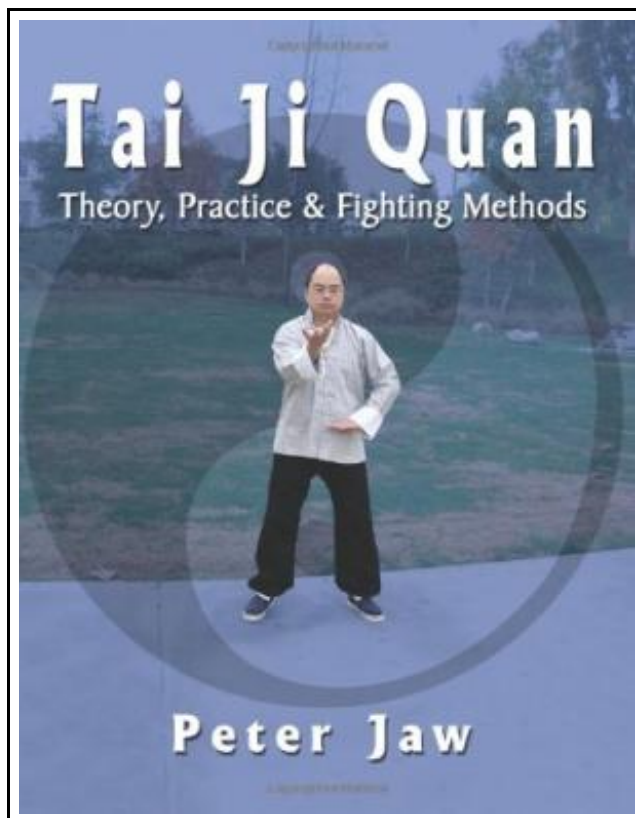


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Authorhouse. Paperback. Book Condition: New. Paperback. 84 pages. Dimensions: 10.8in. x 8.4in. x 0.2in. Tai Ji Quan or Tai Chi Chuan is practiced by many people for health and fitness. However, imbedded with the moves, there are also self defense principles and applications. Most people may be practicing the moves and acquiring some skills that they never know anything about. The fundamental principles and applications of Tai Ji Quan are explained in an easy and fun to read format in this book. Whether you are interested in knowing how and why you have to do the move in a certain way, or you are interested in knowing how to practice and apply the defense skills you may already have, this book is a good guide to start. The 13 postures (Shi) are Peng, Lu, Ji, An, Cai, Lie, Zhou, Kao (8 Jin methods); Jin, Tui, Gu, Pan, and Zhong Ding (5 steps, Wu Bu) are explained with techniques. How to use 13 Shi to study Tai Ji Quan are illustrated with techniques. How to contact, stick (Zhan Nian) and neutralize the opponents Jin (Hua Jin); and, in turn, release your own Jin (Fa Jin) are explained with examples. Whether you are a beginner, an intermediate learner or an advanced student, this book is an essential tool for study and review. Hundreds of techniques are explained in details. The first 16 postures of Chen Tai Ji old frame first routine are explained as well. How you maneuver to be in your front side, so that you may exert your Jin smoothly (Uo Sun). How you make the opponent to be on his back side, so that he may not reverse his Jin (Ren Bei). This is the whole story of theory and practice of Tai Ji Quan. This item ships from multiple...

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