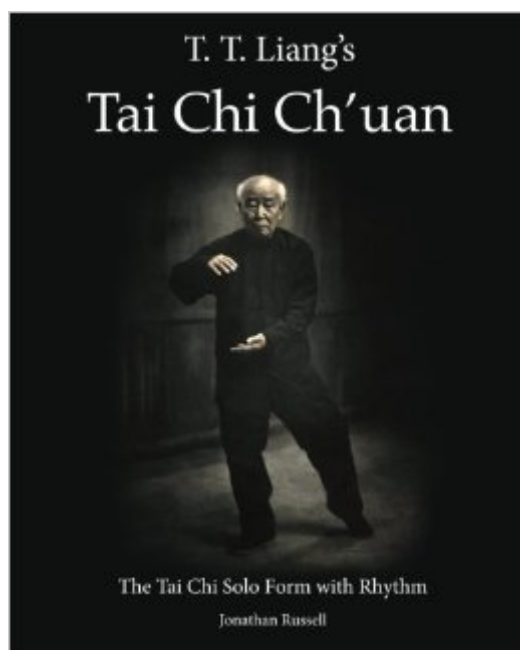


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T. T. Liang's Tai Chi Chuan: The Tai Chi Solo Form With Rhythm (Volume 1)



Synopsis

This book is a thorough examination of the renowned Tai Chi teacher T. T. Liang's unique use of rhythm to aid in the understanding and practice of Tai Chi Chuan. More than a "how to" book, T. T. LIANG'S TAI CHI CHUAN explains in contemporary terms the subtle concepts and ideas behind this unique form. The relevance of each beat is explained using photographs and diagrams to lead the reader step by step through the intricacies, both mental and physical, of each posture.

Book Information

Series: T. T. Liang's Tai Chi Chuan

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Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (2 customer reviews)

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Customer Reviews

Jonathan Russell has written a clear, step by step book on T.T. Liang's long form. It also documents Liang's historical roots. It's a logical guide and should help anyone interested in Tai Chi. It explains the philosophy behind the form as well as its many practical applications. The format makes the postures accessible by breaking every posture down to its component beats and illustrates all of this with clear photos. The central concept of how T.T. Liang breaks the postures down into beats is brilliantly illustrated and marks the way in this illuminating book.

Very detailed step by step instructions for the solo forms. The explanations of the basic concepts and philosophies behind tai chi are also very helpful and informative.

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