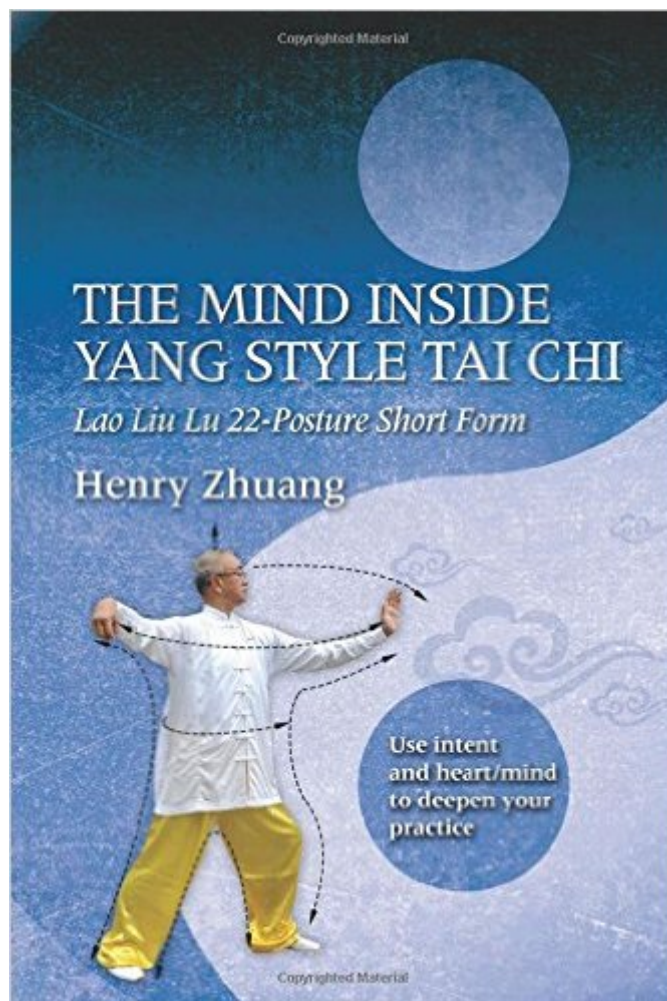


The book was found

# The Mind Inside Yang Style Tai Chi: Lao Liu Lu 22-Posture Short Form



## Synopsis

Henry Zhuang leads you through the Yang style 22-posture form, with an eye for detail and a love of nuance. Illustrations with motion arrows guide your physical movements, while Zhuang's "mind approach" helps you appreciate the subtleties of each posture. Rich descriptions and vivid imagery bring the art to life. Begin with "nothing" by stilling the body and mind. Channel your intent to stimulate the flow of chi. Learn the entire 22-posture Yang form. Explore the "mind approach," discovering a deeper understanding of each posture. The author instructs you on correct physical posture, footwork, weight distribution, and tempo. He also describes subtle aspects of the form, including vision, relaxation, and the flow of chi. This book includes the history and lineage of Yang style. Photographs of the author performing each posture. Motion arrows depicting the movements of the entire form. If you are unfamiliar with Yang style, *The Mind Inside Yang Style Tai Chi* is the perfect place to begin. If you are a longtime practitioner, Henry Zhuang's insight will deepen your appreciation for this art.

## Book Information

Paperback: 232 pages

Publisher: Ymaa Publication Center (June 7, 2016)

Language: English

ISBN-10: 1594393532

ISBN-13: 978-1594393532

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #135,284 in Books (See Top 100 in Books) #66 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong](#) #219 in [Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing](#) #283 in [Books > Sports & Outdoors > Individual Sports > Martial Arts](#)

## Customer Reviews

This is a simple little, straight forward book with very clear photos and illustrations on the surface. When you begin to read it though, you soon discover that it is much deeper and internally focused than other books teaching short Yang style forms. As the cover states, you "Use intent and heart/mind to deepen your practice". Master Henry Zhuang very carefully walks you through seeing into the body and using your mind to drive the qi which in turn energizes the form. It is an esoteric

approach to learning tai chi and may, at first, seem difficult to grasp. Do not fear, as the glossary of terms used is very simple to follow. I am a long time teacher of taichi, as well as other internal martial arts and I found information in this glossary that normally is not listed in other books of basic tai chi. Things like dao yin , literally "direct and lead", another name for qigong and cun, a measurement used in acupuncture, calculated using the space between the two joints of the thumb or index finger of the individual are generally not even mentioned in most books that teach forms. My favorite instruction involves the use of the eyes. Master Zhuang carefully describes how the look needs to match the flow of the intent and the qi. You will learn how to track the line of sight and extend and retract the qi . In and out circulation, balancing of yin and yang, condensing and expanding with the eye. Very high level teachings. The photos in the book are in black and white, against a plain background. Each photo has directional arrows showing the angle of the body and limbs, along with the direction of movement. Each photo also has a short description of the movement and the energies associated with the movement.

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

The Mind Inside Yang Style Tai Chi: Lao Liu Lu 22-Posture Short Form Tai Chi Chuan Martial Applications: Advanced Yang Style Style: The Lady's Guide to French Style, Fashion and Beauty-Get Dressed to Look Charm and Elegant (French Chic, Sense of Style, Style, Style Books, Style ... Dressed, Look Hot, Look Fabulous Book 1) Somatics: Somatics 101: Somatics - For: Flexibility, Posture, Pain Management & Movement (Posterior Chain, Hips, Chi Kung, Craniosacral, Neurosculpting, Self Adjusting, Chronic Pain) The Tao of Tai Chi: The Making of a New Science: One man's amazing 55 year journey from an angel in Kansas to a Taoist Temple in Hong Kong, which ... the world's largest institutions of science. How to Tai Chi in 10 Minutes a Day Help Yourself Natural Remedies 3 Book Bible: Pro Immunity Anti Inflammatory - Sleep Better Without Meds - Change Your Posture Naturally (Transform Your Life Naturally) Pain-Free Posture Handbook: 40 Dynamic Easy Exercises to Look and Feel Your Best Inversion Therapy: Relieve lower back and sciatica pain, improve posture, and revolutionize your health Minecraft: Learn How To Craft Like A Pro And Form Creations Of Your Dreams (Newbie To Professional Book 3) True to Form: How to Use Foundation Training for Sustained Pain Relief and Everyday Fitness Advanced Longsword: Form and Function (Mastering the Art of Arms Book 3) Craniosacral Chi Kung: Integrating Body and Emotion in the Cosmic Flow La gran apuesta / The Big Short: Inside the Doomsday Machine (Spanish Edition) FORCED INSIDE, TWO BIG, TAKEN TOO DEEP -- 36 Rough Erotica Short Stories Bundle Fiery, Thai-Style Alkaline Cookbook: Southeast Asian Alkaline Recipes to Restore Your pH Level and Get You Healthy Again (Alkaline Recipes and Lifestyle Book 3) Bento cookbook

:Learn to prepare delicious bento launch box to style japanese (japanese cooking 1) Low Carb Mug Meals Cookbook: Top 50 Ketogenic Style, Low Carb Mug Meals For One That Busy People Will Love! Cooking with Harissa: Delicious Recipes with a Spicy North African Style (Harissa Cookbook, Harissa Recipes, North African Recipes, Tunisian Recipes, Algerian Recipes, Moroccan Recipes Book 1) Aquaponics: A CT Style Guide Book

[Dmca](#)