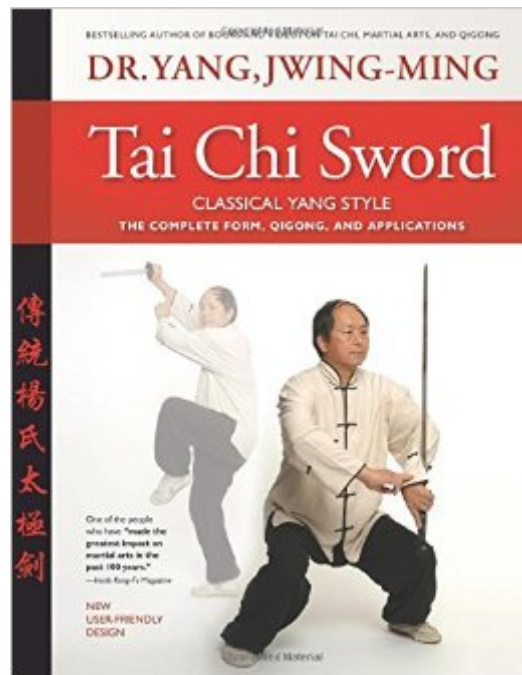


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# Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, And Applications, Revised



## Synopsis

Reach for the Highest Level of Tai Chi Practice You can achieve the highest level of tai chi practice by including tai chi sword in your training regimen. Here's your chance to take the next step in your tai chi journey. Once you have attained proficiency in the bare hand form and have gained listening and sensing skills from pushing hands, you are ready for tai chi sword. The elegant and effective techniques of traditional tai chi sword Tai chi sword will help you control your qi, refine your tai chi skills, and master yourself. You will strengthen and relax your body, calm and focus your mind, improve your balance, and develop proper tai chi breathing. This book provides a solid and practical approach to learning tai chi sword accurately and quickly. Includes over 500 photographs with motion arrows!

Historical overview of tai chi sword Fundamentals, including hand forms and footwork Generating power with the sword 12 tai chi sword breathing exercises 30 key tai chi sword techniques with applications 12 fundamental tai chi sword solo drills Complete 54-movement Yang Tai Chi Sword sequence 48 martial applications from the tai chi sword sequence 10 tai chi sword 2-person matching drills No matter your age, tai chi sword is a wonderful way to improve your health and well-being. Tai Chi Chuan is one of the more popular health activities practiced today. According to the NCCAM div. of U.S. Department of Health and Human Services, between 2.3â “3 million people practice tai chi in the United States. Recommended by healthcare professionals, practiced for pleasure, fitness, or martial arts; by young and old alike, tai chi creates a vast community of people practicing for many different reasons. Many students expand their practice to include the Tai Chi Sword. It's fun, builds strength, and develops concentration and focus. Tai chi sword is integral to the long-term study of tai chi and qigong. This revised edition of our classic book on Tai Chi Sword 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; shows martial applications to help get the angles correct. Other sections offer a brief history of Tai Chi Sword, fundamental training routines, and qigong exercises to connect your Tai Chi Sword practice to your internal health.

## Book Information

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## Customer Reviews

YMAA Publications presented this book to me, directly, for the purpose of reviewing it. I was very pleased with this updated version of Dr. Yang's 1999 edition. The sword is the one tool man designed that was specifically designed as a weapon for combat. The spear, the bow and arrows and axe all had other primary purposes for survival, but also seconded well as weapons for combat. This very aspect of the sword has given it a unique place in combat, over which humans possess both spiritual and functional reverence for this tool of war. The very structure of the sword dictates its overall, optimal functionality and movement criteria. The Tai Chi sword in Dr. Yang's book is a double-edged, hand-and-a-half hilted sword, approximately a yard long, with a uniform profile taper. This form of a sword finds its strength in sheering powerful blows and deep, penetrating thrusts, and this is exactly the applications Dr. Yang demonstrates through the book, both as individual, basic movements, and then later as advanced applications against an adversary. The uniqueness of this specific design Dr. Yang has chosen in the teaching of the Tai Chi, is that this style of sword can be wielded powerfully single-handedly, with the second hand adding to the power transfer when required. The complex history, design, anatomy and basic sword actions of this Tai Chi sword from China of Old is well explicated in the beginning chapters, with subsequent chapters detailing a progressive study, conditioning and training paradigm, in a smooth, unfolding way. The basics are all here. Conditioning for sword work, gripping the sword, stances, footwork, power generation, cutting and stabbing actions, parrying correctly, edge to flat, and body evasiveness.

Tai Chi Sword: Classic Yang Style is an absolute "must-have" for the practitioner of tai chi sword, those practicing other Chinese two-edged sword styles, and even for swordplay enthusiasts in general. For those practicing tai chi, regardless of which Yang sword form practiced, study of the postures and movements presented by Dr. Yang will certainly prove beneficial to the reader. I found this book to be very enlightening and encouraging for my own practice and study of the weapon, particularly with applications; certainly others will also. At 276 pages, the book proves to be a relatively quick read (I read it in two days), and left my mind contemplating the theory and concepts

presented in the publication. This newly revised edition of Tai Chi Sword Classical Yang Style presents illustration sequences in a format that is easy to see, understand, and follow. The book begins with a brief introduction to the sword (jian), including proper selection and handling of the weapon. This is followed by a comprehensive study of the study of the jian from the earliest known development of metallurgy (Shang Dynasty), to the development of an identifiable weapon in the Zhou Dynasty, up to the current design which was created in the Ming and Qing Dynasty. The structural components of the sword is also discussed. Chapter two includes basic stances, power training, 30 fundamental techniques and applications, and 12 qigong breathing exercises, all well illustrated. Chapter three describes a 54-posture Yang Tai Chi Sword sequence. Each posture has a corresponding application illustration, totaling 48 possible applications directly from the form.

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