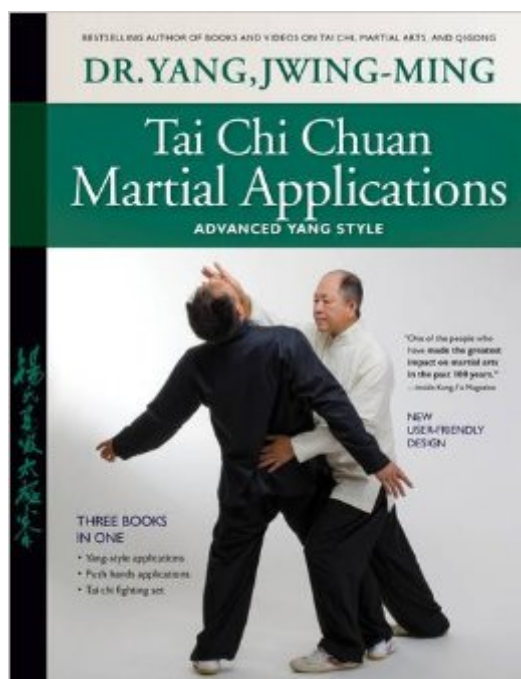


The book was found

Tai Chi Chuan Martial Applications: Advanced Yang Style



Synopsis

3rd edition includes a new and easy-to-follow layout. Each technique is presented in four to six large photographs with detailed instructions on how to perform the movements. Motion arrows are used on the photographs to help you execute the movements correctly. **DISCOVER THE MARTIAL ESSENCE OF TAICHI CHUAN** Here's your chance to take the next step in your tai chi journey. Martial applications found within tai chi chuan are a direct link to your tai chi as a form of self-defense. When you study the martial side of tai chi, you can become proficient in a variety of high-level skills, including sensing, neutralizing, yielding, striking, chin na, and even throwing. If you know a tai chi form, you are going to discover the essence of your movements by becoming aware of their martial applications. If you are practicing tai chi pushing hands, you will greatly improve your skills with this understanding of martial applications. If you are ready, you are going to love the amazing tai chi fighting set. This fully choreographed set (requires a partner) will combine all your tai chi skills into one 5-minute routine. **Martial applications for the Yang-style long form** The complete Yang-style tai chi fighting set

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