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Yang Style Taijiquan



Synopsis

this book is in a very good condition.

Book Information

Paperback: 291 pages

Publisher: Morning Glory Publishers; 3 edition (June 1, 1996)

Language: English

ISBN-10: 7505404814

ISBN-13: 978-7505404816

Product Dimensions: 0.8 x 6.2 x 9 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.4 out of 5 stars 9 customer reviews

Best Sellers Rank: #1,063,328 in Books (See Top 100 in Books) #47 in [Books > Sports & Outdoors > Winter Sports > Ice Skating & Figure Skating](#) #111059 in [Books > Health, Fitness & Dieting](#)

Customer Reviews

this book is in a very good condition.

I have been a student of Yang style Taijiquan for nearly 20 years and, since 1994, have been offering guidance to others who are interested in Taijiquan. Yang, Zhen-Duo, the author, is Yang, Cheng-Fu's son and of course the highest current source of knowledge of his family's style of Taijiquan. I've used this book as a textbook for my classes from the start and will continue to do so as long as it's available. The pictures and text are very specific to the Traditional Yang family Taijiquan long form of 103 movements and the book also includes application ideas for many of the postures. This is the first book I recommend to begin your Taijiquan library.

some great yang family history and insights

Essential reading for Yang Traditional Taichi practitioners.

I have been studying Tai Chi with the author's grandson, who is the leader of the Yang Family Tai Chi association. This is the real thing, not simplified for Westerners, and not shortened in any way. If you are interested in learning classical Tai Chi, the 103 movement Yang Long form is the most

revered in the world, but many teachers don't seem to understand its martial applications or basic principles. The Yang family is alive and well, with world headquarters in Redmond, Washington, [...]. You can purchase DVDs or take classes and seminars there. This book is one of the few in print that takes the whole form and breaks it down, written by someone who has practiced it as part of the family tradition since childhood. A treasure.

nice book

Great price for a hard to find publication!

There are better books out there.

ISBN 7-5054-0481-4 Master Yang Zhen Duo, 4th generation Yang family successor, describes each move of the 103 posture Yang style Taijiquan barehand form originated by his family. The book is illustrated with photographs of Master Yang performing each posture. Applications of the postures are also described, with photographs of Master Yang and his grandson Yang Jun, demonstrating each of the applications.

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