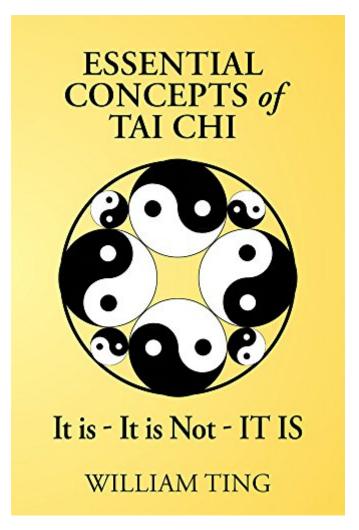
The book was found

# **Essential Concepts Of Tai Chi**





## Synopsis

"IN Master Tingâ <sup>™</sup>s second book, he sets forth a far deeper path of discovery for the Tai Chi practitioner of every style and level. Master Ting describes and explains the Basic Foundational Principles normally shared only between the closed-door student and the Master under whom he studies. What makes this book stand out is the clarity of language and imagery used to explain concepts often misunderstood, or simply missing, due to translation difficulties and a reluctance to share this special knowledge withmore than just a privileged few. He carefully presents, chapter by chapter, a blueprint of study which ultimately reveals the internal elements so often forgotten or overlooked by modern students. If you are looking for a Tai Chi book written in clear, understandable, and visual language that you will come back to again and again for advice and suggestions, this is that book. What Master Ting hopes to do is to make you the master of your own Tai Chi."

## **Book Information**

File Size: 2247 KB Print Length: 140 pages Simultaneous Device Usage: Unlimited Publisher: Xlibris US (August 20, 2015) Publication Date: August 20, 2015 Sold by: Â Digital Services LLC Language: English ASIN: B014900QMS Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Enabled Enhanced Typesetting: Not Enabled Best Sellers Rank: #90,987 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #32 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #56 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Martial Arts #163 in Books > Sports & Outdoors > Individual Sports > Martial Arts

#### **Customer Reviews**

Have never herd of William ting before . Found this book by good fortune Maybe , just browsing the

tai chi books offered by . Glad I got the book . Even if you know your doing proper form and experiencing some of the benefits , you still may not know why these beneficial results are being experienced . This book will clear that up for you . Thanks for the other reviews

I spent 28 years in the field of education. During that time my major hobby was doing educational research on the art of teaching young children. I knew that in order to be effective, I needed to know the WHY (I was doing something) along with the how to do it. That hobby served me well.A few years ago I became very interested in the art of Tai Chi. I have spent a lot of time researching Tai Chi. Again, my major forces is on the Why am I doing this along with the how do I do it? Knowing how to do it is important but the power lies in the Why am I doing this. I had the very good fortune of taking a workshop with Master Ting on Essential Concepts of Tai Chi. He spoke about fundamental principals of relaxation, posture and external movement. He succinctly demonstrated those principals all the while explaining Why we were doing this and what was happening internally in our bodies. The internal work is THE KEY!Master Ting's latest book, Essential Concepts of Tai Chi, it is-it is Not-IT IS, has taken information that went into the making of the the Tai Chi Classics and has given the student an introduction to the the Tai Chi Classics in a straightforward, easily digestible manner. He also explains how to do the movements through use of pictures and detailed instructions. This book is for the student who wants to understand the internal beauty of Tai Chi along with the external beauty of Tai Chi. It has become one of my invaluable resources. Thank you, Master Ting.

As a student and teacher of tai chi with over 35 years of experience, I believe that this book is the one book to have if you really want to understand tai chi. This book is written by a master who was taught in the traditional way in Shanghai from the age of 13. This book is applicable to any style of tai chi. It does not try to teach you a style or postures. It's intent is to teach the underlying concepts and principles of tai chi. Many tai chi practitioners know the outside movements; the hands go this way, the feet go here, etc. Very few know and understand the internal aspects of tai chi; how to get power to your arms by relaxing them, how does explosive power come up the legs and into the arms. This book will give you new insights and understandings of what tai chi truly is. There is even a bonus in the book. It describes what is known as "walking tai chi" which is using bagua stepping and tai chi postures. This is rarely known outside of China, and is unique to Master Ting's lineage. Whether you are a beginner or an advanced student, I wholeheartedly recommend this book.

This book I am confident in saying is by far the best book on tai chi I've read, even better than the author's previous one, Answers to Common Tai Chi and Qigong Questions, because more comprehensive and more conveniently organized. Although initially overwhelming, it should serve as a clear and comprehensive guide for any serious student's tai chi journey.

#### Download to continue reading...

Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki) Tai Chi for Beginners: The Ultimate Guide to Supercharge Your Mind, Increase Your Energy & Feel Amazing By Unlocking the Power of Tai Chi (Tai Chi - Tai ... How to Fight - Martial Arts for Beginners) The Tai Chi Bible: The Definitive Guide to Decoding the Tai Chi Form (Subject Bible) Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan T. T. Liang's Tai Chi Chuan: The Tai Chi Solo Form with Rhythm (Volume 1) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! Essential Concepts of Tai Chi The Dao of Taijiquan: Way to Rejuvenation (Tai Chi) The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) (Paperback) - Common The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind by Wayne, Peter (4/9/2013) Rising UPI: My Recovery from Multiple Sclerosis, Disability and Despair, including Western and Chinese Medicine, Tai Chi, Qigong, diet, neurological exercise, meditation--and much more! The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) Meditative Flute: Learn how to play the Native American flute to enhance your Yoga, Meditation, Biking, Walk/Run, Pilates, Tai Chi, Workout, or Feldenkrais practice The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi Step-By-Step Tai Chi Simplified Tai Chi Chuan: 24 Postures with Applications & Standard 48 Postures (Revised) The Complete Book of Tai Chi Chuan: A Comprehensive Guide to the Principles and Practice (Tuttle Martial Arts) The Tao of Tai Chi: The Making of a New Science: One man's amazing 55 year journey from an angel in Kansas to a Taoist Temple in Hong Kong, which ... the world's largest institutions of science. Tai Chi Thirteen Sword: A Sword Master's Manual Simplified Tai Chi Chuan: 24 Postures with Applications and Standard 48 Postures

<u>Dmca</u>