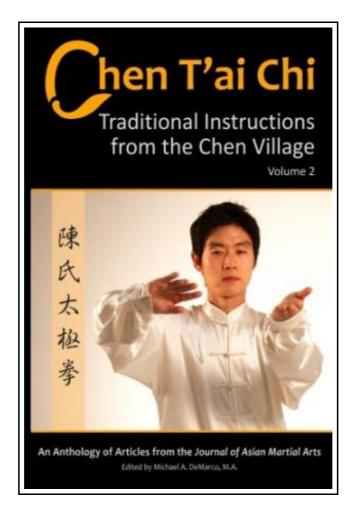
Chen T Ai Chi: : Traditional Instructions from the Chen Village, Volume 2



Filesize: 2.2 MB

Reviews

This is the finest book i have got go through right up until now. I have got read and i also am confident that i am going to planning to read once again yet again in the future. You will not truly feel monotony at at any time of the time (that's what catalogs are for about if you check with me). (Taylor Medhurst)

CHEN T AI CHI: : TRADITIONAL INSTRUCTIONS FROM THE CHEN VILLAGE, VOLUME 2



Via Media Publishing Company, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ****** Print on Demand ******. When we think of martial arts in old China, we get visions of violent convulsions of dynastic change, devastating rebellions, civil wars, and banditry. Throughout the centuries there was a need for masters who possessed highly effective martial skills for positions in the military, protection services, and law enforcement. Out of this historical reality emerged a national treasure we call taijiquan. Chen t ai chi s mystique remains fundamentally a true fighting art, including bare-handed forms and applications, plus an arsenal of weapons that includes the spear, straight sword, broadsword, and halberd. Then there are the associated training methods used to master this complete system, such as qigong, push-hands, and standing post. All of these practices are infused with knowledge associated with the physical and mental aspects of the human condition. Any serious taiji practitioner or scholar should have some understanding of the Chen family roots to get a vision of the whole tree. This two-volume anthology brings much of the rich heritage conveniently together for your reading. In this second volume, there is a special emphasis on nurturing the internal aspects for health as well as for combative skills. You will find clear explanations outlining each step in the learning process toward mastering Chen-style t ai chi. Chapters included here clarify what proper training entails and why much time and effort (gongfu) are necessary to gain results.

Read Chen T Ai Chi: : Traditional Instructions from the Chen Village, Volume 2 Online
Download PDF Chen T Ai Chi: : Traditional Instructions from the Chen Village,
Volume 2

See Also



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

Read Book »



Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

Read Book »



The Right Kind of Pride: A Chronicle of Character, Caregiving and Community

Right Kind of Pride, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. After 20 years of marriage author Christopher Cudworth and his...

Read Book »



The Diary of a Goose Girl (Illustrated Edition) (Dodo Press)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. Claude A Shepperson (illustrator). Illustrated. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was...

Read Book »



A Cathedral Courtship (Dodo Press)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children's author...

Read Book »