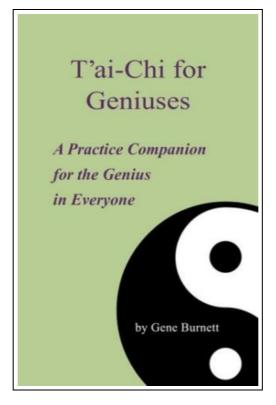
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iUniverse, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. AI-CHI CHUAN is a Chinese martial art based on consciously aligning with the unforced balance of Yin and Yang energies that underlies all things. Whether or not you are interested in martial arts, T ai-Chi principles of balance can be applied to any life activity to increase performance, efficiency, health and enjoyment. T AI-CHI FOR GENIUSES is a practice companion, not an instructional training manual. Rather than presuming that the reader is a dummy or complete idiot, author Gene Burnett asserts that there is an inner genius within everyone. This genius is a wellspring of intuitive knowledge vastly more intelligent than our conscious minds. Burnett encourages the reader to listen to this inner genius while he breaks down the often confusing and mysterious T ai-Chi training into four levels of work: Bone, Muscle, Energy and Spirit. Applying these levels of work to solo form training, partner work, weapons training, and daily life, Burnett shows how you can improve the quality and clarity of your practice, eventually becoming your own teacher and student.



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