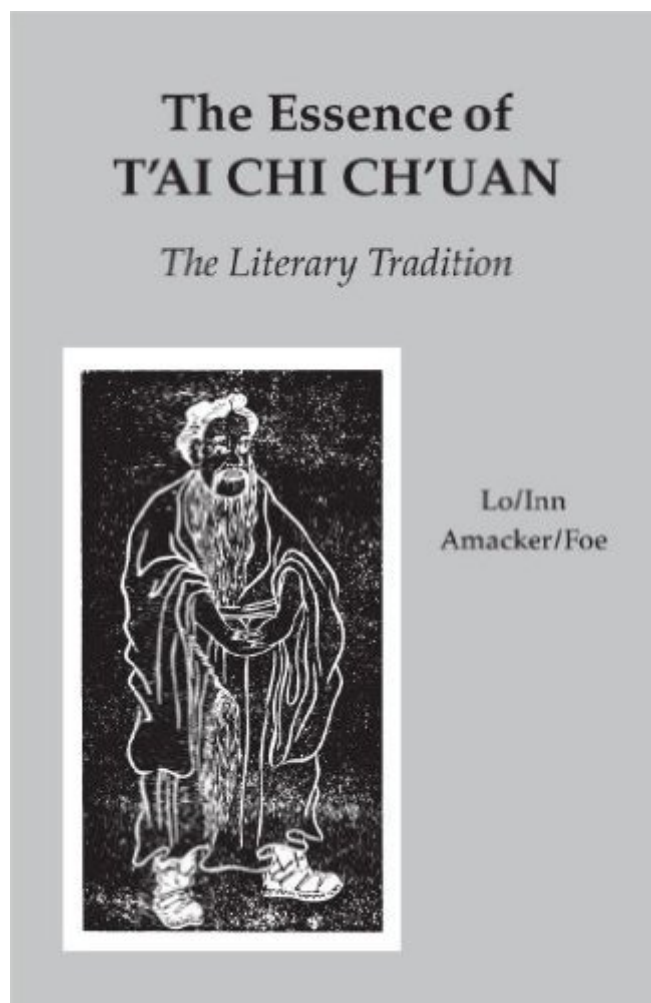


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# The Essence Of T'ai Chi Ch'uan: The Literary Tradition



## 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

This book has become a bible for me as a practitioner of tai chi chuan and push-hands for the past twenty years. It is a collection of brief, often poetic classic writings from the tai chi masters. I read it at least twice a year, and I consider it a must-read for any advanced practitioners of the internal martial arts.

I found that this book contains the best writings on Wing Chun available. It was recommended to me by my teacher's teacher. I know it's about Tai Chi concepts but the astute Wing Chun practitioner will benefit immensely from it. No it doesn't show any forms. It's not a "how to" book. It's a "learn deeper things about what you already know" book.

This book is a new translation of a number of classical tai chi texts. The translations are clear, and the language flows well. The translators also included brief explications of difficult terms within the text itself so as not to disrupt the flow of words. The presentation of the book is well done, with many illustrations and pages of calligraphy. While fairly short, this book is very nice introduction to the classic Chinese texts on tai chi.

Any serious Tai Chi practitioner will know that Tai Chi is more than just movement. This book presents the original Tai Chi texts translated into English, which allow the reader to think and feel each movement in a new, more intense manner. Each sentence is a lesson in itself. While some are easy to understand, others will not be so clear in the beginning. I am sure that you will read this book more than once, reflecting on the movements and thoughts behind each form. I recommend this book to any Tai Chi practitioner who wishes to understand the roots of the discipline.

After 10 years of Tai Chi Chuan practice advanced books like this are becoming a valuable resource. Until you understand chi flow, rooting, adhering, following, and the myriad of other terms that describe the fundamental elements of the art, much of the book may come across as esoteric. A respected elder in the art once told me that the 'classics' will not lead you astray. The trick is to find good translations without too much personal commentary. This book is a raw translation of many well known Tai Chi Chuan classics. The direct instructions are utterly essential in the art but some of the book can be very difficult to fully understand. That said, this has become my primary resource. I read this book often.

The tai chi classics are essential study for any halfway serious student of tai chi, martial arts, or life in general. There are now many translations of the classics - when this one was published there were few or none. The nice thing about this version is that the translators let the words speak for themselves. Most others include commentary by the translators (which is, ultimately, their own opinions, and may or may not be helpful). Here you let the words sink in, you ponder and reflect, and gradually gradually develop your own sense of these important ideas.

I have have been a student of numerous martial art systems over the last 60 years years and this excellent book is one of the texts I studied when taking the Yang system of Tai Chi from a master of the Yang system. In time, I was awarded my teaching certificate in Tai Chi, but I now teach a seated version of Tai Chi because of my limited physical ability at this time. Like any martial art book, one cannot master the actual techniques without receiving lessons under a competent and certified Tai Chi instructor. The information and lessons in this book teach the essential philosophical basis of Tai Chi principles which is invaluable for anyone studying this art. Some of the many topics covered include the following: Tai Chi Chuan Ching and Lun, Insights into the practice of thirteen postures, song of hand pushing, five character secret, Essentials of the practice of push hands and Yangs ten

important points. In conclusion, this book is a true Tai Chi Classic that every serious student of Tai Chi will benefit from reading. Rating: 4 Stars. Joseph J. Truncale (Author: Haiku Moments: How to read, write and enjoy haiku)

An inspiring yet accessible interpretation of the "Classics". I now have two copies; one - the most frequently borrowed book by our students; the other - a personal treasure that through rereading constantly reveals further layers of this subtle Art.

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