



## Tai Chi Sensing Hands Chen Kungs TAI Chi Series

By Stuart Alve Olson

Unique Publications. Paperback. Condition: New. 154 pages. Dimensions: 9.8in. x 7.0in. x 0.3in. This book presents for the first time in one comprehensive volume a complete record of Yang style tai chi tui shou (also known as push hands or sensing hands) techniques. Although most tai chi practitioners are currently familiar with three or four of the main tui shou techniques, there are a variety of other hidden tui shou methods that previously have not been presented to the public. Much of the information in this volume has never before been available in the English language, and is held so secret that much of the tai chi community is not aware that these methods exist. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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