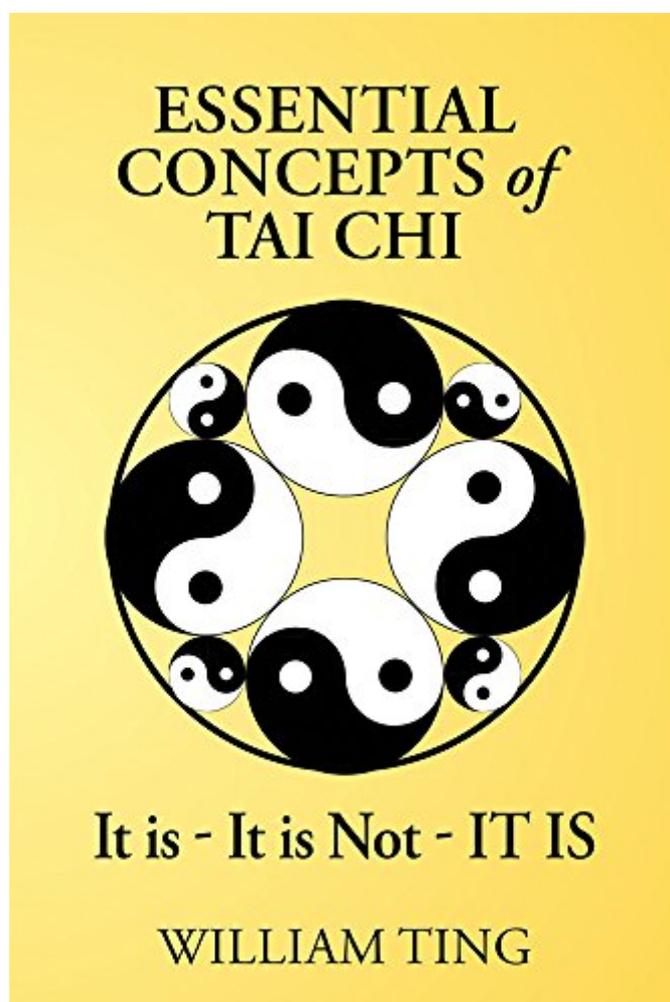


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# Essential Concepts Of Tai Chi



## Synopsis

"IN Master Ting's second book, he sets forth a far deeper path of discovery for the Tai Chi practitioner of every style and level. Master Ting describes and explains the Basic Foundational Principles normally shared only between the closed-door student and the Master under whom he studies. What makes this book stand out is the clarity of language and imagery used to explain concepts often misunderstood, or simply missing, due to translation difficulties and a reluctance to share this special knowledge with more than just a privileged few. He carefully presents, chapter by chapter, a blueprint of study which ultimately reveals the internal elements so often forgotten or overlooked by modern students. If you are looking for a Tai Chi book written in clear, understandable, and visual language that you will come back to again and again for advice and suggestions, this is that book. What Master Ting hopes to do is to make you the master of your own Tai Chi."

## Book Information

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## Customer Reviews

Have never heard of William Ting before. Found this book by good fortune. Maybe, just browsing the

tai chi books offered by . Glad I got the book . Even if you know your doing proper form and experiencing some of the benefits , you still may not know why these beneficial results are being experienced . This book will clear that up for you . Thanks for the other reviews

I spent 28 years in the field of education. During that time my major hobby was doing educational research on the art of teaching young children. I knew that ,in order to be effective, I needed to know the WHY (I was doing something) along with the how to do it. That hobby served me well.A few years ago I became very interested in the art of Tai Chi. I have spent a lot of time researching Tai Chi. Again, my major forces is on the Why am I doing this along with the how do I do it? Knowing how to do it is important but the power lies in the Why am I doing this. I had the very good fortune of taking a workshop with Master Ting on Essential Concepts of Tai Chi. He spoke about fundamental principals of relaxation, posture and external movement. He succinctly demonstrated those principals all the while explaining Why we were doing this and what was happening internally in our bodies. The internal work is THE KEY!Master Ting's latest book, Essential Concepts of Tai Chi, it is-it is Not-IT IS, has taken information that went into the making of the the Tai Chi Classics and has given the student an introduction to the the Tai Chi Classics in a straightforward, easily digestible manner. He also explains how to do the movements through use of pictures and detailed instructions. This book is for the student who wants to understand the internal beauty of Tai Chi along with the external beauty of Tai Chi. It has become one of my invaluable resources. Thank you, Master Ting.

As a student and teacher of tai chi with over 35 years of experience, I believe that this book is the one book to have if you really want to understand tai chi. This book is written by a master who was taught in the traditional way in Shanghai from the age of 13. This book is applicable to any style of tai chi. It does not try to teach you a style or postures. It's intent is to teach the underlying concepts and principles of tai chi. Many tai chi practitioners know the outside movements; the hands go this way, the feet go here, etc. Very few know and understand the internal aspects of tai chi; how to get power to your arms by relaxing them, how does explosive power come up the legs and into the arms. This book will give you new insights and understandings of what tai chi truly is. There is even a bonus in the book. It describes what is known as "walking tai chi" which is using bagua stepping and tai chi postures. This is rarely known outside of China, and is unique to Master Ting's lineage. Whether you are a beginner or an advanced student, I wholeheartedly recommend this book.

This book I am confident in saying is by far the best book on tai chi I've read, even better than the author's previous one, *Answers to Common Tai Chi and Qigong Questions*, because more comprehensive and more conveniently organized. Although initially overwhelming, it should serve as a clear and comprehensive guide for any serious student's tai chi journey.

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