80 complicated movement sequences or forms, Simplified Tai Chi has 24 short and easy-to-remember movement forms which provide all the health benefits but are far easier for ordinary people to learn and practice on a daily basis. This book provides everything you need--step-by-step instructions and over 160 clear and simple illustrations.

If you have ever looked at Tai Chi (or Taiji) and wondered how such graceful, fluid movements could possibly be a martial art, you might be surprised to hear that a more accurate description of this 'gentle' art would be 'gruesome'! Perhaps you might have seen video clips of demonstrations and wondered whether any of the techniques shown would actually work without the benefit of a cooperative partner. Maybe you have heard stories of elderly people prevailing in combat against opponents half their age and found them difficult to believe. Beginning with basic principles, this jargon-free, no-nonsense guide demystifies the 'martial side' of Tai Chi Chuan (or Taijiquan) in seven clear steps. It explores the science behind the seemingly mysterious concept of 'internal power' and explains the differences between the use of force and energy. Drawing upon decades of personal experience, and many examples from students whose Tai Chi training has enabled them to survive real-life incidents, the authors set out to examine key postures and movements that are common to all styles, in terms of their 'energies' ('jins' or 'jings'), dynamics and applications. With brutal honesty, they look at how these skills can be trained, used and honed in classes and competitions and suggest what might actually be useful out on the street. More importantly, this guide explains how simple Tai Chi habits, such as awareness and posture, combined with an understanding of how the human mind works, might help you to avoid such difficult situations in the first place. While this book may be of interest to the general reader, it is designed for students and practitioners who are already familiar with at least one form or sequence from any authentic style of Tai Chi. Unlike many other books on the subject, it explores not only the mechanics and principles of Tai Chi combat but also practical realities and considerations such as your legal right to use force and how to deliver a pre-emptive strike effectively. By sharing with you the 'secrets' of Tai Chi Chuan, or Supreme Ultimate Fist, as a complete fighting system, the authors hope not only to preserve these important aspects of the art for future generations but also to provide you with insights, skills and unconscious reflexes that might help to improve the odds of your own survival in today's world.

This book introduces Trainers and Fighters to the philosophy and application of Western Tai Chi Ch'uan for Amateur Fighting Competitors. Western Tai Chi Ch'uan is the merging of its 13 Strategies into the basic tactics of Western Boxing, Kickboxing and Grappling. The result is an Amateur Fighter with a savage and intimidating defense and a calculated and deliberate offense. You will learn the essential principles, objectives and obstacles of an Amateur Fighting Competitor, including breathing techniques, proper understanding of form and function, intense multi-discipline sparring techniques, and the practical use of meditation processes. Also included is a section for Trainers, with an example of a complete course outline as well as a section that presents classical Tai Chi treatise and definitive striking points on the human anatomy. Producing over 20 (Amateur) champions from 2007 to 2009 at the State and Regional levels, Western Tai Chi Ch'uan is emerging as a dynamic and effective fighting system used for Martial Art competition in the Southeast Region of the United States. Gurjot K. Singh, M Ed. (Retired, U.S. Army Ranger, S.E.R.E. & Drill Instructor) holds graduate degrees in Educational Technology & International Relations from Troy University and has several academic and professional publications. He received his rank of Master from renowned Grandmaster & Dr. Ibrahim Ahmed. Master Singh is a certified American Tai Chi & Qigong Association professional (Level II of III.) He is the Owner of Angel's Gym in Fayetteville, North Carolina which is a training facility for the MMA Promotion group, Elite Fighting Challenge. Learn more at www.angelsgym.com or www.youtube.com/ANGELSGYMSINGH. Publisher's website: <http://www.strategicpublishinggroup.com/title/TheArtOfWesternTaiChiChuan.html>

This is a story of the ancient philosophical beginnings of Qigong and Tai Chi development in China. It is designed as a framework for using Tai Chi /Qigong to develop the consciousness needed for a lifetime of individual self-cultivation. This cultivation leads to increased health, longevity and the possibility of enlightenment. It begins with the ancient concept of Wu Chi and flows forward to cover the emerging world of Tai Chi and all of its tenets. A must for Qigong and Tai Chi players as well as anyone wanting to know more about Taoist or Ancient Chinese Philosophy.

Explore the most mysterious martial art of all ... Tai Chi Chuan. The Supreme Ultimate. The Heaven and Earth. Come with us to meet the best Tai Chi masters in China and gain a deeper understanding of Yang style, Chen style and Wudang Mountain Tai Chi Chuan. With the backdrop of the Forbidden City, Chen Village and the peaks of Wudang, this is not the Tai chi you see everyday in your local park! This is real Tai Chi Chuan. 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 slowness. Culled from the ancient texts of The Tao or Book of Changes, this internal fighting art became a way to live one's life in accordance with the principles of nature. Experience a Tai Chi Chuan class with Master Cui Zhongsan in Beijing and listen to him explain the history and philo-

sophy of Yang style and how and why it developed as a separate style from Chen Tai Chi. Visit the small remote Chen village, the birthplace of Tai Chi and learn the history of Tai Chi with the Chen family. It was here that Yang style was born through Chen student Yang Luchan. Travel to Tai Chi Chuan's spiritual home, Wudang Mountain and learn how Taoism and Yin and Yang formed the foundation of this internal martial art. This is Tai Chi in its authentic natural setting - at the origin. You will learn about the history of Tai Chi Chuan and how the three main styles developed. Understand the internal health principles of Chi or life-force from Zhong Yun Long, Wudang's most important and knowledgeable Tai Chi master. Witness breathtaking demonstrations by Chen Xiaowang at the Yellow river and master Yuan and master Chen at Wudang Mountain. Masters of Heaven and Earth is packed with interviews and demonstration.

There are many exercises available, both on the market, and easy to research online. Tai Chi goes back centuries and can be more beneficial for a broader spectrum of ages, through the elderly. Not only is it an exercise, but can also be used as self-defense. Grab this ebook today to learn everything you need to know.

An essential guide for T'ai Chi practitioners of all skill levels—with an overview of basic principles and commentary on three classic internal martial arts texts 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". Divided into three chapters, the guide explains 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.

It is one of the most ancient and complete forms of art, in performance it looks like a graceful classical dance, yet with constant practice of the slow harmonious movement, Tai Chi helps to promote tranquility and physical vitality. There are another functions of Tai Chi can provide a sophisticated method of self-defense, in this book, it also includes the introduction of more than four thousand years of the Chinese history, civilization and the wisdom of the Chinese Calendar. The Tai Chi champion interprets you how to acquire the essence of the art "balance of Yin and Yang".

As Taijiquan has become increasingly popular, many people have inquired into its origins and development. Answers can be found in the Chen Style, the original method from Chen Village, Henan Province in the People's Republic of China. This book guides the reader through the historical development of the system, its philosophical roots, and through the intricacies of the various training methods of this unique form of Chinese boxing. Legendary exploits of the Chen family are included to inspire today's practitioners.

For nearly 5,000 years, people have practiced T'ai Chi as a way to prolong life, build strength and stamina, improve concentration, and achieve psychological balance. Hundreds of millions of satisfied customers can't be wrong. Whether you already dabble in T'ai Chi and would like to get a deeper understanding of the basics, or you're only thinking about trying it and want to find out more before you take the plunge, T'ai Chi For Dummies is for you. In plain English, Therese Iknoin and Manny Fuentes demystify T'ai Chi principles and practices for Westerners. They unravel exotic sounding terms and concepts and break down movements in ways that more traditional instructors and authors either can't or won't. And with the help of crystal-clear illustrations and step-by-step instructions, they get you on track with a T'ai Chi fitness program guaranteed to help you: Increase balance and flexibility Combat fatigue and reduce stress Tone muscles Unlock your power centers and boost energy Improve focus and concentration Breathe "mindfully" and meditate Enhance your sense of inner peace and well-being Discover just how easy it can be to make T'ai Chi and its sister discipline Qigong part of your everyday life. With this friendly reference as your guide you'll quickly master the basic movements and forms, as well as: T'ai Chi's Yang 24-Movement Form Qigong and Push Hands techniques Techniques that help speed recovery from specific injuries T'ai Chi movements for aerobic exercise Exercise is good for the body and soul. Now let Therese Iknoin and Manny Fuentes show you how to energize, find inner peace, and tone your muscles with the gentle art of T'ai Chi.

Contains never before translated form instructions-featuring integral self-defense visualization—from Prof. Cheng's original Chinese manuals. Essays on T'ai-chi theory, meditation, medicine, the I ching, painting and calligraphy show the scope of his contributions and the unity of his thought.

Please note that the content of this book primarily consists of articles available from Wikipedia or other free sources online. Pages: 39. Chapters: Tai chi chuan, Chen-style tai chi chuan, Xingyiquan,

Wudang chuan, Yang-style tai chi chuan, Yin Style Baguazhang, Wu style tai chi chuan, Wang Zongyue, Fu Chen Sung, Fu Style Baguazhang, 103-form Yang family tai chi chuan, Sun-style tai chi chuan, List of tai chi chuan forms, Dantian, International Yang Style Tai Chi Chuan Association, Zhaobao tai chi chuan, Jiang Style Baguazhang, Wu-style tai chi chuan, Ji Jike, Li Luoneng, Gao Style Baguazhang, Cao Jiwu, Liang Style Baguazhang, Dai Longbang, Wudang Sword. Excerpt: Taijiquan (simplified Chinese: traditional Chinese: pinyin: taijiquan; Wade-Giles: t'ai chi ch'uan; literally "Supreme Ultimate Fist") is an internal Chinese martial art practiced for both its defense training and its health benefits. It is also typically practiced for a variety of other personal reasons: its hard and soft martial art technique, demonstration competitions, and longevity. As a consequence, a multitude of training forms exist, both traditional and modern, which correspond to those aims. Some of Taijiquan's training forms are especially known for being practiced at what most people categorize as slow movement. Today, Taijiquan has spread worldwide. Most modern styles of Taijiquan trace their development to at least one of the five traditional schools: Chen, Yang, Wu/Hao, Wu, and Sun. The term Taijiquan translates as "supreme ultimate fist," "boundless fist," "great extremes boxing," or simply "the ultimate" (note that chi in this instance is the Wade-Giles transliteration of the Pinyin ji, and is distinct from ch'i / qi, meaning "life-force" or "energy"). The concept of the Taiji ("supreme ultimate") appears in both Taoist and Confucian Chinese philosophy, where it represents the fusion or mother of Yin and Yang into a single Ultimate, represented by the Taijitu symbol. Thus, ...

Tai chi chuan is known as the Supreme Ultimate art - it at once embraces Taoist philosophy, is a holistic health exercise and is an effective self defense art. No wonder millions of people practice tai chi on a daily basis, making it the world's most popular health and self-defense system.

The complete illustrated guide to Tai Chi for beginners to advanced level.

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.

For over two thousand years, Traditional Chinese Medicine (TCM) has made many significant contributions to China's growth and prosperity. This textbook, based on the unique characteristics of TCM, discusses its principle theories and presents a comprehensive daily practice guide for health maintenance and disease treatment. The book provides clinical practitioners with a fundamental understanding of the essence of TCM. We highly recommend this book for students interested in TCM, Chinese medicine doctors and other healthcare professionals, biomedical researchers, and interested individuals. Readers will benefit from the inspirational viewpoints discussed in the book. 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." His lively, 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.

Your go-to illustrated guide to the practices, history, and philosophy of the popular Yang style of taijiquan Fu Zhongwen's classic guide offers the best documentation available of the Yang style of taijiquan. The superbly detailed form instructions and historic line art drawings are based on Fu's many years as a disciple of Yang Chengfu, taijiquan's legendary founder. Also included are concise descriptions of fixed-step, moving-step, and da lu push hands practices. Additional commentary by translator Louis Swaim provides key insight into the text's philosophical language and imagery, further elucidating the art's cultural and historical foundations.

As believed, Tai Chi can increase the flow of energy thus increasing the strength and promoting the serenity and harmony in every system of the body. It's the meditative and calming aspect of Tai Chi that makes the movements useful in every aspect that can reduce or otherwise eliminate anxiety and stress forming inside the body. It was confirmed by those who underwent sessions of Tai Chi that it really works for personal well-being.

The publication in 1934 of Yang Chengfu's book, Essence and Applications of Taijiquan (Taijiquan Tiyong Quanshu) marked a milestone in the modern evolution of the art of taijiquan. Using what is best-termed demonstration narrative, the author presents form postures and suggested applications from his own perspective, as he performed them. This methodology renders Yang Chengfu's direct, hands-on teaching of the art with such immediacy and liveliness that the reader experiences the master's teaching much as his students did. This English translation finally makes Yang

Chengfu's classic work available to taijiquan enthusiasts in the West. It includes notes and commentary that clarify the author's frequent classical and literary turns of phrase and elucidate the philosophical and political underpinnings that shape the text. The translator investigates and compares several early taijiquan books in order to help explain the roles played by two of Yang Chengfu's students, Dong Yingjie and Zheng Manqing, in bringing Yang Chengfu's words and teachings into print. Serious students of taijiquan, and those wishing to deepen their knowledge of taijiquan history and theory, will find this seminal work indispensable to their study and practice.