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Tai Chi Fa Jin: Advanced Techniques for Discharging Chi Energy

By Mantak Chia, Andrew Jan

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Tai Chi Fa Jin: Advanced Techniques for Discharging Chi Energy, Mantak Chia, Andrew Jan, A guide to the seemingly effortless yet explosively powerful martial art techniques of Fa Jin - Explains how to collect energy within and discharge it for self-defense as well as healing - Explores how to counter the natural instinct to resist force with force and develop yielding softness through the 13 Original Movements of Tai Chi - Illustrates routines for the partner practice of "Push Hands" (Tui Shou) Fa Jin, an advanced yang style of Tai Chi, complements the physical, mental, and spiritual conditioning available through solo Tai Chi practice and the internal martial arts of Taoism. Fa Jin enables adepts to harness the energy of yin, yang, and the earth in the lower tan tien and discharge it as an extremely close-range yet explosively powerful blow in self-defense and partner practice as well as in healing techniques. Integrating the teachings of many Taoist masters, including Chang San-Feng, the creator of Tai Chi; Wang Tsung-Yueh, the legendary 19th-century master; Bruce Lee, the actor and martial artist who made the "one-inch punch" technique famous; and the...



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