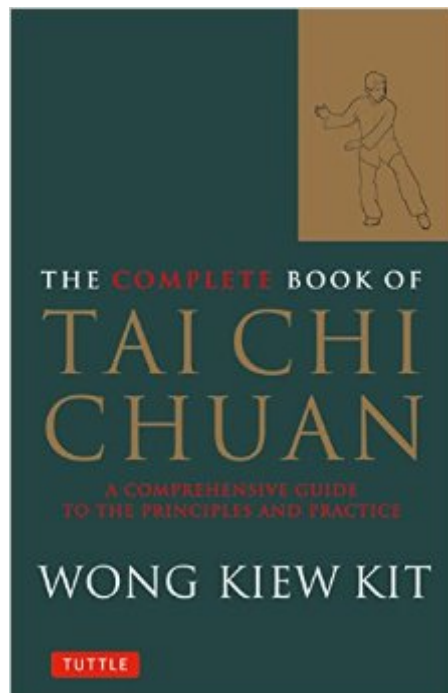


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# The Complete Book Of Tai Chi Chuan: A Comprehensive Guide To The Principles And Practice (Tuttle Martial Arts)



## Synopsis

Master the ancient Chinese art of Tai Chi Chuan with this informative guide. One of the most popular Chinese martial arts, Tai Chi Chuan is also one of the most effective stress relievers available. In China it is also used extensively for the prevention and treatment of illnesses, and its beneficial effects for health and fitness are now widely recognized in the West. The Complete Book of Tai Chi Chuan is a comprehensive and fascinating guide to the practical application and potential benefits of Tai Chi Chuan. Packed with step-by-step illustrations for practice at home, this tai chi guide covers everything you would want to know about this ancient art, including its benefits for mental, spiritual and emotional development. This tai chi book is both an ideal introductory guide and an invaluable reminder for those who have already taken classes. Topics in The Complete Book of Tai Chi Chuan include: Tai Chi Chuan as a Martial Art, The Concept of Yin-Yang and Tai Chi Chuan, The Historical Development of the Various Styles, Advice from the Great Masters, Techniques and Skills of Pushing Hands, Specific Techniques for Combat Situations, Taoism and Spiritual Development in Tai Chi Chuan, And many more.

## Book Information

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## Customer Reviews

Aside from WKK's typical need for a better editor with a more daring hand, this is a worthy addition to any Taiji practitioner's library. As for the one reviewer's comments about WKK's honest modesty on his Taiji lineage status, I would just add the following consideration: Taiji comes from Shaolin inasmuch as it was developed there much the same as all other Chinese martial arts can be said to

have been developed at Shaolin Temple. So, to quip at his lack of a lineage in Taiji OUTSIDE of the supreme martial arts college throughout all of Buddhist China's history makes little sense to me. I have a Shaolin master and I know that he was trained in Taiji and his Taiji is very good and very particular, in fact. So to have had a good Shaolin master is to a large extent to have had a good Taiji master. Taiji is a major course of study within the Shaolin warrior monk's curriculum. So, to have actually had a Shaolin master teach you Taiji is a supreme bit of good fortune, indeed. WKK merely states that his Shaolin master was not of a distinguished Taiji lineage, which is not much of a detraction given that the master in question teaching WKK WAS a Shaolin master, which typically should by all reasoning be better than a master of of Taiji that is removed completely from the Shaolin system for several generations. Also, WKK does not say that you should learn Taiji without an instructor, period. He says his book is a self-teaching device for those who are already under the instruction of a qualified teacher, or for someone who otherwise would have no instruction whatsoever. Though WKK obviously is well-versed in terminology and applications of Taiji, that is not the sole purpose of this book.

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