



Juice: Radical Taiji Energetics (Paperback)

By Scott Meredith

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.JUICE Radical Taiji Energetics describes the entire process of generating maximal internal power (qi) through the slow motion martial art of Chinese Taijiquan (T ai Chi Ch uan). All aspects of cultivation and deployment of Taiji s spirit energy are described in accessible terms. This book explains that the great past Taiji masters were not pointing at mere physical structure or mechanical principles in their teachings. Rather, they have left us a legacy of ecstatic internal energy methods that are unwrapped, unraveled, and demystified in this book. The presentation is clear, engaging, and profound, and includes working solo, working with a partner, and mastering the Taiji sword. JUICE is an essential companion for anybody from the raw beginner to the long-term veteran practitioner or teacher of Taiji. Which feels better, crack cocaine or Taiji energy? Why is spirit power (not physical structure) Taiji s true engine of mastery? Whether you re a seasoned player or merely Tai-curious, JUICE will hand you the hidden master keys to TAIJI (T ai Chi Ch uan) Contents include: The BRUTE level of internal energy;...



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