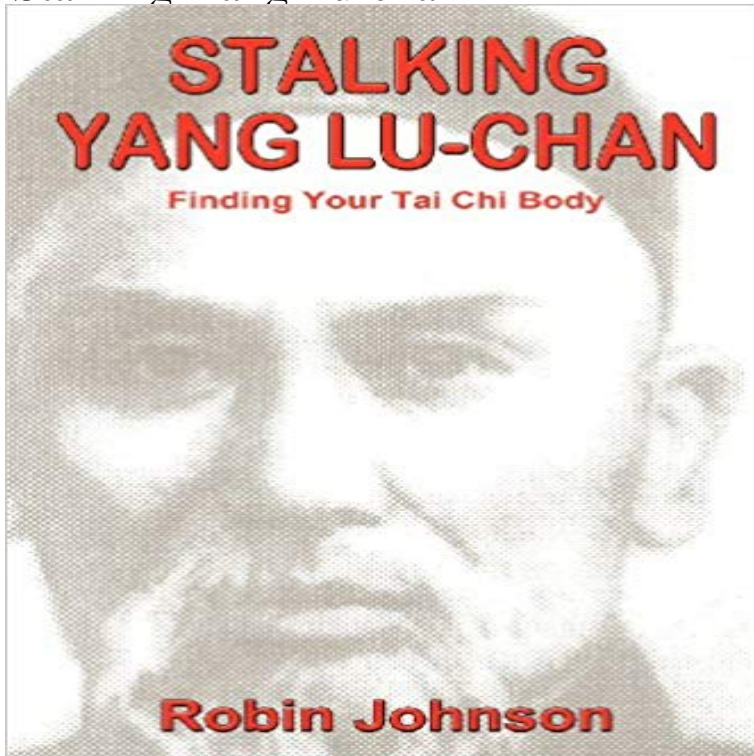


## Stalking Yang Lu-chan



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 deeds, not thinking and ideas. Whatever your intent--self-care, self-defense, or enhanced understanding--you'll find ways to progress at all levels. The author has distilled thirty years of exploration and deep respect for Yang into this manual. Rather than think and talk, he has tried to put himself in Yang Lu-chans shoes.

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