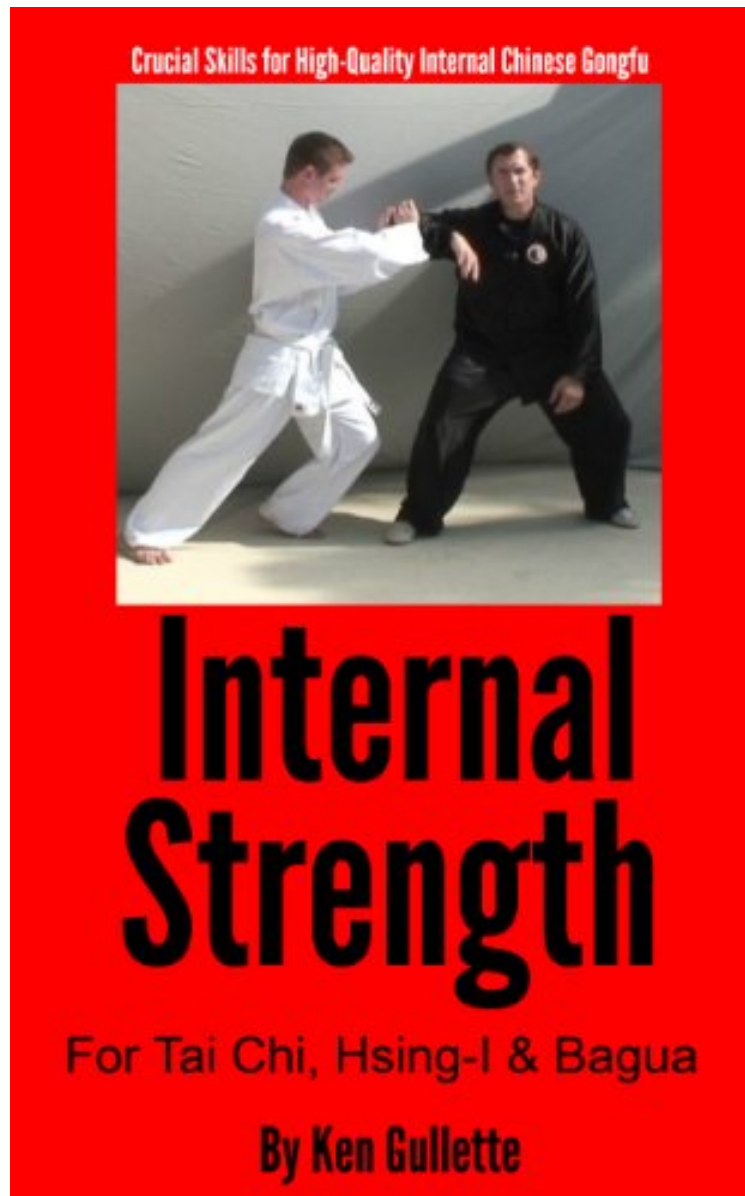


(Download free ebook) Internal Strength for Tai Chi, Hsing-I and Bagua (English Edition)

## Internal Strength for Tai Chi, Hsing-I and Bagua (English Edition)

Von Ken Gullette

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**Von Ken Gullette : Internal Strength for Tai Chi, Hsing-I and Bagua (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Internal Strength for Tai Chi, Hsing-I and Bagua (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Ein

Buch über die körperliche Basis der inneren Kampfkunst Von The Qui Au Wie ich in der Überschrift geschrieben habe ist dieses Buch wertvoll. Die Methoden sind mit einem Partner leicht nachvollziehbar und führen zu einer besseren körperlichen Ausrichtung und damit zu einer Verringerung von Anspannungsverschwendung. Dieses Buch sollte als Basis dienen bevor man die anderen Bänder möchte da hier größtenteils Übungen in statischen Position stattfinden wo ein Partner mit leichten Druckauf einen einwirkt. Statik sollte zuerst beherrscht werden bevor man diese zu Bewegung umsetzt. Wenn man das Prinzip welches im Buch erklärt bekommt versteht man diese auf jede Form und Bewegung übertragen welche Schule und sich dann verbessern. Es ist allerdings zu verstehen dass der Autor Qi anzweifelt und den physischen Pragmatismus praktiziert.

Kurzbeschreibung The internal arts of Chinese kung-fu -- Taijiquan, Xingyiquan, and Baguazhang -- are wrapped in mystery and often sold as mystical and metaphysical. In reality, the internal arts are fighting arts, designed for self-defense and requiring unique body mechanics that enable you to display relaxed power, or as it is more commonly described, particularly in the case of Tai Chi, movements that are "iron wrapped in cotton." There are six primary physical skills required for high-quality internal kung-fu. The foundation of those skills are: establishing and maintaining the ground path at all times, and establishing and maintaining peng jin at all times. These are physical skills, not metaphysical. And you cannot gain these skills simply by doing "moving meditation." To gain real skill in these arts, you must work hard. That's why they call it kung-fu (gongfu), because kung-fu means "skill acquired through hard work." The 65 photos and descriptions in this book give you the foundation, the first two key skills that provide the foundation for the rest. Ironically, most internal arts schools do not teach these skills. Author Ken Gullette has studied martial arts since September 20, 1973. He began studying the internal arts in 1987, earned a black sash in one system and then began studying with students and disciples of the Chen family and also he has learned directly from Chen family members. As he describes in the book, Ken had been studying Tai Chi for a decade before encountering Chen Tai Chi, and within an hour of his first experience, he knew that everything he had learned to that point had been empty. It was a paradigm change that caused him to redirect his training. Since that time, he has gained a worldwide following. He is a tournament champion, a patient and good-natured instructor and coach, and the owner of an online membership website with more than 600 video lessons and members from Japan to Israel, from the U.S. to Europe and Australia. His instructional DVDs sell worldwide, and he continues to study and improve, passing along his knowledge in a clear, easy-to-understand manner. If you aren't sure what the ground path and peng jin are, and how they must work together to develop internal skill, you need this ebook. If you want a refresher with exercises to brush up on these skills, this ebook will provide a good reference.

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