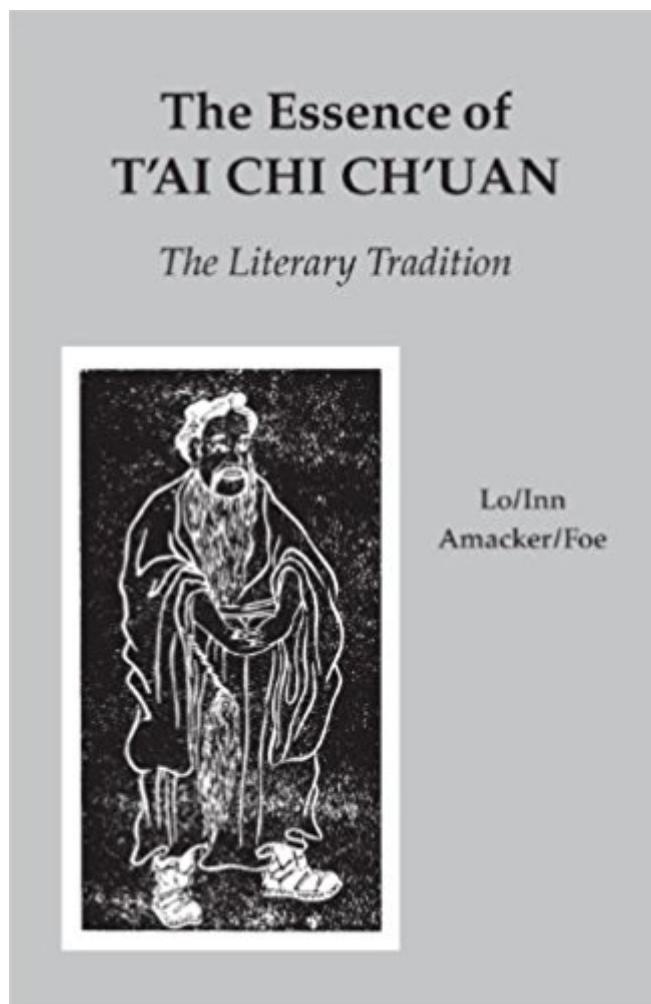


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# The Essence Of T'ai Chi Ch'uan: The Literary Tradition



## Synopsis

A handbook of the classical Chinese literature on which the art of t'ai chi is based. First English translation of the classic texts of T'ai Chi Ch'uan. This is required reading for practitioners of every style.

## Book Information

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## Customer Reviews

Benjamin Pang Jeng Lo is a devoted instructor of Tai Chi and a former student of Cheng Man-Ch'ing. Lo sought out Tai Chi as a method to help his chronic pain when he was in university. Under the tutelage of Man-Ch'ing, Lo regained his strength and soon became an instructor of the art. He later translated The Essence of T'ai Chi Ch'uan: The Literary Tradition. Lo resides and teaches in San Francisco. Martin Inn founded the Inner Research Institute in San Francisco, CA, which teaches the sequence of the short form of the Yang Style T'ai Chi Ch'uan that Master Cheng Man-ch'ing created. Inn has been a teacher of T'ai Chi Ch'uan for over 40 years. He is a co-translator of The Essence of T'ai Chi Ch'uan, He is a licensed practitioner of acupuncture and Chinese Medicine in the states of California and Hawaii. Robert Amacker is a long-time student of T'ai Chi and the author and contributor of several works on the subject. He is a co-translator of The Essence of T'ai Chi Ch'uan, translating literature of the T'ai Chi Ch'uan Classics, which are Chinese literary writings spanning one thousand years. His published works include The Theoretical Basis of T'ai Chi Ch'uan and The Essence of T'ai Chi Ch'uan. Amacker is

also the author of the political satire *Patriots Wanted*. Susan Foe is a co-translator of *The Essence of T'ai Chi Ch'uan*, translating literature of the *T'ai Chi Ch'uan Classics*, which are Chinese literary writings spanning one thousand years.

A great rendition of the Tai Chi Classics and other writings. Very easy to read and understand. Simple, "old school" Tai Chi book.

Open to interpretation. One needs to have studied the principles of Tai Chi Chuan for a while to be able to make sense of it.

As described. Recommended seller. As for the book itself.... I personally didn't gain any revelations.

Great readable translations of the Tai Chi Classics, an introduction with the classics no more. And that's the beauty, no modern commentary, just the Tai Chi classics in a great form. If you study Tai Chi Chuan the classics are an important part of your tradition. Highly recommended.

Classic and inspirational, this is a good addition to any library.

Should be required reading for serious students. The more you understand through practice the more you will understand in the book, and you will be able to attach meaning to the moves. This may allow you to use your mind more to control your body.

Good translation.

Good way to get a glimpse into the mind of Tai Chi. Keep practicing.

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