



Tai Chi Chuan: 24 & 48 Postures with Martial Applications

By Liang Shou-Yu, Wu Wen-Ching

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An extraordinary guide to Taijiquan (Tai Chi Chuan), the "Grand Ultimate" way of health and martial arts. Written by one of China's top-ranked coaches (Liang), the 24 and 48 postures, often referred to as the Short Form, are presented in an easy to understand, step-by-step fashion. Also included are guidelines for breathing, directing the mind, aligning the body and developing Qi (Chi).

- Learn how the practice of Taijiquan can improve health.
- Discover martial applications for each posture that will make your learning more authentic and alive!
- In only twenty minutes a day, you can practice the 24 & 48 postures.
- Gain deeper insight with the explanations and illustrations of the philosophy of Yin-Yang and the Five Elements Theory.

A practical learning tool for beginners, and an excellent reference guide for more advanced students.

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Editorial Review

Review

"This book presents to interested readers many practical martial arts applications along with the health promoting exercises of Taijiquan. I would like to express my congratulations to coach Liang and coach Wu for a meticulous and successful cooperative effort." (Grandmaster Wang Ju-Rong, Professor; China Shanghai Athletic Institute, Chinese Wushu National Level Judge)

About the Author

Liang, Shou-Yu was born on June 28, 1943 in the city of Chongqian, Sichuan Province, China. When he was six he began his training in Qigong, the art of breathing and internal energy control, under the tutelage of his renowned grandfather, the late Liang, Zhi-Xiang. Mr. Liang was taught the esoteric skills of the Emei Mountain sect, including Da Peng Qigong. When he was eight, his grandfather made special arrangements for him to begin training Emei Wushu (martial arts).

Wen-Ching Wu was born in Taiwan, China in 1964. He loved Wushu and many other sports since a young age. During high school he was on the school's basketball and softball teams. He graduated from high school as a salutatorian. He came to the U.S. in 1983 to study Mechanical Engineering and in 1988, he graduated with honors from Northeastern University, with a BSME degree.

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