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Tai Chi Chuan Martial Applications: Advanced Yang Style Tai Chi Chaun (Martial Arts-Internal)

Yang Jwing-Ming

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With a wealth of information for novice and advanced students, this book examines the fighting techniques of Tai Chi Chuan, including the martial applications for each movement of the form. The two-person fighting set, Tai Chi fighting tactics, and Tai Chi Pushing Hands training is also included.

Unique among Tai Chi books, this volume reveals the martial essence of Tai Chi that most other books ignore. Clearly explained and illustrated, Tai Chi Chuan Martial Applications is a must for those who want to expand their knowledge and add depth and realism to their training.

- Discover Chin Na, cavity strikes and takedowns hidden in the Tai Chi form.
- Improve your Pushing Hands with martial applications.
- Learn the unique Tai Chi Ball practice for Jing training.
- Sharpen your Tai Chi and self defense skills.

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