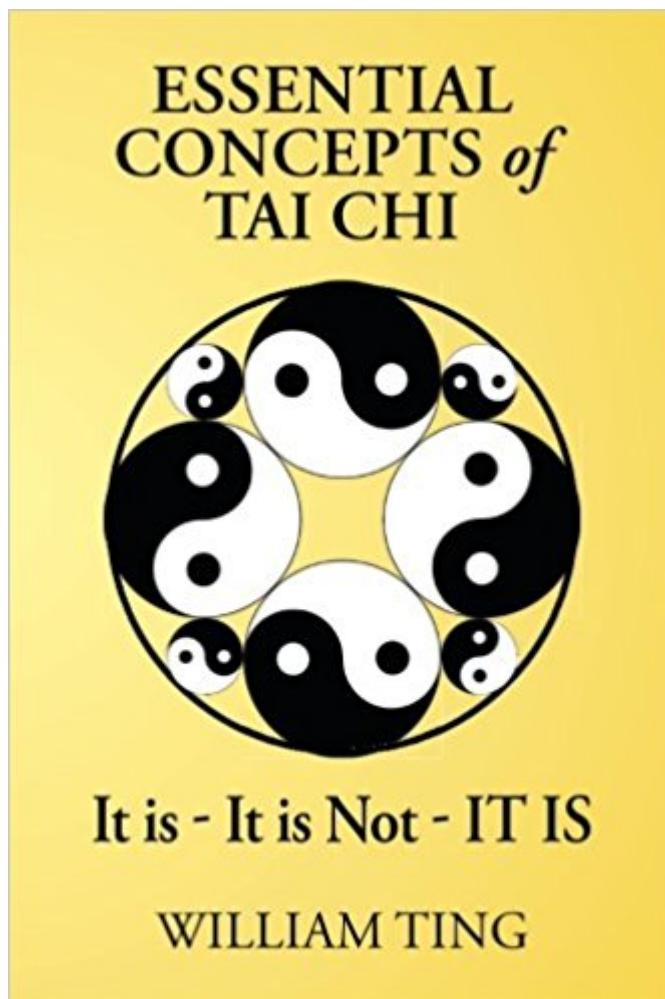


The book was found

Essential Concepts Of Tai Chi



Synopsis

In Master Ting's second book, he sets forth a far deeper path of discovery for the Tai Chi practitioner of every style and level. Master Ting describes and explains the Basic Foundational Principles normally shared only between the closed-door student and the Master under whom he studies. What makes this book stand out is the clarity of language and imagery used to explain concepts often misunderstood, or simply missing, due to translation difficulties and a reluctance to share this special knowledge with more than just a privileged few. He carefully presents, chapter by chapter, a blueprint of study which ultimately reveals the internal elements so often forgotten or overlooked by modern students. If you are looking for a Tai Chi book written in clear, understandable, and visual language that you will come back to again and again for advice and suggestions, this is that book. What Master Ting hopes to do is to make you the master of your own Tai Chi.

Book Information

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Customer Reviews

TING, KUO-PIAO OR MASTER WILLIAM TING Master William Ting is originally from Shanghai, China. He was trained in the traditional style of classic Tai Chi, studying for many years as a closed door student of renowned Grandmaster, Lu Ji-Tang. Master Ting has 40+ years of Tai Chi, Qigong, Bagua and other Internal Arts experience. For the past 35 years he has conducted classes, seminars and private lessons in the USA. His mission is to share with the world the pure art of Tai Chi and Qigong. His teaching style focuses on simplifying esoteric concepts in ways that everyone can understand.

Have never herd of William ting before . Found this book by good fortune Maybe , just browsing the tai chi books offered by . Glad I got the book . Even if you know your doing proper form and experiencing some of the benefits , you still may not know why these beneficial results are being experienced . This book will clear that up for you . Thanks for the other reviews

There is more information in this book, that is understandable to the reader, than any Tai Chi book I have read. A must for those who want to understand what seems vague and imprecise.

Helpful.

Makes the essence of core concepts more accessible to the novice and maybe even others as well. Rey clear and good use of analogies.

haven't completed reading, but what i've read is excellent.

This is an excellent supplement to my beginning Tai Chi class.

Excellent!

I spent 28 years in the field of education. During that time my major hobby was doing educational research on the art of teaching young children. I knew that ,in order to be effective, I needed to know the WHY (I was doing something) along with the how to do it. That hobby served me well. A few years ago I became very interested in the art of Tai Chi. I have spent a lot of time researching Tai Chi. Again, my major focus is on the Why am I doing this along with the how do I do it?

Knowing how to do it is important but the power lies in the Why am I doing this. I had the very good fortune of taking a workshop with Master Ting on Essential Concepts of Tai Chi. He spoke about fundamental principles of relaxation, posture and external movement. He succinctly demonstrated those principles all the while explaining Why we were doing this and what was happening internally in our bodies. The internal work is THE KEY! Master Ting's latest book, Essential Concepts of Tai Chi, it is-it is Not-IT IS, has taken information that went into the making of the the Tai Chi Classics and has given the student an introduction to the the Tai Chi Classics in a straightforward, easily digestible manner. He also explains how to do the movements through use of pictures and detailed

instructions. This book is for the student who wants to understand the internal beauty of Tai Chi along with the external beauty of Tai Chi. It has become one of my invaluable resources. Thank you, Master Ting.

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