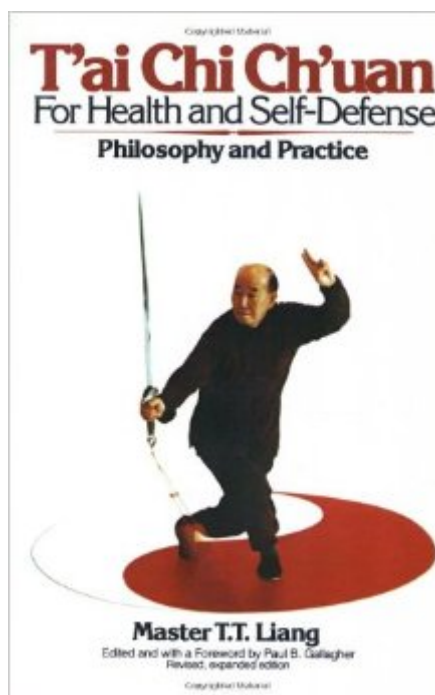


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# T'ai Chi Ch'uan For Health And Self-Defense: Philosophy And Practice



## Synopsis

For the student who has already mastered the basic postures, this book addresses itself to the philosophy behind the system of movements and to all the variations possible.

## Book Information

Paperback: 160 pages

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## Customer Reviews

The amazing T.T. Liang gives the reader the benefit of his 80 years (or possibly more) of studying and teaching tai chi. Very detailed discussion of tai chi history, and many important concepts such as jin, chi, many tips and important points relating to doing the form and its applications, and more. Liang had an amazing life with many adventures, and he experienced and witnessed many horrors and tragedies during the war, but it never soured his outlook on humanity, and in fact Liang's approach to life is quite light-hearted and humorous. Studying tai chi enabled him to overcome early health problems, and it has been a constant source of inspiration in his life. In case you're interested in further information, here are some other recommendations for further reading with brief descriptions of the books, including another one by Liang: 1. Tai Chi Chuan Martial Applications: Advanced Yang Style A good book by master Yang but only shows applications against punches. To get the other applications such as chin na, you'll need to supplement this with his Tai Chi Chin Na book. 2. T'ai Chi: The "Supreme Ultimate" Exercise For Health, Sport And Self-defense, by Robert W. Smith and Cheng Man-Ch'ing Historically important early work in English that is still useful, has good photos of the impeccable Cheng Man Ching's form. 3. The Complete Guide to T'ai Chi by Stewart McFarlane A good introductory guide with an emphasis on the "outward

shape" or body mechanics for each posture of the short Cheng Man Ching short form, which has become the most popular. Detailed pointers and very clear photos tell you how to perform each movement.4.

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