



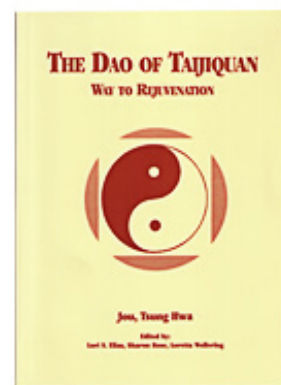
Tai Chi Literature

by Bjørn Darboe Nissen

The Tao of Tai-Chi Chuan

by Jou Tsung Hwa

Wide-screen Tai Chi Chuan-book, by some called The Tai Chi Bible. Contains deep and precise Tai Chi Philosophy, Classics, Science and History. Yang, Chen and Wu-style are presented, as well as Qigong. Lots of valuable information for the serious Student. A principal work on Tai Chi Chuan, useful for all styles.



Yang Family Secret Transmissions

by Douglas Wile

Valuable material from the Yang-family and its best students. The manuscripts in this book are by Yang Cheng-Fu, Cheng Man-ch'ing, Li Ying-arn and Yang Pan-hou. Also different stuff from the Yang-family on the essens of Tai Chi Chuan. A must to understand the depths in the Yang Style, and very useful for other styles.

Cheng Man-Ch'ing's Advanced T'ai-Chi Form Instructions

by Cheng Man-Ch'ing

15 essays by a wellknown Tai Chi-master. Instructions from chinese texts on form (with drawings), applications, push hands, principles, meditation, I Ching and art. All in Cheng Man-ching's easy understandable tone and good spirit.



Fundamentals of Tai Chi Chuan

by Wen-Shan Huang

A hard-to-get book on Tai Chi Chuan. The 550 pages are a thorough statement of the history of Tai Chi, it's philosophical background, the techniques and the training itself. Each movement is carefully gone over. This book also explains how each Tai Chi-movement strengthens the body, especially the inner organs. In this manner Tai Chi in context with Traditional Chinese Medicine is thoroughly illustrated. You can read an extract of this under "Tai Chi as Medicine" and" in the menu to the left. A very complete book on Tai Chi Chuan.



Taiji - Daoist Principles in Practice

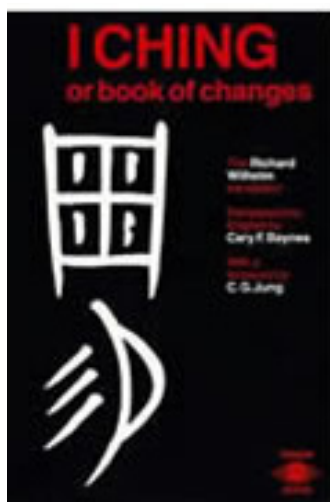
by Patrick Kelly

Contains training methods, teaching principles and advanced concepts of application. Taiji (Tai Chi) is explained as a balanced system for the development of efficient movement, internal strength and spiritual harmony. At present (New Year 2007) only available to senior students personally training with Patrick A Kelly, this book is in the process of being rewritten for public distribution.

The Inner Structure of Tai Chi Chuan

by Mantak Chia

One of the few books with precise anatomical drawings of the structures inside the body, and how to train these in terms of the Tai Chi Chuan-principles. De-mystifying and interesting, can be used by all styles.



I Ching

The Chinese book of Wisdom I Ching gives an insight the thought-forms, which has dominated Asia for centuries. The book can be used as adviser, oracle - or just be read for its profound insight in human and social relations. The language has a beautiful visuality. Do yourself a favour and get the Richard Wilhelm-translation.