



Tai Chi Chuan Martial Applications: Advanced Yang Style Tai Chi Chaun (Martial Arts-Internal)

By Yang Jwing-Ming

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With a wealth of information for novice and advanced students, this book examines the fighting techniques of Tai Chi Chuan, including the martial applications for each movement of the form. The two-person fighting set, Tai Chi fighting tactics, and Tai Chi Pushing Hands training is also included.

Unique among Tai Chi books, this volume reveals the martial essence of Tai Chi that most other books ignore. Clearly explained and illustrated, Tai Chi Chuan Martial Applications is a must for those who want to expand their knowledge and add depth and realism to their training.

- Discover Chin Na, cavity strikes and takedowns hidden in the Tai Chi form.
- Improve your Pushing Hands with martial applications.
- Learn the unique Tai Chi Ball practice for Jing training.
- Sharpen your Tai Chi and self defense skills.

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Editorial Review

Review

"Both Tai Chi Theory & Martial Power and Tai Chi Chuan Martial Applications lay a solid foundation for the internal and self-defense applications of Tai Chi Chuan. Everybody should read his books." (T.T. Liang, from the foreword)

Language Notes

Text: English, Chinese

About the Author

Dr. Yang, Jwing-Ming is a renowned author and teacher of Chinese martial arts and Qigong. Born in Taiwan, he has trained and taught Taijiquan, Qigong and Chinese martial arts for over forty-five years. He is the author of over thirty books, and was elected by Inside Kung Fu magazine as one of the 10 people who has "made the greatest impact on martial arts in the past 100 years." Dr. Yang lives in Northern California.

Users Review

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Nicole Rockwood:

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