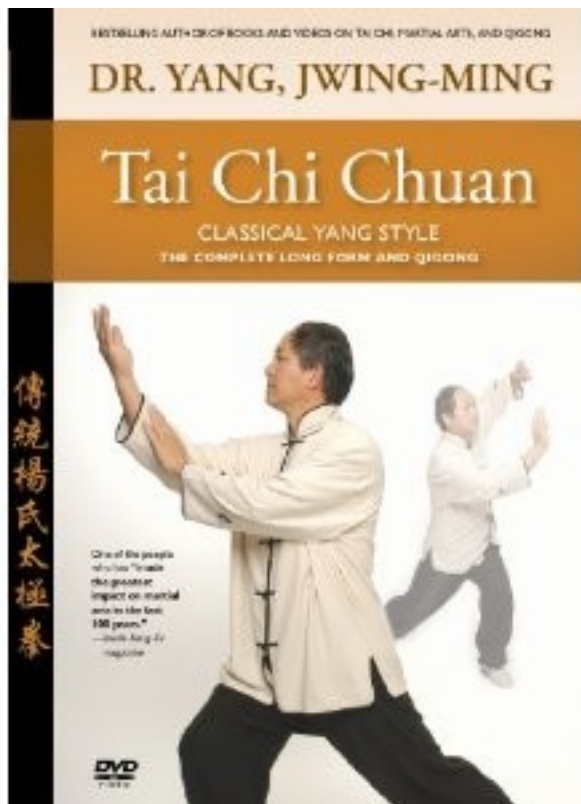


A great Yang style Tai Chi textbook by Master Yang, Jwing-Ming

January 2, 2011

7:15 PM MST



Book Cover of Tai Chi Chuan: Classic Yang Style
YMAA

It is not unusual for a [Tai Chi](#) practitioner to study hard-style [martial arts](#). Nevertheless, few succeed in mastering both internal as well as external martial arts. Master Jwing-Ming Yang is one of few martial artists around the world who have obtained mastery of both. His newly published [Tai Chi Chuan: Classic Yang Style](#) not only offers a complete training on the Yang Style Long Form, but also an in-depth training on [Qigong](#). The book also serves as a good textbook for all Tai Chi practitioners with information on overall Chinese Martial Arts, History of Tai Chi, and Tai Chi Thirteen Postures along with an excellent Appendix of “Translation and Glossary of Chinese Terms.”

Born in Xinzhu, Taiwan, Master Yang started Shaolin White Crane training under Master Cheng Gin-Gsao at age 15 and became an expert in bare hand forms, saber, staff, spear, trident, two short rods, and many other weapons as well as White Crane Qigong, *Chin Na* (*Qin Na*), *Dim Mak* (*Dian Xue*), and herb treatment. Growing up poor, Master Yang’s health was impacted by malnutrition. At the recommendation of Master Cheng, he began Yang Style Tai Chi training with Master Gao Tao to

improve health. Later, he also studied Tai Chi from other masters. Before coming to the U.S. in 1974, he also taught Wushu and physics in Taiwan.

While he was studying mechanical engineering at Purdue University, he was probably the first person to teach a college-credit Tai Chi course at Purdue. In May 1978, Master Yang earned his Ph.D. in mechanical engineering. But with passion for Wushu, he gave up a highly paid engineering career and devoted himself to Chinese Martial Arts research, writing, teaching and promotion. Master Yang has published 27 books and 43 DVDs with worldwide distribution.

Tai Chi Chuan: Classic Yang Style probably is a great example of Master Yang's love for Tai Chi. ***Tai Chi Chuan*** was originally published in 1982. The 1982 edition is like a manual of the Yang Style Tai Chi Long Form, Push Hands, Bare Hand Fighting Sequence, and Sword with hundreds of photos and short description. It also contains a brief history of Yang Style Tai Chi, and explanation of **Meditation** and Qigong. In 1999, Master Yang totally revamped *Tai Chi Chuan* in its format, reshot all the photos with **Master Ramel 'Rami' Rones** assisting, and rewrote the content. In Oct 2010, Master Yang once again updated himself with this book. The changes include:

- A new title and cover which looks very classy.
- 100 more pages allowing a User-Friendly layout with instructions for the forms right under the photographs.
- Complete overhaul of the text conforming to the rules of the Chicago Manual of Style 15th edition.
- Inserting DVD icons to help readers use the companion DVD ***Tai Chi Chuan: Classical Yang Style*** which includes a lecture on Tai Chi Theory and Martial Arts, Tai Chi 13 Postures, Fundamental Eight Stances, Tai Chi Qigong warm-up routine and three sets of Qigong forms, Movement-by Movement demonstration of the Yang Style Tai Chi Long Form, and *Fa Jing* demonstration.

As a master of both external and internal martial arts, Dr. Yang illuminates the fundamental differences and similarities of both regimes. He also discusses the relationship of soft-hard style with hard style and soft style. Furthermore, he uses External Physical versus Internal Qi to illustrate all three martial arts in a simple concise diagram. Master Yang utilizes a similar diagram which showing how Physical (Yang) and Mind (Yin) works in relationship to various physical regimens, Tai Chi/Qigong, and Still Meditation.

In ***Tai Chi Chuan: Classic Yang Style***, Dr. Yang spends a substantial time explaining Qi, Qigong and Tai Chi Chuan. He cites the old saying that if you only practice Tai Chi boxing and not Qigong, you will lose

everything once you become old. He also offers a few Qigong exercises with photos for readers to practice in order to cultivate Qi.

Master Yang explores the Tai Chi Thirteen Postures (Eight Doors and Five Steppings) from their roots: *Yi Jing* (the Book of Changes) and *Dao De Jing*. This is a very difficult topic. Dr. Yang has done an impressive job translating *Baqua* into plain English in respect to Tai Chi postures. In the companion DVD, it also has a training routine for each of the postures. Dr. Yang also has separate routines for eight Stances (Horse Stance, Bow Stance, Sitting on Crossed Legs Stance, Four-Six Stance, Tame the Tiger Stance, Empty Stance, Golden Rooster Standing on One Leg Stance, and Squatting Stance). Even though, he called them fundamental Yang Style Stances, they are very similar to other styles'. All Tai Chi practitioners regardless of styles can improve their fundamentals by practicing Dr. Yang's routines.

Reading this book, you will understand why Master Yang is a man of perfection. *Tai Chi Chuan: Classic Yang Style* includes a conversion table of Pinyin and other common Chinese spelling and the pronunciations for the reader's convenience. Throughout the book, common Chinese terms were printed in Chinese characters along with their phonetic English spelling and translation. For almost all the photos in the book, there are lines superimposed on the photos to denote the direction of a movement. What impresses me most is that oftentimes, a single line will change to black or white depending on what color is underneath the line. For example, Dr. Yang dresses in a white top and black pants in all photos. The superimposed line will be black when it is over his white top and becomes white when the segment is over his pants. These types of details make the book very user-friendly. We certainly congratulate Master Yang for a job well done.

SUGGESTED LINKS

- [Learn longevity from Grandmaster Kao Tao](#)
- [Shifu Wollering on legendary Tai Chi Grandmaster Jou Tsung-Hwa](#)
- [Shifu Wollering on legendary Tai Chi Grandmaster Jou Tsung-Hwa -- Part 2](#)
- [The Secrets of Qigong Masters & its first anniversary](#)
- [Presentations of Taichi and Qigong at Dana-Farber Cancer Center](#)



Violet Li

Tai Chi Examiner

