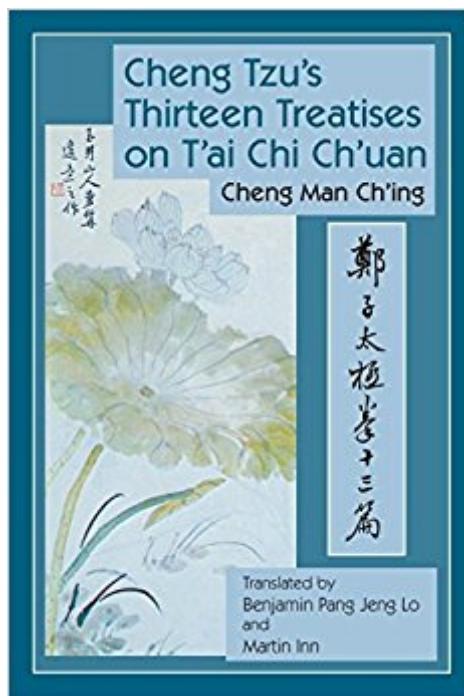


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Cheng Tzu's Thirteen Treatises On T'ai Chi Ch'uan



Synopsis

Millions of people worldwide practice tâ™ai chi, the most popular form of which was codified beginning in the 1960s by Cheng Man Châ™ing. In this scholarly yet practical book, Professor Cheng shows precisely how the postures and moves of tâ™ai chi work, with examples from anatomy and physics, both internally as energetic principles and externally on opponents. He clarifies the spheres, triangles, and centripetal and centrifugal forces within physical exchanges such as push-hands. Contrasting Western and Chinese techniques of healing, he also explores the relationships of organs to one another in pathology and the necessary dynamics of treatment. Professor Cheng explains how the practitioner may serve as his or her own doctor and, likewise, as the physician or trainer of an attacker. The martial arts, he says, are not a special case of unusual power, simply an aspect of adapting natural and cosmic law to circumstance. This edition of the classic text contains 13 major essays; oral secrets from Chengâ™s teacher Yang Chengâ™fu; a Q&A with commentary on martial arts classics; the authorâ™s application and functions of each of the 37 postures of the short form, with the original photographs of him as a young man; two prefaces; and much more.

Book Information

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Customer Reviews

âœlâ™ve got my hands on a treasure now, called Cheng Tzuâ™s Thirteen Treatises on Tâ™ai Chi Châ™uan by Cheng Man Châ™ing. Explained in plain words and illustrated with pictures of the form, the book will satisfy the needs of anyone interested in Tâ™ai Chi. It will take your understanding of the art to a new level, and it will guide you to correct practice. It will also introduce

you to the Classics and challenge you to achieve.â •â "dkMommy Spot

Text: English (translation) Original Language: Chinese --This text refers to the Hardcover edition.

insights by a well-respected master

specifically explains the martial aspect of each tai chi piece of the form.

This is ultimate treatise on the Yang style, CMC 37 step T'ai Chi Ch'uan. A must have for students of the art. If you're dying to know where your tan t'ien is located, this is the book for you.

Nice background of Tai Chi

Excellent resource

Interesting read and excellent complement to Yang-108 class I am taking

great thanks!

If you practice the Cheng Man-Ching 37 Form Tai Chi, this book is for you. Details his history and each of the 37 forms.

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