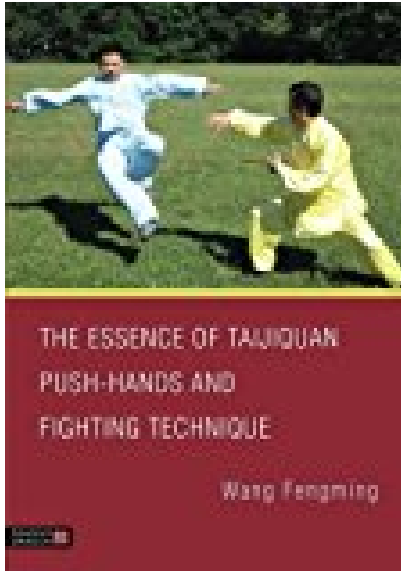


The Essence of Taijiquan Push-Hands and Fighting Technique



BOOK DETAILS

- Author : Fengming Wang
- Pages : 344 Pages
- Publisher : Singing Dragon
- Language : English
- ISBN : 1848192452

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BOOK SYNOPSIS

Traditionally shrouded in mystery and taught only to the closest students, the secrets of Taijiquan push-hands and fighting technique from the Chen style are revealed in this book. Master Wang Fengming, an eleventh generation practitioner of Chen-style Taijiquan, provides detailed information about the famous internal fighting techniques and reveals inside knowledge essential to the remarkable results achieved by the Chinese masters. The book features: - effective ways of cultivating Taiji internal power - variety of joint-locking techniques and counter techniques - 13 postures of Taiji explained - leg work, including stances and kicking techniques - unique silk-reeling exercises - rarely revealed vital point striking - 7 styles of push-hands training - 20 kinds of Taiji energy explained and demonstrated. This comprehensive book is a major contribution to the literature on push-hands techniques in the West.

THE ESSENCE OF TAIJIQUAN PUSH-HANDS AND FIGHTING TECHNIQUE -

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