



## Stalking Yang Lu-Chan (Paperback)

By Robin Johnson

Sunstone Press, United States, 2005. Paperback. Book Condition: New. 223 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This unique manual of internal methods, inspired by the skills of Yang the Invincible, reveals key elements in finding and training a Tai Chi body. How did Yang do it? From whom did he learn? He watched the Chens but had to train alone in secret. Yang Lu-CHAN had to learn from himself, through his own body. Beginning in the stillness of Wu Ji standing, the author presents core components of Tai Chi movement. Each chapter identifies, describes, and explains structures and techniques of a moving body. What, in plain language, are the meanings of stillness in motion? How does ground-level attention ensure seamless moves in solo forms and applied technique? Which complementary action principles ensure the correct shape and energy? What is modesty, and how does it optimize energy exchange? Why are form orientations both useful and misleading? How does a Tai Chi boxer employ the fourth dimension? These and other questions about Tai Chi movement are answered in clear and direct language. There are no theories nor confusing aphorisms. And the methods employ sensing and...



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