



## Tai Chi Ball Qigong: For Health and Martial Arts

By Jwing-Ming Yang, David Grantham

YMAA Publication Center. Paperback. Book Condition: new. BRAND NEW, Tai Chi Ball Qigong: For Health and Martial Arts, Jwing-Ming Yang, David Grantham, Gold Winner - 2011 IP's Living Now Awards Honorable Mention - 2011 Eric Hoffer Award WHAT IS TAI CHI BALL? Tai Chi Ball training used to be common practice in both external and internal martial arts. Unfortunately, due to its secrecy, fewer and fewer people have learned it. Today the art of Tai Chi Ball Qigong is almost forgotten. HOW CAN I USE IT? Fortunately, this book (and the companion DVDs) allows interested students to practice this effective training and incorporate it into their general exercise routine, or martial arts regimen. HOW WILL TAI CHI BALL TRAINING BENEFIT ME? For martial artists, Tai Chi Ball Qigong training can strengthen the torso, condition the muscles, and increase physical power by using the mind to lead the qi. It can be a major training tool to enhance pushing hands ability. For general exercise, Tai Chi Ball Qigong training helps those who might overly focus on core body exercises to strengthen their hips, knees, and ankles. You will learn to move the vertebrae of the spine, increase energy through various breathing techniques,...



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