

# Tai Chi Secrets of the Wu Style: Chinese Classics, Translations, Commentary

By Yang Jwing-Ming

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## Tai Chi Secrets of the Wu Style: Chinese Classics, Translations, Commentary By Yang Jwing-Ming

Since ancient times Tai Chi Chuan has been practiced as a holistic mind/body fitness system, bringing immense benefits for practitioners in health, longevity, relaxation, and concentration. Tai Chi Chuan was also practiced as an effective and deadly martial art.

Because of this, the ancient masters rarely disclosed their secrets, guarding them as closely as they would military secrets. They preserved their profound insights in obscure songs, poems, and classics, revealing only to those they considered trustworthy and ready for such knowledge. That is, until this century.

Now, you can reap the benefits of centuries of wisdom and practical experience to deepen and refine your Tai Chi Chuan. Discover ways to reach the essence of your Form and take your Push Hands to higher levels. Dr. Yang has translated these classics from the original Chinese, and has written commentaries to make them more accessible to contemporary minds. Tai Chi Secrets of the Wu Style is an invaluable resource for students who seek true understanding of their art.

- Useful for any style of Tai Chi Chuan.
- Sound, practical advice for any martial art.
- Key points for incorporating the teachings into your practice.

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*By Yang Jwing-Ming*

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### **Editorial Review**

About the Author

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**Dr. Yang, Jwing-Ming** is a renowned author and teacher of Chinese martial arts and Qigong. Born in Taiwan, he has trained and taught Taijiquan, Qigong, and Chinese martial arts for over forty-five years. He is the author of over thirty books, and was elected by Inside Kung Fu magazine as one of the 10 people who has "made the greatest impact on martial arts in the past 100 years." Dr. Yang lives in Northern California.

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