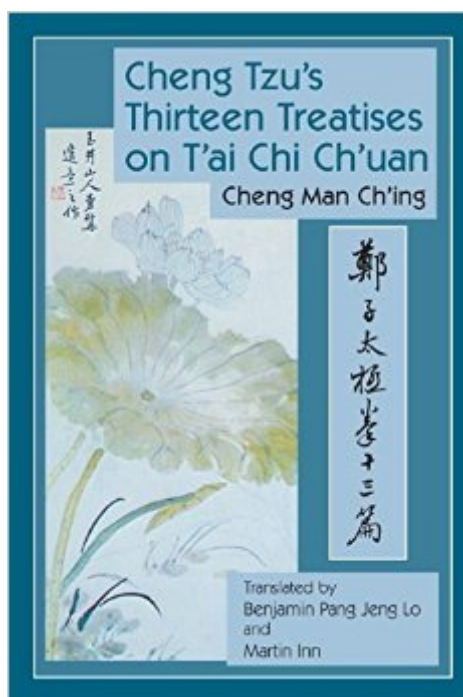


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# Cheng Tzu's Thirteen Treatises On T'ai Chi Ch'uan



## Synopsis

In this erudite yet practical book Professor Cheng shares the secrets of his lineage and takes us to the heart of T'ai Chi Ch'uan, presenting it as a martial art, a medicine, and a means of exercise and self-development. With examples from anatomy and physics, he demonstrates precisely how the postures and moves work, internally as energetic principles, and externally on opponents. Professor Cheng always emphasizes that disease (like an attack from an opponent) is an opportunity for training. The practitioner of T'ai Chi Ch'uan may serve as his (or her) own doctor and, likewise, as the physician (or trainer) of an attacker. This special text includes: -Thirteen essays on his insights into T'ai Chi Ch'uan. -Oral secrets from his teacher, Yang Cheng'fu. -Questions and answers giving his commentary to the classics. -Descriptions and mechanics of push-hands, San Shou, and Ta Lu. -Prefaces by both Madame Cheng and Benjamin Pang-Jeng Lo.

## Book Information

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## Customer Reviews

If you're a serious tai chi practitioner this book should be in your library. Besides the invaluable knowledge it contains, this is just a very nice edition of the work. It's the only edition authorized by the professor's estate, and contains an introduction written by his wife, in addition to the translation by master Ben Lo. The cover painting of a white lotus and samples of calligraphy by Prof. Chen are nice touches, and the book is hardback and printed on higher quality you would get in a paperback edition. And the price is reasonable given the features and overall quality of the edition. But of course the most important aspect of the book is that it's one of the most detailed books on the practice and theory of tai chi ever written. Tai chi is composed of three main parts: the self-healing,

martial, and medical (or the ability to heal others), aspects, and prof. Chen discusses all of these at length. For example, he discusses the physiology of tai chi, and how chi is transformed in the body to strengthen the muscles, connective tissue, and even bones, in greater detail than I had seen before in any other book. Numerous tai chi principles and practical points are also discussed and illuminated. There is enough material and food for thought here to reflect on for a long time, and I found I spent much time just trying to absorb the basic points, let alone the more advanced principles. The photos of master Chen performing many of the postures and techniques and their analyses and descriptions are also very helpful. There are 37 different postures in the long form, and each one is illustrated, and the external body mechanics, internal chi process, and martial application discussed and described.

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