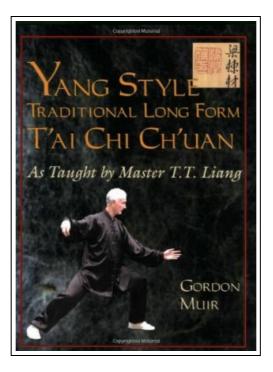
Yang Style Traditional Long Form T'ai Chi Ch'uan: As Taught by Master T.T. Liang



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Reviews

This pdf may be worth getting. It is actually writter in straightforward words and not difficult to understand. You will not feel monotony at at any moment of your respective time (that's what catalogs are for about should you request me). (Miss Golda Okuneva)

YANG STYLE TRADITIONAL LONG FORM T'AI CHI CH'UAN: AS TAUGHT BY MASTER T.T. LIANG



North Atlantic Books, U.S. Paperback. Book Condition: new. BRAND NEW, Yang Style Traditional Long Form T'ai Chi Ch'uan: As Taught by Master T.T. Liang, Gordon Muir, Gordon Muir began his martial arts studies at the age of 12. From then on he studied a wide variety of martial arts, including Judo, Kyokushinkai, Karate, Kempo, several Kung Fu styles, kick boxing and eventually found his way to T'ai Chi. Gordon's first teacher of internal martial arts was Master T. T. Liang, who taught the Yang style form. Although Master Liang was semi-retired, Gordon was able to study intensively with him for seven years and for another seven with students of Master Liang and with his own students. This book will attempt to layout the complexities of movement that other books omitTai Chi, after all, is an internal art. What this means is difficult to understand and even more difficult to physically accomplish without appropriate instruction. This book will give one a strong starting point for comprehending how one must move in order to create internal strength. With the help of photographs, the many traditional postures of the Yang family traditional long form will reflect what was transmitted from either Master T. T. Liang or his students. Includes the traditional Yang stances, hands and arms positions, and moving and powering with complete detailed descriptions and photographs of all postures.

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