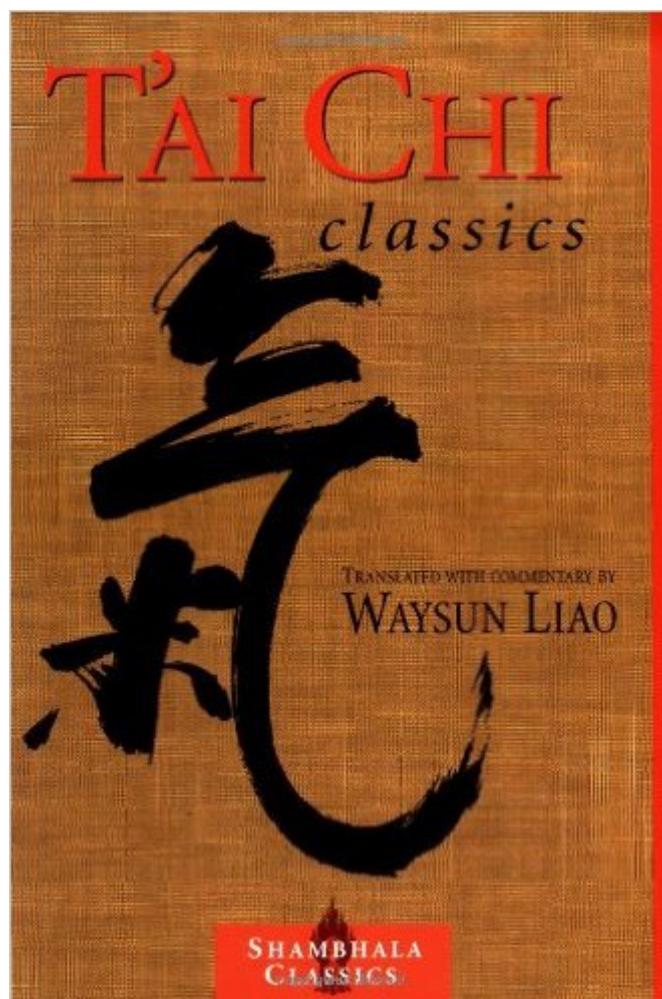


The book was found

# 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

ISBN-10: 1570627495

ISBN-13: 978-1570627491

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ  See all reviewsÂ (39 customer reviews)

Best Sellers Rank: #57,625 in Books (See Top 100 in Books) #13 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #97 inÂ Books > Sports & Outdoors > Individual Sports > Martial Arts #100 inÂ Books > Politics & Social Sciences > Philosophy > History & Surveys

## Customer Reviews

I found this book valuable, but not outstanding. Waysun Liao is not personally known to me, but according to the sources in this book, he is an avid believer in Cheng Man Ching's perspective on Tai Chi. I am in no position to critique one perspective or another, but my take on this book was that it was tinted significantly by Master Cheng's perspective. That being said, I have not avidly studied Master Cheng (although I intend to read some of his/students' work), but there was a consistent underlying bias towards one way of looking that I wasn't convinced was originally intended by the "classics"authors. I'll try to explain what I mean in the paragraphs below. The first section is an abridged history of Tai Chi. The next two chapters are on ch'i and jing, respectively. These two chapters are nice. They are Master Liao's (the author)insights into the concepts of ch'i and jing. He

provides some nice descriptions and definitions of what he feels these terms mean, as well as meditative approaches to trying to develop ch'i and jing. As with the majority of books I've read, these definitions are things like "life energy", "internal energy" and "intrinsic energy"-- and the outcome after practicing his meditative technique is that you should soon "feel your ch'i". Liao attempts to be more precise and detailed than that, but ultimately, as with many things, the reader is still reduced to "life energy" as the basis of all things. His descriptions include many analogical/symbolic diagrams that are sometimes helpful, but for me, mostly added nothing-- in fact, when he attempts to use real-life analogies, it's clear that his understanding of Newtonian physics is inadequate to truly use these types of examples to try and explain what he means.

[Download to continue reading...](#)

Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki) Shambhala: The Sacred Path of the Warrior (Shambhala Classics) Tai Chi for Beginners: The Ultimate Guide to Supercharge Your Mind, Increase Your Energy & Feel Amazing By Unlocking the Power of Tai Chi (Tai Chi - Tai ... How to Fight - Martial Arts for Beginners) T'ai Chi Classics (Shambhala Classics) The Tai Chi Bible: The Definitive Guide to Decoding the Tai Chi Form (Subject Bible) Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan T. T. Liang's Tai Chi Chuan: The Tai Chi Solo Form with Rhythm (Volume 1) 5-Minute Chi Boost - Pressure Points for Reviving Life Energy, Avoiding Pain and Healing Fast (Chi Powers for Modern Age Book 1) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! The Rumi Collection: An Anthology of Translations of Mevlana Jalaluddin Rumi (Shambhala Classics) Insight Meditation: The Practice of Freedom (Shambhala Classics) I Ching (Shambhala Pocket Classics) The Tibetan Book of the Dead: The Great Liberation Through Hearing In The Bardo (Shambhala Classics) MIDNIGHT FLUTE (Shambhala Centaur Editions) The Rumi Collection (Shambhala Library) Narrow Road to the Interior (Shambhala Centaur Editions) Shambhala: La senda sagrada del guerrero (Spanish Edition) Writing Down the Bones: Freeing the Writer Within (Shambhala Library) Bhagavad Gita (Shambhala Library) The Heart of Awareness: A Translation of the Ashtavakra Gita (Shambhala Dragon Editions)

[Dmca](#)