

Tai Chi Chuan As The Masters Of The Next Level See It Anan Do Integral Martial



Desperately Seeking Yin: Tai Chi Chuan as the Masters-of-the-next-level see it (Anan-Do Integral Martial and Therapeutic Arts series) by Damir Tenodi

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Language : English

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By Dr. Yang, Jwing-Ming



This book is a comprehensive guide to the internal martial art of Tai Chi Chuan. It is written by Dr. Yang, Jwing-Ming, a world-renowned Tai Chi master and teacher. The book covers all aspects of Tai Chi Chuan, from its history and philosophy to its practice and application.

The book is divided into three parts. The first part provides an overview of the history and philosophy of Tai Chi Chuan. The second part covers the practice of Tai Chi Chuan, including the basic movements, forms, and applications. The third part discusses the application of Tai Chi Chuan to self-defense and health.

This book is a valuable resource for anyone interested in learning more about Tai Chi Chuan. It is also a great read for anyone who is already practicing Tai Chi Chuan and wants to deepen their understanding of the art.

About the Author

Dr. Yang, Jwing-Ming is a world-renowned Tai Chi master and teacher. He is the founder of the YMAA (Yang's Martial Arts Association) and the author of over 30 books on Tai Chi Chuan. Dr. Yang has taught Tai Chi Chuan to thousands of students around the world and has been featured in numerous magazines and television shows.

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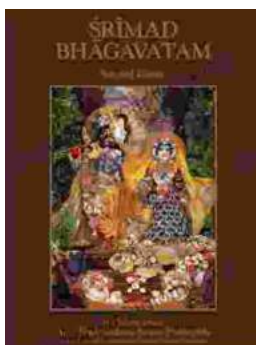
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