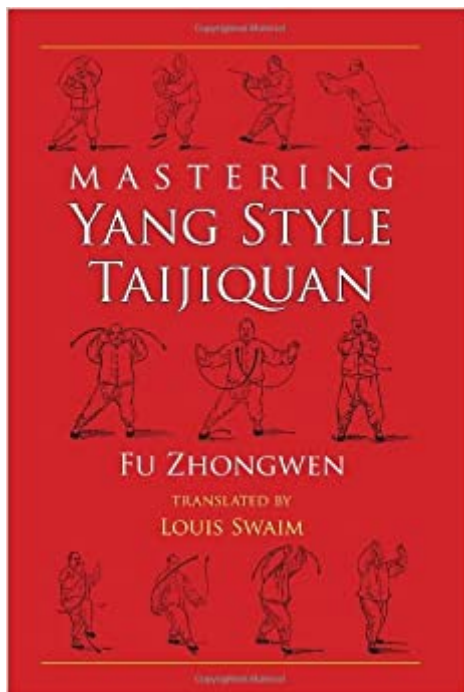


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# Mastering Yang Style Taijiquan



## Synopsis

Fu Zhongwen's classic guide offers the best documentation available of the Yang style of taijiquan. The superbly detailed form instructions and historic line art drawings are based on Fu's many years as a disciple of Yang Chengfu, taijiquan's legendary founder. Also included are concise descriptions of fixed-step, moving-step, and da lu push hands practices. Additional commentary by translator Louis Swaim provides key insight into the text's philosophical language and imagery, further elucidating the art's cultural and historical foundations.

## Book Information

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## Customer Reviews

Louis Swaim lives and practices in Oakland, California. He has also translated an earlier taijiquan manual, *Yang Chengfu: The Essence and Applications of Taijiquan* (North Atlantic Books, 2005). He received his master's degree in Chinese history, Mandarin, and Classical Chinese at U.C. Berkeley, and did additional language study at the Inter-University Program for Chinese Language Studies. He has been a taijiquan practitioner for over thirty years.

I love this book. It's chock-full of great information about the study of Tai Chi. The price is very reasonable, too. Don't expect to learn how to perform the Yang Style form from the drawings of Yang Cheng Fu, though. Make sure you get a teacher. But as a thorough reference work this is fantastic. Just the glossary alone is worth the \$12 I paid. And if you're already studying Yang Style, the drawings are a treasure and will help you understand better what it must have been like to see

the great man do the form. There are also some terrific essays as well as remarkable photos of Yang Cheng Fu and his students and family, including one where he's riding in what looks like an early 1930's convertible.

This book is excellent to own in any Tai Chi Chuan collection for Yang style. Fu Zhongwen was one of Yang Cheng Fu's top students. you will however find alternative movements that vary from other Yang sets. This is typical of Yang style however since there was many transitions from the founder Yang Lu Chan to his grand son and beyond. Either way the book is excellent and long as you keep the martial perspective with any Yang set you will gain from proper posture.

I own both versions, but I'm thrilled that the publisher decided to release the Kindle version. They did everything right, it has contents, and the photo added in a way that it doesn't interfere with the text. It works on the Kindle devices, and not like so many others only on the computer application. I'm very happy with the text in general. The part of the book I consider to be of the most value is his discussion of push hands. To anyone who has started this part of your training, it's hard to understand what you're doing wrong. It's hard to really know what the words are meant to describe when they tell you what you're doing wrong. Having his words brought to us offers us a resource to reflect upon, and a solid point to begin asking the right kinds of questions. The other part of the book I found interesting is that the little drawn pictures have a meaning encoded in them. Unlike so many other books with hard to see photos meant to "show" you the proper method, this one leaves no doubt. I wish that he had the foresight to leave us a book on the weapon forms. Most notably the legendary Yang spear. My conclusion this text is a must have for anyone serious about the art.

Excellent. Good overview and introduction by both Fu Zongwen and the translator. Translation is clear and unambiguous. Author presents exquisitely detailed description of each position and transition - beginner and advanced students will all benefit from the descriptions and drawings. Grainy old Utube video on Fu Zhongwen website complements this text very nicely

I have purchased many books over the years on Tai Chi, most were of little value. This book covers the Yang style Tai Chi, long form very completely. It is very good for those who have had formal training and wish to review what the original master intended in the instruction of the form

Great book to use if want a refresher course (what i'm doing) or get a teacher and use book for

guidance when alone. This is Traditional Yang style 108 movements. Highly Recommended !!!

Should be included in any Tai Chi library. Not a beginners book, but a great book if you have some basic Tai Chi experience.

Mastering is a lifetime practice and the reading and rereading of this book is too. Mastery might be an achievable goal with the wisdom in this book

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