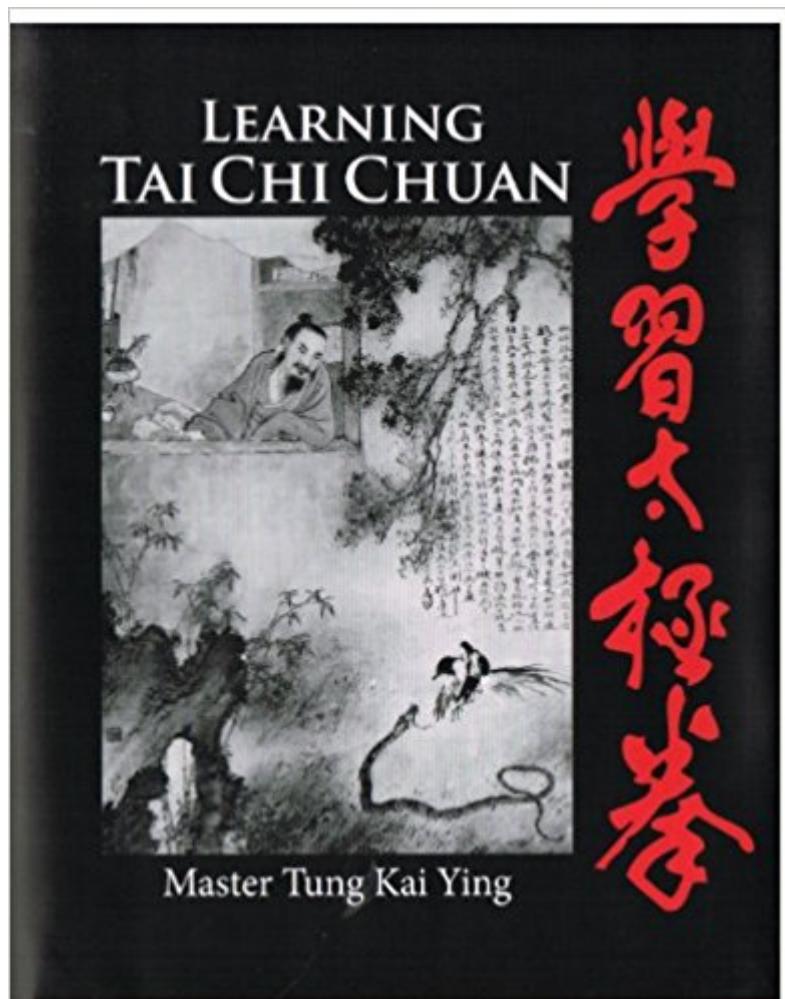


The book was found

Learning Tai Chi Chuan



Synopsis

This book represents the legacy of one of the world's foremost teachers and proponents of Yang Style Tai Chi Chuan in the modern era, Master Tung Kai Ying. Distilled from over 50 years of continuous training and teaching, the wisdom and insight of this book will be welcomed by both novice and expert.

Book Information

Hardcover: 181 pages

Publisher: Common Ground Publications (2012)

Language: English

ISBN-10: 0984958207

ISBN-13: 978-0984958207

Package Dimensions: 9.2 x 7.5 x 0.5 inches

Shipping Weight: 1.7 pounds

Average Customer Review: 4.3 out of 5 stars 5 customer reviews

Best Sellers Rank: #590,760 in Books (See Top 100 in Books) #238 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong

Customer Reviews

This book represents the legacy of one of the world's foremost teachers and proponents of Yang Style Tai Chi Chuan in the modern era, Master Tung Kai Ying. Distilled from over 50 years of continuous training and teaching, the wisdom and insight of this book will be welcomed by both novice and expert.

This is a masterful and informative book by one of the strongest and most qualified taijiquan families in the modern west. Physically, the book is attractive, well organized, well written, and highly professional. Over twenty years ago, I contracted with a well-known, long term student of Wu (Qianquan) master Ma YuehLiang to translate Tung YingChieh's book, *Taijiquan Explained*. At the time, I was a long-time student of Mr Fu Shengyuan, son of Fu Zhongwen, relative of great master Yang Chengfu. Years later, I became an apprentice of a family descendant of the Wu Yuxiang family style and learned a bit of their old frame practice. Unfortunately, I am a poor student and worse practitioner. Nevertheless, Tung Ying Chieh's book was pivotal in practice. Master Tung's *Taijiquan Explained* described multiple fascinating concepts. Where Chengfu's popular gesture photos were standards for the large frame,

Tung Å¢Â™s gesture photos showed an exceedingly important information of how transitions are made from one gesture to another. In this work, Mr. Tung KaiYing, returned to the presentation method of Yang Chengfu in that his gesture photos show the end gestures. Grandfather also showed transitions. Both are critical and highly valuable. Mr. Tung KaiYing Å¢Â™s large frame gestures are great symbols of someone who has mastered Chengfu Å¢Â™s large frame set. They are beautiful, precise, and worthy of close scrutiny by anyone wishing to learn the large frame set. In my poor experience, there are a mere handful of adepts who perform at this level. In fact, I have always held that had the Tung family had the support of the marketing adepts of a more popular junior student of Yang Chengfu in New York, taijiquan would be better advanced here today. The marketing adepts involved in that New York market, were prime examples of what the senior Yang family student, Tung YingChieh described in his book as a principle of taijiquan: Å¢Â™taiji is the practice of making big business with small capital. Å¢Â™ The Tung family had it in spades. For many years the family held their Hao set as somewhat secretive and their advanced set. A well known publisher learned this set from Mr. Tung KaiYing. Mr. KaiYing Å¢Â™s father, Mr. Tung HuLing, the son of Tung YingChieh, was an extremely powerful and highly adept master. Yang Chengfu was the third generation of the Yang family. In his youth, he did not have great interest in the family practice. He really did not become dedicated until the passing of his father Jianhou. At that time, he tried to complete the curriculum with his older brother Shaohou. Unfortunately for Chengfu, brother was a harsh and bit of a belligerent guy. Chengfu approached his adopted brother Tian Zhaolin to complete his father Å¢Â™s curriculum. He worked extremely hard and developed to a very high level. Chengfu focused on the large frame set. His father, brother, uncles, grandfather practiced the small frame set. His father, Jianhou, developed the middle frame set for students to start the practice. One can always tell truth from fiction, true students from wannabes, by looking at their gestures. Some who claim to have learned from Shaohou or Jianhou, in reality, learned the large frame set not their family small frame or even middle frame. Very, very few reached the confidence and level to learn the early Yang small frame set. Mr. Tung KaiYing has produced a great work describing the basics of the large frame set. I had hoped he would describe what his grandfather learned from his main teacher, Hao great master and most highly skilled, Master Li HsiangYuan. Mr. KaiYing Å¢Â™s grandfather described a very small bit of Li Å¢Â™s skill level when he spoke of just a touch from Li produced extreme pain down into this bones. Li taught the profound to Tung YingChieh where Yang Chengfu taught important basics and fundamentals. Li Å¢Â™s skill level was at the highest level. He achieved an ability to produce an intense electric like sensation similar to that of Shaohou and Zhaolin. The early Yangs, early Haos, Mr. HsiangYuan

reached very high levels of practice and skills. Descriptions of their work are most valuable and equally incredible. Hopefully, Mr. KaiYing will decide to describe some of that experience in a future work. If Yang Chengfu warranted reference to Tung's learning of the large frame, Li HsiangYuan also warrants a description of his abilities. In any case, Mr. Tung KaiYing's book, "Learning Tai Chi Chuan", is a must for anyone that wants to learn more about the large frame set of Yang Chengfu. His brief description of consciousness is highly valuable and important.

If you want to know the style and understand it, this is a simple view of its origins, history and current style. This is very well presented.

Kia Ying Tung is a great lineage.

My friend is deeply involved in tai chi so this was the perfect gift for him to add to his library of tai chi books.

This is an incredible book. It's like stumbling upon an old hermit in the mountains and he hands you this. Such is the clarity of the transmission that comes through these pages. It is extremely simple in its layout with most of its bulk being taken up by a subtly detailed and carefully presented rendition of the traditional Yang Family Long Form with large black and white photos featuring a younger Master Tung Kaiying in flawless form. The next largest section is the group photo section, which clearly is more meaningful to the people in the photos, yet it still has the effect of conveying a certain seriousness and validity to the teachings that follow, even if only due to the sheer bounty of the groups and the intensity of energy that the photos do seem to convey. Next there is a brief yet telling history of the Tung Family, which first entered onto the Tai Chi stage in the early 1900s, has been at the center of the evolution of the art ever since and has indulged very little in the limelight given to the much more well known Yang and Chen families. The modesty and subtlety of this book reveals much about the Tung family strategy for success. The final and decidedly most delicious part of the book is a mere 20 pages of text somewhere in the middle that is simply entitled: "Writings." There are so many little nuggets of wisdom in those paragraphs that I don't think I'll ever tire of returning to them again and again. Nothing within is didactically explained and yet there is such a clear voice of experience coming through that one can't help but feel like they are receiving a deep lesson from this book. For anybody interested in the history and application of authentic Tai

Chi Chuan regardless of their particular branch on the lineage tree, this book is absolutely indispensable and fills a major gap in the current literature on Tai Chi Chuan.

[Download to continue reading...](#)

Tai Chi: Tai Chi for Beginners - Your Guide to Achieving Inner Peace, Mental, and Physical Balance (TAI CHI for BEGINNERS): Tai Chi (Martial Arts, Alternative ... Living, Baha'i, Religion and Spirituality) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki) Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan Therapeutic Tai Chi: My Journey with Multiple Sclerosis My Path with Tai Chi E Tai Chi (The Complete Book): The World's Simplest Tai Chi Stickman Yang Style Tai Chi - 24 Movement Form: Really Simplified Tai Chi Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! Tai Chi Demystified: 6 Must Have Concepts to make Tai Chi Internal Learning Tai Chi Chuan Tai Chi Chuan Classical Yang Style: the Complete Form and Qigong Simplified Tai Chi Chuan: 24 Postures with Applications & Standard 48 Postures (Revised) The Complete Book of Tai Chi Chuan: A Comprehensive Guide to the Principles and Practice (Tuttle Martial Arts) Long Life, Good Health Through Tai-Chi Chuan The Philosophy of Tai Chi Chuan: Wisdom from Confucius, Lao Tzu, and Other Great Thinkers Beijing Tai Tai: Life, laughter and motherhood in China's capital The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) Tai Chi for Beginners and the 24 Forms Tai Chi in a Chair Answers to Common Tai Chi and Qigong Questions

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)