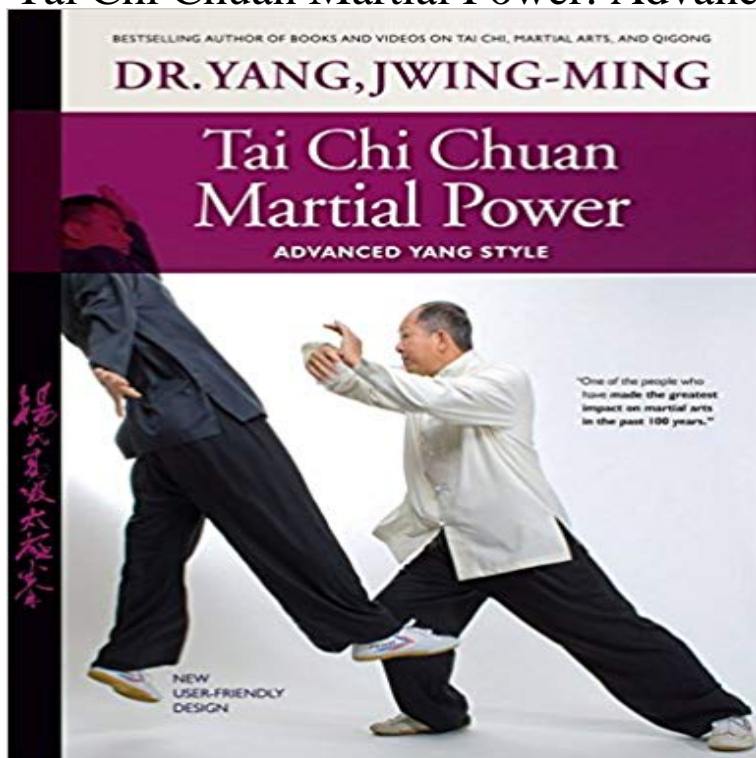


Tai Chi Chuan Martial Power: Advanced Yang Style



DISCOVER THE POWER INSIDE TAI CHI POSTURES Heres your chance to take the next step in your tai chi journey The study of tai chi power is a direct link to tai chi as a martial art. When you finish learning the tai chi form and begin the second level of your practice, its time to focus your efforts on theory and principles of tai chis amazing power (jing). This will lead you to deeper martial skills, proper body alignment, rooting, and energy (qi) manifestation. An effective way to enhance health, strength, and balance Tai chis natural power contributes to your overall health and well-being by training your body to be stronger. You will explore many tai chi postures, revealing the essence of stability, motion, and power. With these skills you can remain confident that the natural strength of your tai chi movements will support your everyday activities. This book provides a solid and practical approach to learning tai chi power (jing) accurately and quickly. Includes over 300 photographs with motion arrows! 12 coiling qi exercises 3 types of sensing jing 16 types of offensive jing 19 types of defensive jing 4 types of neutral jing 11 types of kicking jing 14 hand forms for accumulating jing 8 postures for accumulating jing 15 tai chi classics with translations and commentaries Discovering tai chis natural power is a practical way to improve pushing-hands, strength, health, and overall well-being. These skills can help you retain lifelong energy and vitality while experiencing fewer falls and injuries.

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