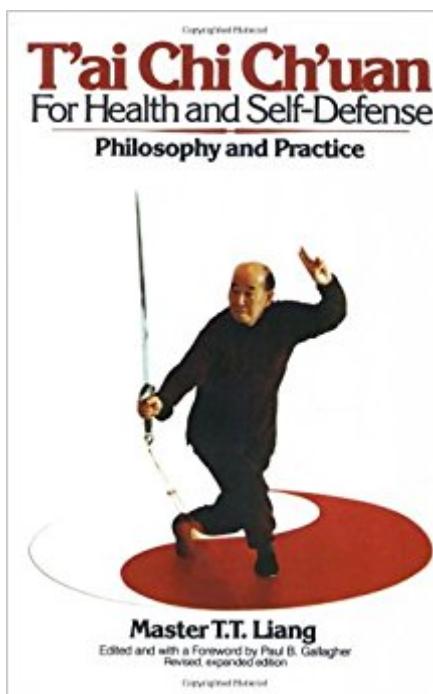


The book was found

# T'ai Chi Ch'uan For Health And Self-Defense: Philosophy And Practice



## **Synopsis**

For the student who has already mastered the basic postures, this book addresses itself to the philosophy behind the system of movements and to all the variations possible.

## **Book Information**

Paperback: 160 pages

Publisher: Vintage; Revised edition (September 12, 1977)

Language: English

ISBN-10: 0394724615

ISBN-13: 978-0394724614

Product Dimensions: 5.2 x 0.4 x 8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 23 customer reviews

Best Sellers Rank: #430,936 in Books (See Top 100 in Books) #170 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #878 in Books > Sports & Outdoors > Individual Sports > Martial Arts #3255 in Books > Politics & Social Sciences > Philosophy > Eastern

## **Customer Reviews**

For the student who has already mastered the basic postures, this book addresses itself to the philosophy behind the system of movements and to all the variations possible.

First of all, the book took two weeks to get here from Illinois, and they usually take five-six days. Master Liang goes into a lot of detail on the different movements and their function in martial arts. He also comments on four classic Tai Chi Chuan texts and includes a section on the development of the Yang style. I'm taking Tai Chi primarily for health, and I'm not really interested in the martial arts' aspects, although my teacher frequently demonstrates those as the basis for the various Tai Chi movements. Those who are more interested in the martial arts aspects of Tai Chi would probably like this book. I prefer Da Liu's T'ai Chi Ch'uan and Meditation, which talks about Chinese medicine, energy flow and breath as related to the movements and the connection between Tai Chi and meditation.

I can't say enough about this book. For the uninitiated, this book is a translation of poetic advice by the great taijiquan masters as a notation of the route to take to get where they got, which, if you

believe history, were unbeatable as martial artists. I am not so sure about that one, but my own teacher recommended this book to me. Many years ago I bought it and read it, but had no inkling what it was talking about. Through the years I have intermittently practised taijiquan and studied it also. The book is a route, but only has limited application without a personal translator. The book is perhaps the only Chinese-English translation of the advises and poems from the masters. It's the only one I am aware of. He not only translates it literally but figuratively as well. I don't recommend this for a beginner.

First and foremost, this is not a text for a beginner. If you are looking for a book that teaches the form, this is not what you are looking for. For an intermediate student, this little book will become a valuable sources of reference. Contained here, are translations of the Taiji Classics. Mainly:-The Tai Chi Chuan Classic,-Wang Chun Yueh's Mental Elucidation of Thirteen Postures,-Wang Chun Yueh's Tai Chi Chuan Treatise,-Song of Substance and Function of the Thirteen Postures, Each passage contains comments seasoned by T.T. Liang's many years of experience. The writings describe the appropriate weight distribution, posture, breathing, and sensations which a practitioner should feel if doing the form properly. Definitely an eye opener for anyone who is serious about their study of Tai Chi Quan, and wants a deeper understanding of the forms and their applications.

Well, says T.T. Liang, life begins at seventy. It does if your life aligns with the Tao and in this little book he translates and explicates the Taiji classics. The philosophy is pleasingly clear and simple and as other reviewers have noted, this is not the book on how to do the form. This is the understanding of what infuses the form with its meaning. Excellent treatment.

This is a classic, nothing more to say. A "wisdom" book for Tai Chi practitioner, not a "how to" book. So you have to chew the words from time to time and not read this book in a hurry!

Clear and concise. Provides in depth insight and subtle distinctions on proper form and mindset. T.T. Liang's accounts of lessons from other masters also very informative.

Very good book containing excellent description of philosophy and steps to practicing tai chi.

This is a wonderful book extolling the wisdom of TT Liang as well as the three Tai Chi Chuan Classics. If you are interested in tai chi this is a must read.

[Download to continue reading...](#)

T'ai Chi Ch'uan for Health and Self-Defense: Philosophy and Practice Survival Self Defense: Keep Yourself And Your Family Protected (Self Defense Gear, Home Defense Tactic, Self Defense Equipment) T'ai Chi Ch'uan: A Simplified Method of Calisthenics for Health & Self Defense Tai Chi: Tai Chi for Beginners - Your Guide to Achieving Inner Peace, Mental, and Physical Balance (TAI CHI for BEGINNERS): Tai Chi (Martial Arts, Alternative ... Living, Baha'i, Religion and Spirituality) 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) Knife Training Methods for Self Defense: How to Become a Pro at Knife Fighting: (Self-Defense, Self Protection) Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan The Essence of T'ai Chi Ch'uan: The Literary Tradition Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) T'ai Chi: The "Supreme Ultimate" Exercise for Health, Sport, and Self-Defense Total Chi Fitness - Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age Book 2) Total Chi Fitness: Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age) Master Cheng's New Method of Taichi Ch'uan Self-Cultivation Manifesto for Philosophy: Followed by Two Essays: "the (Re)Turn of Philosophy Itself" and "Definition of Philosophy" (Sunny Series, Intersections, Philosophy and Critical Theory) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Vortex Control Self-Defense Bundle: Hand to Hand Combat, Knife Defense, and Stick Fighting Practical Escrima Knife Defense: Defending Yourself against Knife Attacks (Vortex Control Self-Defense Book 2) Krav Maga: Dominating Solutions to Real World Violence (Krav Maga, Self Defense, Martial Arts, MMA, Home Defense, Fighting, Violence) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications

[Contact Us](#)

[DMCA](#)

[Privacy](#)

FAQ & Help