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Yang Style Traditional Long Form T'ai Chi Ch'uan: As Taught by Master T.T. Liang

By Gordon Muir

North Atlantic Books, U.S. Paperback. Book Condition: new. BRAND NEW, Yang Style Traditional Long Form T'ai Chi Ch'uan: As Taught by Master T.T. Liang, Gordon Muir, Gordon Muir began his martial arts studies at the age of 12. From then on he studied a wide variety of martial arts, including Judo, Kyokushinkai, Karate, Kempo, several Kung Fu styles, kick boxing and eventually found his way to T'ai Chi. Gordon's first teacher of internal martial arts was Master T. T. Liang, who taught the Yang style form. Although Master Liang was semi-retired, Gordon was able to study intensively with him for seven years and for another seven with students of Master Liang and with his own students. This book will attempt to layout the complexities of movement that other books omit. Tai Chi, after all, is an internal art. What this means is difficult to understand and even more difficult to physically accomplish without appropriate instruction. This book will give one a strong starting point for comprehending how one must move in order to create internal strength. With the help of photographs, the many traditional postures of the Yang family traditional long form will reflect what was transmitted from either Master T. T....



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