



Seeing beyond the Tai Chi Footprint: Sixteen Essential Principles

Huan Zhang

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In practicing Tai Chi Ch'uan, the movements provide the frame work for developing its techniques. By exploring more than the movements, understanding can be developed to see the whole of Tai Chi. This book serves as a collection of Master Zhang Lu Ping's knowledge and reworking of Tai Chi theories. Luping provided his students with many important insights into Tai Chi. This book introduces sixteen important principles for gaining this insight. It gives detailed explanations and uses examples to simplify the advanced Tai Chi concepts for all levels of Tai Chi performers. It teaches such topics as how to relax, how to use bow structures and how to follow complex curves. Each chapter provides detailed explanation of the theory with pictures of Lu Ping or Huan using these theories. It will benefit Tai Chi performers from beginner- to advanced-level practitioners, bringing their Tai Chi to a new level.

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