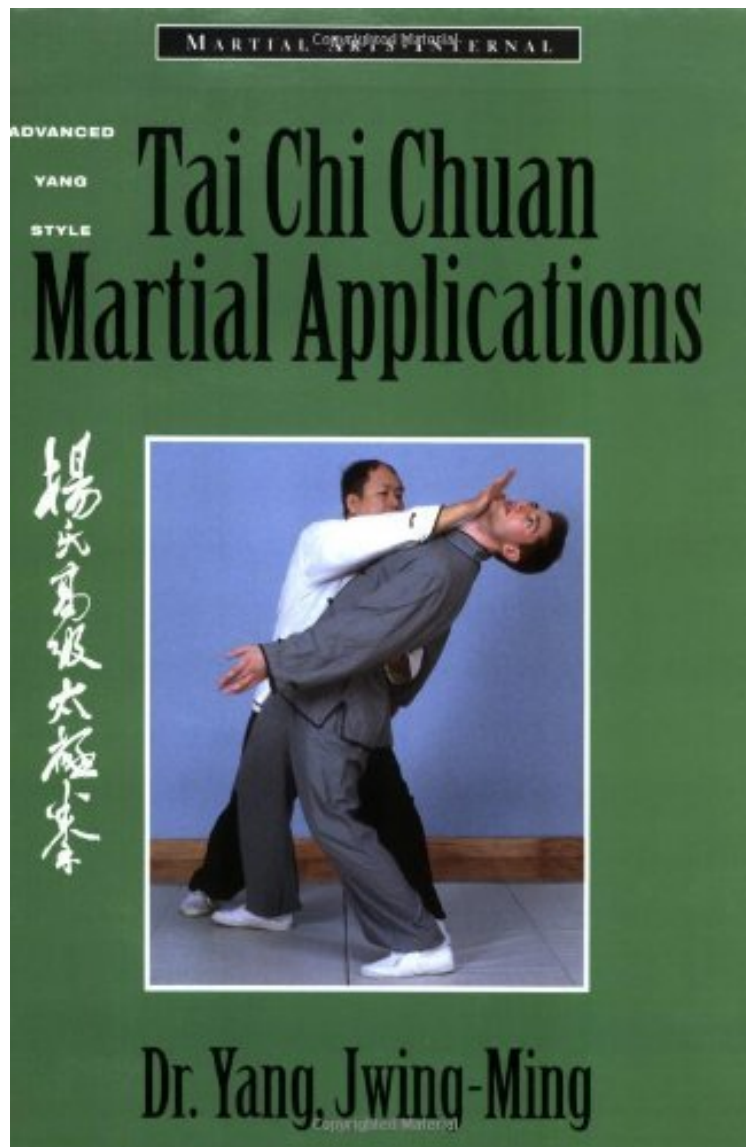


[Read and download] Tai Chi Chuan Martial Applications: Advanced Yang Style Tai Chi Chaun (Martial Arts-Internal)

Tai Chi Chuan Martial Applications: Advanced Yang Style Tai Chi Chaun (Martial Arts-Internal)

Von Yang Jwing-Ming
audiobook / *ebooks / Download PDF / ePub / DOC



DOWNLOAD



READ ONLINE

Produktinformation -Verkaufsrank: #483885 in eBooksVerffentlicht am: 1996-11-05Erscheinungsdatum:
1996-11-25File Name: B003P9WZVU | File size: 24.Mb

Von Yang Jwing-Ming : Tai Chi Chuan Martial Applications: Advanced Yang Style Tai Chi Chaun (Martial Arts-Internal) before purchasing it in order to gage whether or not it would be worth my time, and all praised Tai Chi Chuan Martial Applications: Advanced Yang Style Tai Chi Chaun (Martial Arts-Internal):

Kundenrezensionen
Hilfreichste Kundenrezensionen
3 von 3 Kunden fanden die folgende Rezension hilfreich. Good book for getting the form right
Von dave smith
There are many books which attempt to teach you how to do the form. This is not one of them. The author does take the reader through the form, but for each section also shows the reader where the move comes from. This helps in improving accuracy and in energy work. It is very important, as you proceed to polishing up your TaiChi that you bear this stuff in mind.
The book also gives general advice useful to the taichi practitioner - especially those who have just completed learning the form.
I've bought loads of TaiChi books over the years - some useful for philosophy, some for Chi Kung aspects - but this one is of direct practical use.
A final word: Books that outline the moves of the form are useful to jog the memory, but seeking out a teacher is a MUST!
1 von 1 Kunden fanden die folgende Rezension hilfreich. Very good
Von Ein Kunde
There are several martial applications for each of the yang style movements, with clear explanations, and not so clear photos. It is mainly for the advanced student, although it could be easily followed by the novice as well. By knowing even one application for each movement, the performance of the form is greatly influenced.
Drawback: poor printing quality.
0 von 0 Kunden fanden die folgende Rezension hilfreich. A book for advanced students
Von Ein Kunde
I suppose I should rate it at best 3 stars for my personal use, but my sense is that it's better than that. As a near-beginner in Tai Chi (slightly over a year of instruction and practice), I found this book of only moderate use. I do find that I practice better if I envision the martial applications of the movements, rather than treating Tai Chi as a kind of dance. I'm not competent to judge its value for advanced students, but it's written clearly enough, and the illustrations rate a B-plus in my book. There are lots of them (good), and the text follows them (good), but the "bad guy" taken the fall is in black and it's often hard to see where the master has gripped him. For a beginner, this book is not nearly as good as Tai Chi Chuan by Mster Liang, Shou-Yu (same publisher). But it's not a bad supplement, even for me.

Kurzbeschreibung
With a wealth of information for novice and advanced students, this book examines the fighting techniques of Tai Chi Chuan, including the martial applications for each movement of the form. The two-person fighting set, Tai Chi fighting tactics, and Tai Chi Pushing Hands training is also included.
Unique among Tai Chi books, this volume reveals the martial essence of Tai Chi that most other books ignore. Clearly explained and illustrated, Tai Chi Chuan Martial Applications is a must for those who want to expand their knowledge and add depth and realism to their training.
Discover Chin Na, cavity strikes and takedowns hidden in the Tai Chi form.
Improve your Pushing Hands with martial applications.
Learn the unique Tai Chi Ball practice for Jing training.
Sharpen your Tai Chi and self defense skills.
Pressestimmen
"Both Tai Chi Theory Martial Power and Tai Chi Chuan Martial Applications lay a solid foundation for the internal and self-defense applications of Tai Chi Chuan. Everybody should read his books."
--T.T. Liang, from the forward
Kurzbeschreibung
With a wealth of information for novice and advanced students, this book examines the fighting techniques of Tai Chi Chuan, including the martial applications for each movement of the form. The two-person fighting set, Tai Chi fighting tactics, and Tai Chi Pushing Hands training is also included.
Unique among Tai Chi books, this volume reveals the martial essence of Tai Chi that most other books ignore. Clearly explained and illustrated, Tai Chi Chuan Martial Applications is a must for those who want to expand their knowledge and add depth and realism to their training.
Discover Chin Na, cavity strikes and takedowns hidden in the Tai Chi form.
Improve your Pushing Hands with martial applications.
Learn the unique Tai Chi Ball practice for Jing training.
Sharpen your Tai Chi and self defense skills.