



Classical Northern Wu Style Tai Ji Quan: The Fighting Art of the Manchurian Palace Guard

By Frank Allen, Tina Chunna

North Atlantic Books,U.S., United States, 2006. Paperback. Book Condition: New. 231 x 178 mm. Language: English . Brand New Book. Here is the original, rarely seen Tai Ji Quan developed by Yang Lu Chan s best Imperial Palace Guard student, Quan You, over 150 years ago. While other styles branched off into sport, health, and meditation, Quan You s disciples preserved the traditional ways. This book covers the principles, characteristics, and essentials of the Wu method, along with its famous masters. The entire classical form is illustrated step-by-step, and includes weapons skills.

DOWNLOAD



READ ONLINE
[4.16 MB]

Reviews

This kind of pdf is every thing and made me seeking ahead plus more. It is probably the most amazing ebook i have study. I am quickly can get a enjoyment of reading a composed pdf.

-- **Florence Rutherford DDS**

Definitely among the best ebook I actually have possibly read through. It is really simplified but unexpected situations in the 50 % from the publication. You wont truly feel monotony at at any time of the time (that's what catalogues are for concerning in the event you ask me).

-- **Jerald Champlin II**