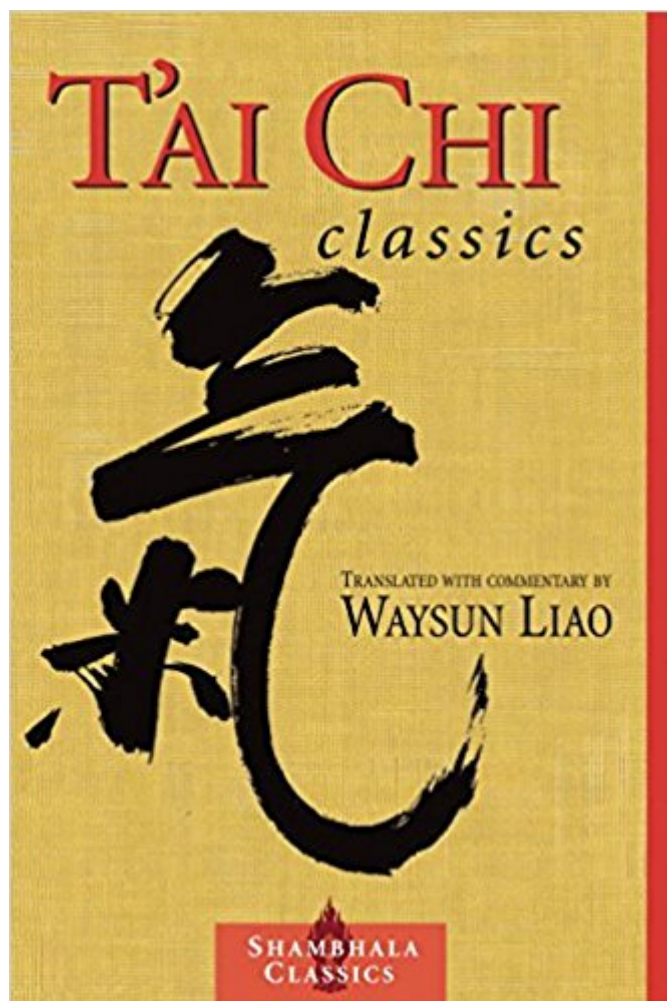


The book was found

T'ai Chi Classics (Shambhala Classics)



Synopsis

According to Master Liao, the great power of T'ai Chi cannot be realized without knowing its inner meaning. T'ai Chi Classics presents the inner meaning and techniques of T'ai Chi movements through translations of three core classics of T'ai Chi, often considered the "T'ai Chi Bible." The texts are introduced by three chapters explaining how to increase inner energy (ch'i), transform it into inner power (jing), and project this inner power outward to repel an opponent without physical contact. Master Liao also provides a description of the entire sequence of T'ai Chi movements, illustrated by his own line drawings.

Book Information

Series: Shambhala Classics

Paperback: 224 pages

Publisher: Shambhala; Reprint edition (February 6, 2001)

Language: English

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Average Customer Review: 4.5 out of 5 stars 45 customer reviews

Best Sellers Rank: #115,720 in Books (See Top 100 in Books) #24 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong](#) #132 in [Books > Sports & Outdoors > Individual Sports > Martial Arts](#) #138 in [Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing](#)

Customer Reviews

Text: English (translation) Original Language: Chinese

Presents the inner meaning and techniques of T'ai Chi movements through translations of three essential texts which together are often considered the "T'ai Chi Bible." Includes practical instructions and illustrations for the entire sequence of movements --This text refers to an alternate Paperback edition.

Most internal martial texts that I've seen tend to be some what mystical. That is to say, one reads or hears about incredible phenomena attributed to this master or that master, but no real

understanding is provided. Or, texts tend to focus on just the physical exercises without an explanation of the internal nature of them. Tai Chi Classics, even while using primitive but effective drawings, gives the reader a good theoretical understanding of some of the internal phenomena we hear about, while providing a detailed course of progressive internal exercise to hopefully achieve these abilities.

As a beginner in tai chi I have found this book to be invaluable. The author combines a 2000 year overview with selected texts of various masters and includes his commentary to make these older texts more comprehensible to the modern reader. One is said to be a beginner in tai chi for three years. The contents of this book will take time to understand and absorb. I re-read sections of it often. I have certainly not gotten it all but the book is very promising. I highly recommend it.

This was my second copy of this book. I purchased it for a friend. There are many books to own and read regarding the practices of tai chi chuan- I consider this a "must have." No matter your school/teacher, no matter your style (Chen, Wu, Yang, etc.) the principles are the same. This book is a great reference to aid in understanding some of the internal principles of tai chi chuan. Five stars.

Think t'ai chi is merely a low-impact exercise routine for elderly folks? Unh-uh. Our increasingly popular contemporary varieties are actually watered-down versions of the ancient original. In-depth and comprehensive, the book also describes and depicts ALL the postures and movements. Serious students only, not for beginners or dabblers.

The book gave me names of movements that I was looking for, which was of help for me.

Great review of the old wisdom

This publication is filled with historical background as well as step by step written & pictorial instructions. Enlightening reading for beginners and advanced. JW Oshodi

Very useful and informative for students at any level. Gives some insights into the philosophy behind the internal arts

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