



# Tai Chi Chin Na Revised: The Seizing Art of Tai Chi Chuan

By Jwing-Ming Yang

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Learn control and restraint techniques that reduce injury to your opponent. Revised edition of our classic book on Tai Chi Chin Na includes a new modern, easy-to-follow layout; each movement is presented in 4-6 large photographs with lucid instructions on how to perform them; uses close-ups and motion arrows on the photographs to help with learning. Additional sections include history and fundamentals. According to the NCCAM div. of U.S. Department of Health and Human Services, 2.3–3 million adults practice tai chi in the US.

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### Editorial Review

Review

Kung Fu artist of the year. (*Black belt Magazine*)

Man of the year (*Inside Kung Fu Magazine*)

Author of the year" —11th World Congress on Qigong and the American Qigong Association (*American Political Science Review*)

In this revised edition of *Tai Chi Chin Na: The Seizing Art of Tai Chi Chuan*, Dr. Yang, Jwing-Ming discusses the martial arts origin of tai chi. His informative explanation and instruction of the fighting application known as chin na reveals its serious intent. Yang's deep knowledge of tai chi and this advanced martial application comes through clearly in his thoughtful writing style. Following explanation of each tai chi technique, he theorizes about how it applies to chin na as a combat tactic. For example, he explains why the subtle spiral motions integral to the tai chi form adapt similarly in chin na: "When you use circular motions, you are able to set up a qin na [chin na] lock before your opponent feels it. A good qin na technique is soft, smooth, and round." *Tai Chi Chin Na: The Seizing Art of Tai Chi Chuan* represents a valuable contribution to the ongoing development of tai chi as both a health-giving exercise and a martial art. The table of contents lists by subheadings the topics covered within each chapter, a structure that allows readers to select information according to interest and ability. The precisely written text covers advanced tai chi concepts that both inspire and instruct. Words for tai chi postures, techniques, and applications appear in English, followed by transliterations into Chinese pinyin and characters. Footnote references are given at the end of each chapter in either English or Chinese. Tai chi students at all levels will enjoy this book, which also serves as a reliable reference for those interested in learning about a martial application. (Margaret Cullison, This guide offers excellent instruction for those who wish to know more about this internal martial art. *Foreword Reviews*)

About the Author

**Dr. Yang, Jwing-Ming** is a world authority on Tai Chi Chuan and Chinese martial arts. He maintains 55 schools in 18 countries. He is the author of over 35 books and 80 instructional videos, nominated as a person 'who has made the greatest impact on martial arts in the past 100 years'—*Inside Kung Fu Magazine* (1999). Dr. Yang, Jwing-Ming resides and teaches at his retreat center in Miranda, California.

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**Elaine Kistler:**

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