



Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, And Applications, Revised

By Jwing-Ming Yang

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Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, And Applications, Revised By Jwing-Ming Yang

Reach for the Highest Level of Tai Chi Practice

You can achieve the highest level of tai chi practice by including tai chi sword in your training regimen.

Here's your chance to take the next step in your tai chi journey.

Once you have attained proficiency in the bare hand form and have gained listening and sensing skills from pushing hands, you are ready for tai chi sword.

The elegant and effective techniques of traditional tai chi sword

Tai chi sword will help you control your qi, refine your tai chi skills, and master yourself. You will strengthen and relax your body, calm and focus your mind, improve your balance, and develop proper tai chi breathing.

This book provides a solid and practical approach to learning tai chi sword accurately and quickly. Includes over 500 photographs with motion arrows!

- Historical overview of tai chi sword
- Fundamentals, including hand forms and footwork
- Generating power with the sword
- 12 tai chi sword breathing exercises
- 30 key tai chi sword techniques with applications
- 12 fundamental tai chi sword solo drills
- Complete 54-movement Yang Tai Chi Sword sequence
- 48 martial applications from the tai chi sword sequence
- 10 tai chi sword 2-person matching drills

No matter your age, tai chi sword is a wonderful way to improve your health and well-being.

Tai Chi Chuan is one of the more popular health activities practiced today. According to the NCCAM div. of U.S. Department of Health and Human

Services, between 2.3–3 million people practice tai chi in the United States. Recommended by healthcare professionals, practiced for pleasure, fitness, or martial arts; by young and old alike, tai chi creates a vast community of people practicing for many different reasons.

Many students expand their practice to include the Tai Chi Sword. It's fun, builds strength, and develops concentration and focus. Tai chi sword is integral to the long-term study of tai chi and qigong.

This revised edition of our classic book on Tai Chi Sword includes a new modern, easy-to-follow layout; each movement is presented in 4-6 large photographs with lucid instructions on how to perform them; shows martial applications to help get the angles correct. Other sections offer a brief history of Tai Chi Sword, fundamental training routines, and qigong exercises to connect your Tai Chi Sword practice to your internal health.

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Editorial Review

Review

• "One of the most sought-after instructors of Qigong." ?The Omega Institute• "Kung Fu artist of the year" ?Black Belt magazine• "Man of the year" ?Inside Kung Fu magazine• "Author of the year"?11th World Congress on Qigong and the American Qigong Association

Dr. Yang, Jwing-Ming shares his considerable knowledge of sword history and practice in *Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, and Applications*. The sword sequence presented in this book offers an exciting learning experience for students of Yang-style tai chi chuan. This detailed written and visual instruction is augmented by occasional aphorisms that serve as memory triggers. For instance, in the section devoted to correct sword grips, Yang explains how to discern the right balance of strength and relaxation to achieve when holding a sword. "The sword should be held like an egg, neither broken nor dropped," he writes. "The grip should be alive." Integration of breath with physical movement is a vital component of qigong and all aspects of tai chi practice. With that in mind, Yang includes instructions about when to inhale and exhale for each posture in the sword sequence. For the first, stationary posture, he explains, "Keep your mind calm, and inhale and exhale deeply several times. This is a wuji [infinite smoothness] state." The well-organized structure and clear writing style of this book seamlessly combine, resulting in an accessible and informative study of tai chi swordplay. Dr. Yang also achieves a good balance of history and practical instruction that maintains reader interest. Additional books by Yang are referenced within the text for those who seek more knowledge, and a list of his publications and videos are also provided. The names of each posture in the tai chi sword sequence and a glossary of Chinese terms conclude the book. *Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, and Applications* offers excellent instruction for students and others who wish to know more about this internal martial art. (Margaret Cullison, This guide offers excellent instruction for those who wish to know more about this internal martial art. *Foreword Reviews*)

About the Author

Dr. Yang, Jwing-Ming, PhD, is a world-renowned author, scholar, and teacher of Tai chi chuan. He has been involved in Chinese martial arts since 1961 and maintains over 55 schools in 18 countries. His writing and teaching include the subjects of kung fu, tai chi chuan, massage, meditation, chin na, and he is a leading authority on qigong. He is the author of over 35 books and 80 videos. Dr. Yang, Jwing-Ming resides at his California Retreat Center near Eureka, California.

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Debbie Jones:

Book is to be different per grade. Book for children until finally adult are different content. We all know that that book is very important usually. The book Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, And Applications, Revised has been making you to know about other understanding and of course you can take more information. It doesn't matter what advantages for you. The book Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, And Applications, Revised is not only giving you more new information but also to become your friend when you sense bored. You can spend your personal spend time

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Reading a reserve tends to be new life style with this era globalization. With examining you can get a lot of information that can give you benefit in your life. Having book everyone in this world could share their idea. Guides can also inspire a lot of people. A great deal of author can inspire all their reader with their story or their experience. Not only the storyplot that share in the guides. But also they write about the information about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book that exist now. The authors on earth always try to improve their talent in writing, they also doing some study before they write to their book. One of them is this Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, And Applications, Revised.

Wilbert York:

Spent a free time for you to be fun activity to do! A lot of people spent their leisure time with their family, or their friends. Usually they undertaking activity like watching television, about to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Might be reading a book might be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to try look for book, may be the e-book untitled Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, And Applications, Revised can be fine book to read. May be it might be best activity to you.

Michael Castillo:

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