

Mastering Yang Style Taijiquan - Fu Zhongwen

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Fu Zhongwen's classic guide offers the best documentation available of the Yang style of taijiquan. The superbly detailed form instructions and historic line art drawings are based on Fus many years as a disciple of Yang Chengfu, taijiquans legendary founder. Also included are concise descriptions of fixed-step, moving-step, and da lu push hands practices. Additional commentary by translator Louis Swaim provides key insight into the texts philosophical language and imagery, further elucidating the arts cultural and historical foundations. Author: Zhongwen, Fu Publisher: Blue Snake Books Illustration: N Language: ENG Title: Mastering Yang Style Taijiquan Pages: 00264 (Encrypted EPUB) On Sale: 2012-12-04 SKU-13/ISBN: 9781583941522 Category: Sports & Recreation : Martial Arts & Self-Defense Category: Health & Fitness : Alternative Therapies

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