

Power Taiji Book Three

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The following text and photos are from the originally published book, "Power T'ai Chi Ch'uan, Book 3", first published back in 1984 and written in 1982. I have not changed any of the original text, nor have I added to it other than to correct any typing errors in the original text as I originally typeset the whole book using a simple typewriter!

~~Power Taiji Book Three - Taiji World~~

Tai chi (Chinese: 太极; pinyin: Tàijí), short for T'ai chi ch'üan or Tàijí quán (太极拳), is an internal Chinese martial art practiced for defense training, health benefits, and meditation. The term taiji is a Chinese cosmological concept for the flux of yin and yang, and 'quan' means fist. Etymologically, Taijiquan is a fist system based on the dynamic relationship between ...

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In this hook I will not discuss the most dangerous area of taiji (i.e., dim-mak, or death-point striking), as I have covered it in detail in other books published by Paladin Press. It is enough to tell about the relationship that taiji has to dim-mak. The originator of taiji was Chang San-feng, who was a famous

~~Power Taiji Erle Montaigne 2009 webversion~~

Power Taiji should be purchased and used by every person who has a sincere interest in taiji and qigong. The book teaches the Yang Cheng Fu Form with detailed instructions good enough to learn the form right from this book. It also gives important insights into qigong exercises that can be used right from the get go.

~~Amazon.com: Customer reviews: Power Taiji~~

One of the most sold books on Taiji/Tachi in the world. Translated in numerous languages, it is a translations of three essential texts of T'ai Chi Chuan by Waysun Liao. T'ai Chi Classics presents the inner meaning and techniques of T'ai Chi movements. These classic texts include commentary and practice applications of each principle.

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