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Developing Jin: Silk-Reeling Power in Tai Chi and the Internal Martial Arts

Phillip Starr

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Developing Jin provides a complete and progressive training regimen for increasing and refining chansi-jin, also known as silk-reeling power or coiling power--the true power of the internal martial arts. With step-by-step instructions and photographs, experienced teacher Philip Starr walks readers through a variety of techniques designed to help practitioners feel and use jin in their martial arts training. While much of the existing writing on jin relies on cryptic and mystical descriptions of internal power, Starr takes a direct, no-nonsense approach that addresses commonly held myths and identifies the real body mechanics behind this unusual power. Useful for novices and advanced practitioners alike, Developing Jin is a crucial addition to any serious martial artist's library.

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