



# Anatomy of Yang Family Tai Chi

*Steffan de Graffenried*

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## **Anatomy of Yang Family Tai Chi** Steffan de Graffenried

Anatomy of Yang Family Tai Chi is a must have for any serious student. This important resource for both students and teachers exposes the true meaning behind the flowery, esoteric language of Tai Chi's classic Chinese texts and offers concrete examples of the principles of Tai Chi in action. Once ambiguous concepts come to life with real-world examples and photographs. In addition to breaking through language barriers that often make the secrets of Tai Chi inaccessible to western students, this book offers simple, physical methods for testing progress in both structural alignment and Qi development. For teachers there are methodology tips that will help your students to grasp and incorporate concepts which once seemed abstract into their practice. This is the Tai Chi book that westerners have been waiting for. Anatomy of Yang Family Tai Chi finally gives the West the real secrets of Tai Chi Chuan practice. Teachers and students alike will find this text both enlightening and challenging. Learn the relationship between Yi, Qi, Jing and Shen. This volume one of two explains in great detail how to create your perfect Chuan Jia (fighting frame) and how to move your conscious mind into all parts of your body. Achieving conscious movement sometimes seems unattainable but the author takes you there in a language you can understand.

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