

Essence Applications Taijiquan By Yang Chengfu Louis Swaim

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"Pressestimmen ?I highly recommend The Essence and Applications of Taijiquan as a valuable resource for Taiji players, with the actual words of Yang Chengfu to guide them in their practice.??Dojo Rat Synopsis The most important and fundamental text of the art - from the founder of Tai Ji Quan; Master Yang Cheng Fu Until now - never published in English - will ensure that this book is a top selling martial arts title All martial artists will be interested in this book - gives detailed descriptions of the combative applications of Tai Ji Quan that are rumored about but rarely seen Including copious notation and explanation, the book will illuminate and illustrate the essence of Tai Ji Quan as the founder presented it The founder of the most popular martial art in the world, Tai Ji Quan (also known as T'ai Chi Ch'uan) was Master Yang Cheng Fu. He wrote a book that was published in China during the 1930's. Until now that text has remained a mystery to those who don't speak Chinese. For the first time it will be published in English by North Atlantic Books. Translator Louis Swaim, who brought us Fu Zhong Wen's 'Mastering Yang Style Taijiquan' in 1999, has expertly rendered Master Yang's writings into English. Including copious notation and explanation, the book will illuminate and illustrate the essence of Tai Ji Quan as the founder presented it. Alle Produktbeschreibungen"

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The essence and applications of taijiquan fu zhongwen s classic guide offers the best documentation available of the yang style of taijiquan the superbly detailed form instructions and historic line art

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narrative of the eminent, tai chi chinese ?? pinyin tàijí short for t ai chi ch üan or tàijí quán ??? is an internal chinese martial art practiced for both its defense training its health benefits and meditation the term taiji is a chinese cosmological concept for the flux of yin and yang and quan means fist etymologically taijiquan is a fist syst.

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