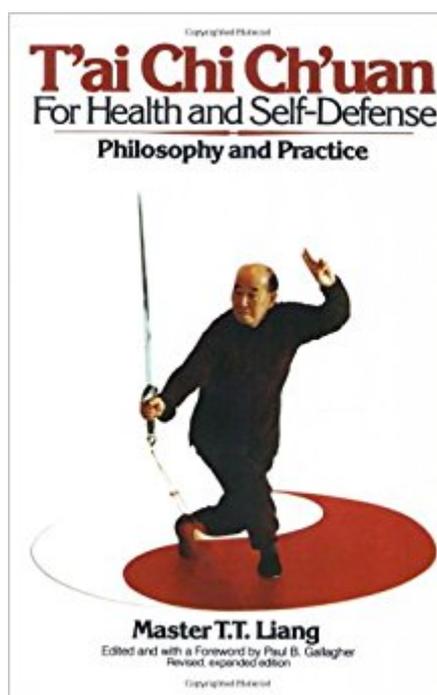


The book was found

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)

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (22 customer reviews)

Best Sellers Rank: #428,161 in Books (See Top 100 in Books) #227 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong](#) #1097 in [Books > Sports & Outdoors > Individual Sports > Martial Arts](#) #3730 in [Books > Politics & Social Sciences > Philosophy > Eastern](#)

Customer Reviews

The amazing T.T. Liang gives the reader the benefit of his 80 years (or possibly more) of studying and teaching tai chi. Very detailed discussion of tai chi history, and many important concepts such as jin, chi, many tips and important points relating to doing the form and its applications, and more. Liang had an amazing life with many adventures, and he experienced and witnessed many horrors and tragedies during the war, but it never soured his outlook on humanity, and in fact Liang's approach to life is quite light-hearted and humorous. Studying tai chi enabled him to overcome early health problems, and it has been a constant source of inspiration in his life. In case you're interested in further information, here are some other recommendations for further reading with brief descriptions of the books, including another one by Liang:

1. Tai Chi Chuan Martial Applications: Advanced Yang Style A good book by master Yang but only shows applications against punches. To get the other applications such as chin na, you'll need to supplement this with his Tai Chi Chin Na book.
2. T'ai Chi: The "Supreme Ultimate" Exercise For Health, Sport And Self-defense, by Robert W. Smith and Cheng Man-Ch'ing Historically important early work in English that is still useful, has good photos of the impeccable Cheng Man Ching's form.
3. The Complete Guide to T'ai Chi by Stewart McFarlane A good introductory guide with an emphasis on the "outward

shape" or body mechanics for each posture of the short Cheng Man Ching short form, which has become the most popular. Detailed pointers and very clear photos tell you how to perform each movement.4.

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T'ai Chi Ch'uan for Health and Self-Defense: Philosophy and Practice 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) Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan The Essence of T'ai Chi Ch'uan: The Literary Tradition Tai Chi for Beginners: The Ultimate Guide to Supercharge Your Mind, Increase Your Energy & Feel Amazing By Unlocking the Power of Tai Chi (Tai Chi - Tai ... How to Fight - Martial Arts for Beginners) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) 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 Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists) Chen Taiji Self Defense - Fighting Applications of the Chen Family Tai Chi 19 Form (Chen Taijiquan 19 Form Book 2) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) 5-Minute Chi Boost - Pressure Points for Reviving Life Energy, Avoiding Pain and Healing Fast (Chi Powers for Modern Age Book 1) The Tai Chi Bible: The Definitive Guide to Decoding the Tai Chi Form (Subject Bible) Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan T. T. Liang's Tai Chi Chuan: The Tai Chi Solo Form with Rhythm (Volume 1) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! The Tai Chi Healing Bible: Improve Your Energy, Coordination and Effectiveness by Embracing the Movements, Culture and Philosophy of this Ancient Practice Prepping and Defense Box Set (6 in 1): Concealed Carry, Home Defense, Prepper's First-Aid Kit, Survival Pantry, SHTF Stockpile and Many Other Useful Tips for Real Preppers (Prepping & Homesteading)

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