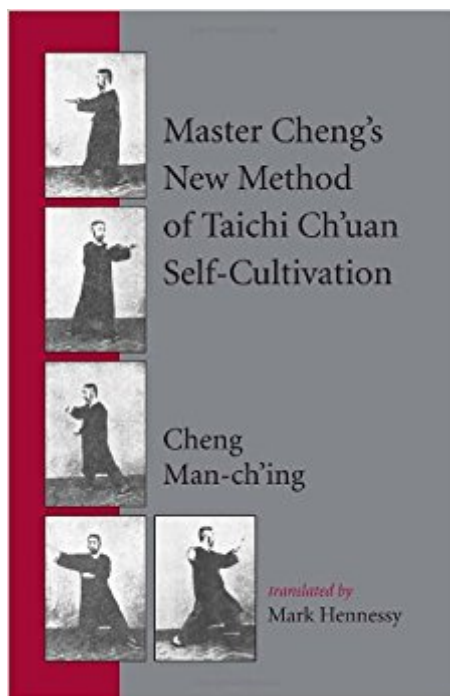


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# Master Cheng's New Method Of Taichi Ch'uan Self-Cultivation



## Synopsis

Cheng Man-ch'ing, the famed master of t'ai chi, is regarded as an enormously influential figure in codifying the most widely practiced form of the ancient martial art. This volume, developed by the martial arts master and scholar, details the way that students arrive at a posture -- from beginning movements to the end pose. Master Cheng provides practitioners with a complete and concise guide to the Short Form, enabling them to make rapid progress.

## Book Information

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## Customer Reviews

Text: English (translation) Original Language: Chinese

Mark Hennessy spent eleven years in China studying philosophy, classical language, and taichi ch'uan. He has lectured at the National College of Political Science in Taiwan and Tonsei University in Seoul. His previous translations of Cheng's writings are: Cheng Man-ch'ing: Master of Five Excellences and Cheng Man ch'ing: Essays on Man and Culture.

This is an excellent book for learning the 37 postures Tai Chi. (This is not exactly the same as the 24 postures Tai chi.) You can also see the postures performed by Chen Man Ching , one at a time, with repeats on You Tube, listed under "Chen Man Ching Tai Chi." The 2 work well together. Robert Smith has also written a book which shows the postures reversed, so that you can follow along in front of a mirror. also carries this, as well as several others interesting books by or about Chen Man

Ching. This is all very helpful, because there are not many teachers around who teach the 37 postures Tai Chi. it is the one that i like the best.

I was very disappointed when I received this book... I thought the photos and the title referred to gardening plots in your backyard, or other small areas... wow, was I wrong, it is about an ancient martial art established in China in the 17th or 18th century, I think! now am practicing the steps ( there are diagrams!) and feeling better about my balance all the time.. have only tripped a couple of times... still looking for a good book on home gardening

Over the last 29 years I have been trying to achieve a more centered life and this book has helped to bring about a deeper understanding of what I have been studying.

I was able to read from the man who brought the Yang 37 form to the United States. I found it an interesting read. I used it as a help text while learning the 37 form from a class. It was interesting to read some of Cheng Man-ch'ing's thoughts on Tai Chi. It has diagrams which helped me with foot placement. The photos are really hard to understand if you don't know anything about the form.

This is one of the most important books about yang style Taijiquan. You find it in a lineage with the books "The Essence and Applications of Taijiquan by Yang Chengfu", followed by "Mastering Yang Style Taijiquan by Fu Zhongwen", and it is succeeded by "Body mechanics of Tai chi chuan by William C. C Chen". To get better insides and a close understanding of Master Cheng's New Method it is strongly recommended to read his book "Cheng-Tzu's Thirteen Treatises on T'ai Chi Ch'uan" first. The New Method often cites the Thirteen Treatises. This book is not for absolute beginners. You still should have some basics in theory and practice. The form is understandable, the foot diagrams are strange in some cases. The hints by the translator are helpfull and theory becomes clear when read the third time.

This book allows you to learn the Simplified Yang Style 37 Posture form. I haven't learned the form from this book, so i can't argue whether it is really helpful, although some photos in the book are present neither in "Tai Chi, The Supreme Ultimate" by Cheng Man Ching & Robert Smith, nor the 13 Treatises by Cheng Man Ching. Other notable features are the Introduction and the Discourses on 3 Fearlessness, and 3 Perseverences. Those have become "classics" since probably no one else could talk about these principles like Cheng Man Ching did. The Epilogue is quite interesting too.

Even without the form, a book could be made an interesting and useful brochure.

Good background information. Great illustrations to aid in the proper positioning of feet and weight with detailed explanations of each move.

a very thorough guide to zheng manqing form

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