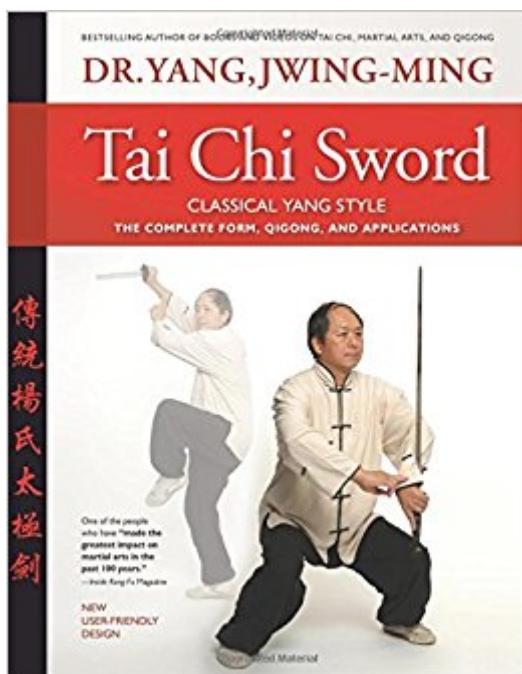


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# Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, And Applications, Revised



## Synopsis

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 2.3â€“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.

## Book Information

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## Customer Reviews

â ¢ "One of the most sought-after instructors of Qigong.â • â • The Omega Instituteâ ¢ "Kung Fu artist of the year" â • Black Belt magazineâ ¢ "Man of the yearâ • â • Inside Kung Fu magazineâ ¢ "Author of the yearâ • â • 11th World Congress on Qigong and the American Qigong AssociationDr. 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. â œThe sword should be held like an egg, neither broken nor dropped,â • he writes. â œThe grip should be alive.â • 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, â œKeep your mind calm, and inhale and exhale deeply several times. This is a wuji [infinite smoothness] state.â • 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)

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, china, 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.

Thanks to insights from other reviewers, I was able to choose this book and the DVD that fits. They are both excellent and, frankly, a bit advanced for me. My teacher has them now. Dr. Yang writes so well, so comprehensively, and so pleasingly that it is little wonder his reputation is so excellent. I have since sent for another book / DVD that will probably fit my level of study a little better as I am still learning long form manually never mind sword. For more experienced sword practitioners, the DVD is breathtakingly beautiful and competent. All praise to Dr. Yang and his school.

I'm not really a sword person, but it's a fascinating book. Anything Dr. Yang writes is worth reading even if it is not in your genre. He knows his stuff.

Great book. Lots of valuable info. Well written. I recommend it if you want to know more about sword and how to do it. He also has sections on Qigong and other preparatory activities to improve sword work.

This book won't help you learn the forms. Pictures fragment the form into unlinked pieces and it seems the only way to understand what's going on is to know the form already. Descriptions are also extremely cryptic. Practically, I found the book useful for two things only: looking up applications of the movements I knew and well described beginners Qigong exercises. My teacher for some reason favors completely different Qigong set, so it was nice to learn some extras.

An excellent, illustrative manual for those interested in learning the philosophy and tactics of tai chi sword. Most excellent!

This book is an excellent tool to teach the Taiji Jian and along with the video, you'll be able to capture the flavor and nature of energy patterns that are detailed in the book. I disagree with the previous reviewer in that he states that you need an instructor adjunct to this book. If the instructor has a different methodology, this book would circumvent the instructor and you'd end up creating your own methodology between the two. Why not simply learn from Dr. Yang Jwing-Ming, his clear and concise instruction is replete with all the necessary information that anyone could want with

regards to Taiji Jian principle, exercise and practice. I highly recommend both the book and DVD for a complete practice.

I love taiji but there are no schools near so this book was just what i needed for my animation project on motion studies. its filled with easy to follow detailed descriptions, application of technique section really helped and i also liked how Dr. Yang put in a little chapter about the history of Chinese swords and the dedication and spirituality required and acquired by those who practice taiji. Over all very informative and inspiring!

My husband and I are both Tai Chi students and we BOTH really like this book. It's very interesting and detailed.

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