



# Tai Chi Chuan Martial Power: Advanced Yang Style; New User Friendly Design

*Dr. Yang Jwing-Ming*

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**FINALIST ? SPORTS ? USA Best Books Award 2015**

**DISCOVER THE POWER INSIDE TAI CHI POSTURES**

**Here's your chance to take the next step in your tai chi journey!**

The study of tai chi power is a direct link to tai chi as a martial art. When you finish learning the tai chi form and begin the second level of your practice, it's time to focus your efforts on theory and principles of tai chi's amazing power (*jing*). This will lead you to deeper martial skills, proper body alignment, rooting, and energy (*qi*) manifestation.

**An effective way to enhance health, strength, and balance**

Tai chi's natural power contributes to your overall health and well-being by training your body to be stronger. You will explore many tai chi postures, revealing the essence of stability, motion, and power. With these skills you can remain confident that the natural strength of your tai chi movements will support your everyday activities.

This book provides a solid and practical approach to learning tai chi power (*jing*) accurately and quickly. Includes over 300 photographs with motion arrows!

- 12 coiling qi exercises
- 3 types of sensing jing
- 16 types of offensive jing
- 19 types of defensive jing
- 4 types of neutral jing
- 11 types of kicking jing
- 14 hand forms for accumulating jing
- 8 postures for accumulating jing
- 15 tai chi classics with translations and commentaries

Discovering tai chi's natural power is a practical way to improve pushing-hands, strength, health, and overall well-being. These skills can help you retain lifelong energy and vitality while experiencing fewer falls and injuries.

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