



The Power Of Internal Martial Arts And Chi (Paperback)

By Bruce Kumar Frantzis

North Atlantic Books, U.S., United States, 2007. Paperback. Condition: New. 2nd Revised ed.. Language: English . Brand New Book. Originally published in 1998, this book has become a martial arts classic. It provides detailed descriptions of the three main internal martial arts--tai chi (taiji), hsing-i (xingyi) and ba gua (paku)--and their sub-styles, as well as how they differ from each other and from such external arts as karate, tae kwon do and judo. Each internal martial art is analyzed in terms of its fighting strategies and applications. This revised edition includes 50 pages of additional material including a new chapter on martial arts and spirituality. This was the first book to provide in-depth information to Westerners about nei gung (neijiaquan), the sophisticated Taoist system developed in ancient China for working with chi in the body, mind and spirit. Chi helps build relaxed speed and power without the use of muscular tension or adrenaline surges. This gives many internal martial artists a powerful edge over counterparts trained in external martial arts. The book provides vivid details about Frantzis personal training odyssey in the martial arts, including fascinating profiles of such renowned martial artists as Morehei Ueshiba, founder of Aikido; ba gua master Wang...



READ ONLINE
[7.01 MB]

Reviews

It becomes an awesome ebook which i have ever go through. it was writtern quite perfectly and valuable. You will like just how the writer write this ebook.
-- Kane O'Reilly

A must buy book if you need to adding benefit. It is actually writter in basic phrases and not confusing. I found out this book from my i and dad suggested this pdf to find out.
-- Shany Zemlak

Relevant eBooks



My Windows 8.1 Computer for Seniors (2nd Revised edition)

Pearson Education (US). Paperback. Book Condition: new. BRAND NEW, My Windows 8.1 Computer for Seniors (2nd Revised edition), Michael Miller, Easy, clear, readable, and focused on what you want to do Step-by-step instructions for the tasks you care about most Large, full-color,...



All My Fault: The True Story of a Sadistic Father and a Little Girl Left Destroyed

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, All My Fault: The True Story of a Sadistic Father and a Little Girl Left Destroyed, Audrey Delaney, 'I could see what he was doing to the other girls because he had been doing...



Questioning the Author Comprehension Guide, Grade 4, Story Town

HARCOURT SCHOOL PUBLISHERS. PAPERBACK. Book Condition: New. 0153592419 Brand new soft cover book. Soft cover books may show light shelf wear. Item ships within 24 hours with Free Tracking.



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...



Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for Kids Inside! For a very time limited...



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching reading that provides students with a stimulating,...