

## **A Compendium of Tai Chi Books for Beginners and Advanced Students**

**The Dao of Taijiquan: Way to Rejuvenation (Tai Chi) by Jou, Tsung Hwa-** In *The Dao of Taijiquan*, the author, Jou, Tsung Hwa, himself bears witness to the ability of Tai-Chi to relieve the body of pent-up tension and rejuvenate the spirit in a thorough study of the techniques and classical texts of this ancient martial art. In order to create a serious textbook that explains the philosophy behind the movements of tai chi chuan,

**The Tao of Meditation: Way to Enlightenment (The Tao series) by Jou, Tsung Hwa-** The highest goal of meditation is to gain enlightenment. This book seeks to fulfill the need for a practical work on the philosophical background and the practice of meditation. It is a guide for anyone who wants to enter the realm of personal development and enlightenment that is possible through meditation.

### **Inner Structure of Tai Chi: Mastering the Classic Forms of Tai Chi, Chi Kung**

by Mantak Chia - The Inner Structure of Tai Chi explores the deep, internal work necessary for the effective practice of tai chi. Designed for practitioners at every level, the book contains step-by-step illustrated instructions for mastering the 13 forms of early Yang-style tai chi, also known as Tai Chi Chi Kung. The authors demonstrate the relationship of the inner structure of tai chi to the absorption, transformation, and circulation of the three forces that animate all life--the Universal force, the Cosmic force, and the Earth force--revealing the principles and practices necessary to receive the full spectrum of physical, psychological, and spiritual benefits that tai chi can bring.

**Tai Chi Classics by Waysun Liao** - According to Master Liao, the great power of T'ai Chi cannot be realized without knowing its inner meaning. T'ai Chi Classics presents the inner meaning and techniques of T'ai Chi movements through translations of three core classics of T'ai Chi, often considered the "T'ai Chi Bible."

**Cheng Tzu's 13 Treatises on Tai Chi Chuan by Cheng Man Ch'ing** - 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.

### **Fundamentals of Tai Chi Ch'uan Second Edition with a new introduction by Laura Huxley**

**Wen-Shan Huang** - Fundamentals of Tai Chi Ch'uan Second Edition by Wen-Shan Huang with a new introduction by Laura Huxley. Second Edition-1974.

**The Art of Peace: Teachings of the Founder of Aikido by Morihei Ueshiba** - These inspirational teachings show that the real way of the warrior is based on compassion, wisdom, fearlessness, and love of nature. Drawn from the talks and writings of Morihei Ueshiba, founder of the popular Japanese martial art known as Aikido,

**The Harvard Medical School Guide to Tai Chi, by Peter Wayne**- Cutting-edge research from Harvard Medical School also supports the long-standing claims that Tai Chi also has a beneficial impact on the health of the heart, bones, nerves and muscles, immune system, and the mind.

**Taijiquan Theory of Dr. Yang, Jwing-Ming: The Root of Taijiquan By Dr. Yang** -Taijiquan Theory of Dr. Yang, Jwing-Ming is an attempt to join the various theories on Taijiquan in one complete text. "Based upon my personal background and understanding, I have tried my best to compile the Taijiquan Theory and practice concepts in this book. I have attempted to make this effort as complete as possible".

**T'ai Chi Ch'uan: A Simplified Method of Calisthenics for Health & Self Defense by Chen Man Ching** - This is the original classic about Short Form, the most popular and widespread form of T'ai Chi in the West. T'ai Chi Ch'uan is a must-read for every serious T'ai Chi student. This book is not meant to "teach" T'ai Chi Ch'uan, but meant to expound upon its meaning to the earnest practitioner; to offer the layperson a glimpse into this ancient art; and to communicate the author's unique perceptions and experiences that only a lifetime of practice can cultivate. Taken in this context, this is a most valuable book.

**Master Cheng's New Method of Taichi Ch'uan Self-Cultivation by Chen Man Ching** - Cheng Man-ch'ing, the famed master of t'ai chi, is regarded as an enormously influential figure in codifying the most widely practiced form of the ancient martial art. This volume, developed by the martial arts master and scholar, details the way that students arrive at a posture -- from beginning movements to the end pose. Master Cheng provides practitioners with a complete and concise guide to the Short Form, enabling them to make rapid progress.

**The Essence of Tai Chi by Waysun Liao** -The deepest benefits of T'ai Chi cannot be realized without an understanding of its underlying principles. This book presents these principles through translations of three core classics of T'ai Chi that are often considered the "T'ai Chi Bible," accompanied by the author's insightful commentary.

**The Complete System of Self-Healing by Dr. Stephen T. Chang** - This book was written only to introduce the Internal Exercise of Taoism as a gesture of goodwill. Since certain exercises, special techniques, and teachings which are introduced may be new to certain societies, since human beings are complicated and delicate in constitution, and since every individual is different, please consult your physician before you try any of the contents of this book.

**Yang Style Taijiquan by Yang Zhen Duo** - Master Yang Zhen Duo, 4th generation Yang family successor, describes each move of the 103 posture Yang style Taijiquan barehand form originated by his family. The book is illustrated with photographs of Master Yang performing each posture. Applications of the postures are also described, with photographs of Master Yang and his grandson Yang Jun, demonstrating each of the applications.

**A Morning Cup of Tai Chi: One 15-Minute Routine to Nurture Your Body, Mind, and Spirit (The Morning Cup series) by John Bright-Fey** - This colorfully illustrated 15-minute exercise routine introduces readers to the basics of the ancient "bodymind" art of Tai Chi. The author approaches Tai Chi with fun and simplicity, making this a practice anyone can engage in and enjoy. Tai Chi, the ancient Chinese art of mind-body harmony, is designed to achieve a balance of mental and physical fitness. It combines elements of calming, focusing, strengthening, toning, and balance. Tai Chi is popular among all age groups, especially seniors.

**Tai Chi Fa Jin: Advanced Techniques for Discharging Chi Energy by Mantak Chia** - Fa Jin, an advanced yang style of Tai Chi, complements the physical, mental, and spiritual conditioning available through solo Tai Chi practice and the internal martial arts of Taoism. Fa Jin enables adepts to harness the energy of yin, yang, and the earth in the lower tan tien and discharge it as an extremely close-range yet explosively powerful blow in self-defense and partner practice as well as in healing techniques.

**T'ai Chi for Beginners: 10 Minutes to Health and Fitness by Claire Hooton** - A user-friendly guide to T'ai Chi offers illustrated instruction in one of the world's most popular forms of exercise, demonstrating the first twenty movements of the Yang-style of T'ai Chi and presenting a ten-minute program designed to enhance one's health.

**The Art of Learning: An Inner Journey to Optimal Performance by Josh Waitzkin** - Josh Waitzkin knows what it means to be at the top of his game. A public figure since winning his first National Chess Championship at the age of nine, Waitzkin was catapulted into a media whirlwind as a teenager when his father's book *Searching for Bobby Fischer* was made into a major motion picture. After dominating the scholastic chess world for ten years, Waitzkin expanded his horizons, taking on the martial art Tai Chi Chuan and ultimately earning the title of World Champion. How was he able to reach the pinnacle of two disciplines that on the surface seem so different? "I've come to realize that what I am best at is not Tai Chi, and it is not chess," he says. "What I am best at is the art of learning."

**Chi Kung: Way of Power by Lam Kam Chuen** - Benefits of stimulating the flow of chi are well known in the Eastern hemisphere. For the first time ever, established chi kung expert Lam Kam Chuen reveals advanced movements and positions previously unpublished in the Western world. Through clear illustrations and detailed instruction, you'll learn how to improve energy, decrease stress, fight illness, and increase your overall fitness through techniques designed to stimulate the internal flow of chi.

**Mind Over Matter: Higher Martial Arts by Shi Ming** - This unique book by Master Shi Ming and Siao Weijia explores the Chinese science of mind/body and the refinement of consciousness in the higher martial arts.

**The Way of Qigong: The Art and Science of Chinese Energy Healing by Kenneth S. Cohen** - Qigong is an integrated mind-body healing method that has been practiced with remarkable results in China for thousands of years. The Chinese have long treasured qigong for its effectiveness both in healing and in preventing disease, and more recently they have used it in conjunction with modern medicine to cure cancer, immune system disorders, and other life-threatening conditions. Now in this fascinating, comprehensive volume, renowned qigong master and China scholar Kenneth S. Cohen explains how you too can integrate qigong into your life--and harness the healing power that will help.

**Wisdom of Tai Chi :Ancient Secrets to Health & Harmony by Dr. Peter Fenton, Ph.D.** - Wisdom of Tai Chi invites you to take a journey through Chinese legend and myth, through the development of Taoism and the practice of Chinese medicine. At the end of the journey you will understand how the concepts of yin and yang, the life force called chi, and the idea of becoming one with nature permeate Chinese philosophy and the practice of tai chi chuan.