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This book is a collection of the life's work and essential teachings of Jigoro Kano, who founded Kodokan Judo in Tokyo in 1882. Kodokan Judo was for Kano the culmination of a lifelong devotion to the jujutsu of the past, which he reorganized along educational lines while taking great care to retain its classical traditions. In doing so, he opened the path from jutsu (skill) to do (way), and broadened the horizons of knowledge until he reached the point at which he began to advocate seiryoku zenyo (maximum efficiency) and jita kyoei (mutual prosperity), which represent the universality and ideal of human existence, and are the core values of judo. The Book of Five Rings is a text on kenjutsu and the martial arts in general, written by the Japanese swordsman Miyamoto Musashi around 1643. Written over three centuries ago by a Samurai warrior, the book has been hailed as a limitless source of psychological insight for businessmen-or anyone who relies on strategy and tactics for outwitting the competition. The best guide to learning jiu-jitsu ever written in English, this is the most comprehensive study available. It describes the authentic form of judo developed in the late 19th century by Professor Jigoro Kano — not the many imitations often called by this name. Officially recognized by the Japanese government as the preeminent school of jiu-jitsu, the Kano system was the method in which Japanese armed forces and police were trained. The complete system of 160 holds and throws is clearly explained, with 487 photographs and four charts providing further clarification. Pressure points, balance, falling, and every other important aspect receives full and complete treatment. The first section presents 60 "tricks" of combat in strict sequence that prepare for part two, in which readers learn how to apply the advantages of the tricks they've learned. The third section deals with highly scientific tricks of combat, by which an opponent may be incapacitated — and the methods of kuatsu, or resuscitation, by which a fallen opponent may be revived. Martial arts students at every level of experience will find this classic guide a source of valuable information and instruction. HAPKIDO MANUALS ----- An invaluable series of study-guides summarizing all Hapkido belt ranks, from novice to master-level. Concise, affordable, easy to use. ----- VOLUME 3 of 9-This manual is part of a series of manuals summarizing promotion requirements and techniques for specific Hapkido color-belt and black-belt ranks. These manuals are intended to be used as a quick reference for techniques already learned; as a study guide for test preparation; and as an aid to serious, long-term training. These manuals are not stand-alone texts, but should be used along with Marc Tedeschi's 1136-page Hapkido book. Students new to Hapkido may wish to first obtain Mr. Tedeschi's 128-page Hapkido book, which contains a concise overview of Hapkido's history, philosophy, and techniques, along with fundamentals. Collectively, these groundbreaking books and manuals constitute a comprehensive curriculum encompassing all ranks, from novice to master. This volume includes: * 564 b&w photographs * 168 techniques (40 yellow, 45 green, 83 blue) * Color-coded to indicate rank-level of skills * Concise captions and notes View samples online at marctedeschi.com A vocabulary guide that presents color photos of everyday objects and tasks with labels in English, French, German, Spanish, and Italian, grouping words and phrases in fifteen categories, including health, food, and leisure. La palabra "Aikido" está formada por tres sílabas: ai, armonía, unión; ki, energía; do, sendero, camino. Así, podemos definir el Aikido como el camino para unirnos armoniosamente con la energía, cuyo objetivo es la unificación de nuestro cuerpo y mente a través de su práctica, y cuyas técnicas nos permiten defendernos sin herir y sin tener que cargar en nuestra conciencia con la tremenda situación de lastimar o matar a alguien mediante algo que aprendimos con las mejores intenciones. A su vez, el Aikido permite sentir que ejercemos la legítima defensa ante una agresión que nosotros no iniciamos. Para ello cuenta en su haber con cinco técnicas básicas e infinitas combinaciones y variantes. Pero este notable arte marcial, que crece en popularidad día a día, deja una enseñanza fundamental para el futuro del ser humano: es necesario dar un salto de comprensión, de amor, de compasión, a fin de que se entienda la importancia de compartir la vida en vez de disputarla. Este libro totalmente ilustrado, es un verdadero curso para poder conocerlo y practicarlo con la guía de un gran maestro de este arte, reconocido como tal en nuestro país y en el exterior. A following book of 'The Twenty Guiding Principles of Karate'. It is presented in the same size, and the same format. This book is the following book of 'The Twenty Guiding Principles of Karate'. The same size, and the same format. Stanislavsky in Focus brilliantly examines the history and actual premises of Stanislavsky's 'System', separating myth from fact with forensic skill. The first edition of this now classic study showed conclusively how the 'System' was gradually transformed into the Method, popularised in the 1950s by Lee Strasberg and the Actor's

Studio. It looked at the gap between the original Russian texts and what most English-speaking practitioners still imagine to be Stanislavsky's ideas. This thoroughly revised new edition also delves even deeper into: the mythical depiction of Stanislavsky as a tyrannical director and teacher yoga, the mind-body-spirit continuum and its role in the 'System' how Stanislavsky used subtexts to hide many of his ideas from Soviet censors. The text has been updated to address all of the relevant scholarship, particularly in Russia, since the first edition was published. It also features an expanded glossary on the System's terminology and its historical exercises, as well as more on the political context of Stanislavsky's work, its links with cognitive science, and the System's relation to contemporary developments in actor-training. It will be a vital part of every practitioner's and historian's library. Originally published in 1983 the first edition rapidly established itself as a core student text. Now fully revised and up-dated it remains the only book to address the rationale, process, techniques and methodologies specific to the study of dance history. For the main body of the text which covers historical studies of dance in its traditional and performance contexts, the editors have brought together a team of internationally known dance historians. Roger Copeland and Deborah Jowitt each take a controversial look at the modern American dance. Kenneth Archer and Millicent Hodson explain the processes they use when reconstructing 'lost' ballets, and Theresa Buckland and Georgina Gore write on traditional dance in England and West Africa respectively. With other contributions on social dance, ballet, early European modern dance and feminist perspectives on dance history this book offers a multitude of starting points for studying dance history as well as presenting examples of dance writing at its very best. Dance History will be an essential purchase for all students of dance. Greek Natural Philosophy presents the primary sources on the Presocratics in a straightforward way in order to tell a coherent story about the astonishing development of natural philosophy in ancient Greece and its relevance today. The book begins with historical influences on the birth of natural philosophy, especially literacy and the ecosystem services provided by the natural environment of ancient Greece. It argues that the individual philosophers' thoughts about the nature of the cosmos, living things, humankind, and human culture were linked by a "diachronic dialectic of ideas." Each philosopher's speculations were subjected to a critique by the next generation who crafted more subtle theories. The dialectical transition is traced from the mythopoetic worldview of Hesiod to the rational worldview of Thales and his Milesian successors, followed by Xenophanes and Heraclitus, then Parmenides and his Eleatic successors, and the qualitative pluralisms of Anaxagoras and Empedocles. An entirely fresh interpretation is provided of the Atomists and later Pythagoreans, whose work culminated in the ideas upon which Galileo, Newton, and the other architects of modern science, continued to build. In the span of only two centuries, the Presocratics developed the basic principles of philosophy and natural science, ecology, mathematical astronomy, the atomic theory of matter, an inertial theory of motion, and the possibility that our solar system is only one of infinitely many scattered throughout infinite time and space. The concluding chapter traces natural philosophy through subsequent centuries until its abandonment in 20th century philosophy, leading to the moribund state of philosophy by the end of that century. The authors show how environmental philosophy represents a return to natural philosophy and a model for the revival of philosophy's vigor and relevance in the 21st century. Greek Natural Philosophy is suitable for undergraduate and graduate courses in ancient Greek philosophy or in environmental philosophy, and will be of interest to scholars in these fields. The works of Makoto Sei Watanabe combine the functionality of aesthetic experience and the calculated organization of structures with the evocation of deep ancestral memories. This book will familiarise healing practitioners and martial artists with basic concepts of the human body, as defined by both Western and Eastern medical traditions, allowing those engaged in healing and martial arts to develop a more complete, holistic, and scientifically forward-looking understanding of the body. Included are: an overview of Western anatomical concepts; an overview of Eastern medical principles; a comprehensive listing of Oriental pressure points and meridians in English, Chinese, Japanese, and Korean, cross-referenced to nerves, blood vessels, and other anatomical landmarks; twenty essential self-massage and revival techniques; detailed principles of pressure point fighting, as used in traditional Asian martial arts. The most comprehensive text ever written on the world's most widely practiced martial art--Taekwondo. Expertly integrates traditional and modern approaches, sport and self-defense, in a single definitive text. ----- This ground-breaking text is the first to offer Taekwondo in its totality, documenting the traditions, philosophy, and techniques of the world's most widely practiced martial art. In more than 8,600 photographs spanning 840 pages, renowned Taekwondo masters and elite competitors demonstrate over 700 core Taekwondo techniques, including stances, footwork, hand strikes, elbow strikes, standing kicks, jump kicks, avoiding and blocking skills, step and self-defense sparring, Olympic-Style sparring, breaking techniques, and solo forms and patterns. Techniques are named in both English and Korean throughout. Detailed introductory chapters provide an authoritative overview of Taekwondo's history, philosophy, current structure, and contemporary issues, and thoroughly review breathing and meditation, warmups and flexibility exercises, and vital targets. To address the highly specialized and constantly evolving needs of sport competitors, in-depth chapters on Olympic-Style sparring cover basic concepts, current trends, core techniques, tactics and strategies, terminology, and more than 90 core attacking and counterattacking techniques used by world-class competitors. For forms enthusiasts, 250-plus pages provide a comprehensive overview of 49 forms and patterns embraced by major federations, such as the WTF and ITF. Inclusive of virtually all Taekwondo styles, this unprecedented work integrates traditional and modern approaches, sport and self-defense, in a single text. Written and designed by the author of the 1,136-page "Hapkido"--widely acclaimed the most comprehensive book ever written on a single martial art--this indispensable work is the definitive text on Taekwondo, and a classic of martial arts literature. View sample pages, read book reviews, or get more information at marctedeschi.com ----- Frequently used with: "Taekwondo: Reference Material" (ISBN 978-1891640742), a 62-page supplement to the 840 page second edition of "Taekwondo: Traditions, Philosophy, Technique." This companion booklet presents a wealth of information on Korean language, terminology, the latest Olympic-Style competition rules, referee signals, and technique nomenclature used by major Taekwondo styles. ----- MARC TEDESCHI is an internationally respected designer, photographer, educator, and martial arts master. He has studied Eastern philosophy, healing arts, and combatives for more than 40 years, training extensively in Hapkido, Taekwondo, Jujutsu, Judo, and Karate. A prolific writer, Mr. Tedeschi's landmark publications rank with the finest ever produced on the healing and martial arts. He is the author of over a dozen works, including the 1136-page "Hapkido," the 896-page "Taekwondo," "Essential Anatomy for Healing and Martial Arts," and a unique series of general martial arts books that provide an in-depth look at the core concepts and techniques shared by a broad range of martial arts." A Collection of Thoughts, Sayings and Meditations on the Way of the Samurai "It is said that what is called "the spirit of an age" is something to which one cannot return. That this spirit gradually dissipates is due to the world's coming to an end. For this reason, although one would like to change today's world back to the spirit of one hundred years or more ago, it cannot be done. Thus it is important to make the best out of every generation." — Tsunetomo Yamamoto, Hagakure: The Book of the Samurai A formerly secret text known only to the Samurai, Hagakure is a classic text on Bushido--the Way of the Warrior. More than just a handbook for battle, Hagakure is a text that filled with teachings that still apply in business, political and social situations today. This Xist Classics edition has been professionally formatted for e-readers with a linked table of contents. This eBook also contains a bonus book club leadership guide and discussion questions. We hope you'll share this book with your friends, neighbors and colleagues and can't wait to hear what you have to say about it. In this fundamental analysis, Rapoport asks: Why do we have wars? Doesn't humanity always seem on the verge of self-annihilation? Is there something in human genetic structure that makes people want to kill each other? Perhaps this impulse is a matter of good versus evil, or just plain human nature. Rapoport moves beyond cliches by claiming that the sources of modern violence reside in the imbalance between a lag in the system of values inherited from the past and the structure of science and technology that awaits no revision of values to move ahead. As a result, Rapoport argues that the study of war and peace should be considered a science, just like biology or, for that matter, political science. The same rules of empirical engagement and experimentation should apply. Before we can have a theory of peace, we need a methodology of conflict. Using the writings of thinkers who have made significant contributions to the predominant ideas and ideals of our society, Rapoport weaves together the strands of independent thought and research into a single, thought-provoking work. After investigating the whys of violence, using ideological, psychological, strategic, and systemic perspective, Rapoport moves to an in-depth analysis of possible varieties of conflict resolution. He explores such mechanisms as mediation, education, and applying the results of scientific research. He documents the impact of ideologies countervailing dominant ones that place obstacles in the way of peacemaking. Rapoport argues that conciliation and game theories can be utilized to replace the concept of winner take all or total victory. The Origins of Violence is a needed contribution to our understanding of warfare, and provides a forward-looking perspective that can be of wide use to each of the policy sciences, starting with military strategy and ending with international development. Featuring the acclaimed novella The Old Woman and darkly humorous short prose sequence Events (Sluchai), Today I Wrote Nothing also includes dozens of short prose pieces, plays, and poems long admired in Russia, but never before available in English. A major contribution for American readers and students of Russian literature and an exciting discovery for fans of contemporary writers as eclectic as George Saunders, John Ashbery, and Martin McDonagh, Today I Wrote Nothing is an invaluable collection for readers of innovative writing everywhere. Daniil Kharms has long been heralded as one of the most iconoclastic writers of the Soviet era, but the full breadth of his achievement is only in recent years, following the opening of Kharms' archives, being recognized internationally. In this brilliant translation by Matvei Yankelevich, English-language readers now have a comprehensive collection of the prose and poetry that secured Kharms' literary reputation a reputation that grew in Russia even as the Soviet establishment worked to suppress it. Artists and theorists reflect on a "living library" project--people who memorize and recite books This book documents a project in which a group of people memorize a book of their choice, forming a library of "living books." The inspirational teachings in this collection show that the real way of the warrior is based on compassion, wisdom, fearlessness, and love of nature. Drawn from the writings of the founder of the Japanese martial art of aikido, this work offers a nonviolent way to victory in the face of conflict. A new edition of the bestseller • The first book to reveal in the West the Taoist techniques that enable women to cultivate and enhance their sexual energy • Reveals Taoist secrets for shortening menstruation, reducing cramps, and compressing more chi into the ovaries for greater sexual power • Teaches the practice of total body orgasm For thousands of years the sexual principles and techniques presented here were taught by Taoist masters in secret only to a small number of people (sworn to silence), in the royal courts and esoteric circles of China. This is the first book to make this ancient knowledge available to the West. The foundation of healing love is the cultivation, transformation, and circulation of sexual energy, known as jing. Jing energy is creative, generative energy that is vital for the development of chi (vital life-force energy) and shen (spiritual energy), which enables higher practices of spiritual development. Jing is produced in the sexual organs, and it is energy women lose continually through menstruation and child bearing. Mantak Chia teaches powerful techniques developed by Taoist masters for the conservation of jing and how it is used to revitalize women's physical, mental, and spiritual well-being. Among the many benefits conferred by these practices are a reduction in the discomfort caused by menstruation and the ability to attain full-body orgasm. This is the first introductory text to accurately portray Hapkido in its entirety. One of the world's most exciting, varied, and practical martial arts, Hapkido consists of thousands of techniques encompassing all forms of martial skills: strikes, kicks, blocks, avoiding movements, joint locks, chokes, throws, tumbling, ground fighting, weapons, meditation, and healing. Clearly written and expertly photographed by the author of the landmark Hapkido: Traditions, Philosophy, Technique, this unique book is essential reading for anyone seeking a concise, honest, and accurate overview of Hapkido's

history, philosophy, and techniques. A manual of self-defence techniques using a long or short stick. The book shows some 50 moves, each demonstrated in photographs with step-by-step instructions. entered here make the process of linking sexual energy and transcendent states of consciousness accessible to the reader. The eagerly anticipated updated return of a bestselling martial arts classic The Leaders of Tae Kwon Do, an Olympic sport and one of the world's most popular martial arts, are fond of saying that their art is ancient and filled with old dynasties and superhuman feats. In fact, Tae Kwon Do is as full of lies as it is powerful techniques. Since its rough beginnings in the Korean military 60 years ago, the art empowered individuals and nations, but its leaders too often hid the painful truths that led to that empowerment, the gangsters, secret-service agents, and dictators who encouraged cheating, corruption, and murder. A Killing Art: The Untold History of Tae Kwon Do takes you into the cults, geisha houses, and crime syndicates that made Tae Kwon Do. It shows how, in the end, a few key leaders kept the art clean and turned it into an empowering art for tens of millions of people in more than 150 countries. A Killing Art is part history and part biography, and a wild ride to enlightenment. This new and revised edition of the bestselling book contains previously unnamed sources and updated chapters. It would be impossible for most of us to spend a day without coming into direct or indirect contact with dozens of people family, friends, people in the street, at the office, on television, in our fantasies and fears. Our relationships with others are the most changeable, infuriating, pleasurable and mystifying elements in our lives. Personality types, based on the ancient system of the Enneagram, will help you to enjoy more satisfying and fulfilling relationships in all areas of your life by introducing you to the nine basic personality types inherent in human nature. This knowledge will help you better understand how others think and why they behave as they do, as well as increasing your awareness of your own individual personality. Written by the leading world authority on the Enneagram, it offers a framework for understanding ourselves and those around us, as well as a wealth of practical insights for anyone interested in psychology, counselling, teaching, social work, journalism and personal management. Diotima's Children is a re-examination of the rationalist tradition of aesthetics which prevailed in Germany in the late seventeenth and eighteenth century. It is partly an historical survey of the central figures and themes of this tradition but it is also a philosophical defense of some of its leading ideas, viz., that beauty plays an integral role in life, that aesthetic pleasure is the perception of perfection, that aesthetic rules are inevitable and valuable. It shows that the criticisms of Kant and Nietzsche of this tradition are largely unfounded. The rationalist tradition deserves re-examination because it is of great historical significance, marking the beginning of modern aesthetics, art criticism, and art history. Aikido and the Dynamic Sphere: An Illustrated Introduction provides a complete foundation in the practice of one of the most distinctive and effective Japanese martial arts. Aikido was created in Japan in the 1920's by Morihei Ueshiba, also known as Osensei. To possess the skills, techniques and attitude of the true practitioner of aikido, one must achieve a very high level of integration of the powers of mind and body, the harmonious combination of physical means and ethical motives. By controlling body position and learning how to harmonize vital physical and mental powers, anyone (regardless of size, strength or weight) can fend off attacks using this sophisticated martial art. Written and illustrated by husband/wife team, Oscar Ratti and Adele Westbrook, Aikido and the Dynamic Sphere, with over 1,200 illustrations, includes many Aikido techniques in chapters such as: What is Aikido? The Foundations of Aikido The Practice of Aikido The Basic Techniques of Neutralization Advanced Practice And more! Kiatsu is a Japan Publications publication. Ellie, Summer, and Jasmine are excited to visit the Secret Kingdom once again. And this time, they are traveling as Very Important Friends of King Merry, who needs their help! His wicked sister, Queen Malice, has hidden a thunderbolt in Unicorn Valle This classic Shotokan Karate Master Text has been printed for the explicit purpose of providing an exact reproduction of the complete original 1935 Japanese publication, preserving a historically accurate archive replica in the English language, that now can be experienced and enjoyed by all who can appreciate its significance. This legacy, as is the true goal of Karate Do, is meant to be experienced with mind, body, and Spirit. Master Funakoshi's message is transmitted in these pages through philosophical thought, physical and mental practice methods, and most importantly, with manifest image. Each photograph of Master Funakoshi not only demonstrates the exact form and method of each technique, but is also an archetypal key to the spiritual path he followed and exemplified. This book is a comprehensive guide for the study of karate and is credited as the foundation document of the modern day karate movement. Inner strength and personal character development are stressed through an active daily regimen of physical exercise and martial technique. Kara-te Do Kyoan is Master Funakoshi's gift to mankind. An informed study will reveal that his focus in life was to share his knowledge and the benefits he acquired and experienced through a life of conscious self-discipline rooted in the principles of Karate Do. Gichen Funakoshi (1868-1957) was born in Shuri, Okinawa and, as a boy, began training with Yasutsune Azato (Shuri-te) and Yasutsune Itosu (Naha-te). Through many years of diligent practice these two styles were blended and became what is known today as Shotokan Karate. In his previous books Allen Guttman has provided incisive perspectives on Avery Brundage's role in the Olympic movement and on the nature of modern sports. Now, in his latest book, the accomplished historian of sport turns his attention from the playing field to the grandstand. Sports Spectators, the first historical study of the subject from antiquity to today, is at once erudite and entertaining; comprehensive and succinct. Guttman first examines the history of sports spectators, starting with Ancient Greece and Rome. He then moves on to the Renaissance and traces three early sports -the tournament, archery, and early versions of football. The author then focuses on the emergence of sports in post-Renaissance England, and discusses the curious spectacle of animal sports (bear-and bull-baiting and cockfighting), as well as the first appearance of combat sports such as sword fighting, stick fighting, and boxing. The book concludes its historical view by exploring contemporary baseball, football, rowing, tennis, and golf. From his chronological narrative, Guttman shifts to detailed analysis of the economic, sociological, and psychological aspects of sports spectatorship. Who were, and are, sports spectators? What is their gender and social class? Have they normally been participants as well as fans? What are the political functions of sports-watching? What are the social dynamics of spectatorship? Guttman provides fresh insights which will be useful to scholars and fascinating to everyone. Sports Spectators also looks at the dramatic transformations radio and television have made, and offers an incisive critique of today's sports-related violence, including the increasingly frequent incidences of spectator hooliganism. How violent (or peaceful) have spectators traditionally been? Has spectator violence increased or decreased? You needn't be a season ticket-holder to enjoy Sports Spectators. Allen Guttman makes the history of fandom come alive for any reader interested in Western culture and what forms of entertainment reveal about us, as well as those concerned with the recent growth of spectator violence. "Highly entertaining." —Adam Gopnik, The New Yorker "Funny, curious, erudite, and full of useful details about ancient techniques of training memory." —The Boston Globe The blockbuster phenomenon that charts an amazing journey of the mind while revolutionizing our concept of memory An instant bestseller that is poised to become a classic, Moonwalking with Einstein recounts Joshua Foer's yearlong quest to improve his memory under the tutelage of top "mental athletes." He draws on cutting-edge research, a surprising cultural history of remembering, and venerable tricks of the mentalist's trade to transform our understanding of human memory. From the United States Memory Championship to deep within the author's own mind, this is an electrifying work of journalism that reminds us that, in every way that matters, we are the sum of our memories. This new edition of Bruce Lee's classic work rejuvenates the authority, insight, and charm of the master's original 1963 publication for modern audiences. It seamlessly brings together Lee's original language, descriptions and demonstrations with new material for readers, martial arts enthusiasts and collectors that want Lee in his purest form. This timeless work preserves the integrity of Lee's hand-drawn diagrams and captioned photo sequences in which he demonstrates a variety of training exercises and fighting techniques, ranging from gung fu stances and leg training to single- and multiple-opponent scenarios. Thought-provoking essays on the history of gung fu, the theory of yin and yang, and personal, first-edition testimonials by James Y. Lee, the legendary Ed Parker, and jujutsu icon Wally Jay round out this one and only book by Lee on the Chinese martial arts. -- from back cover. The eleven chapters of Vocabulary in a Second Language are written by the world's leading researchers in the field of vocabulary studies in second language acquisition. Each chapter presents experimental research leading to new conclusions about and insights into the selection, the learning and teaching, or the testing of vocabulary knowledge in foreign languages. This book is intended as an up-to-date overview of the important domain of the lexicon for researchers in the field of second language acquisition, teacher trainers and professional teachers of second or foreign languages. Reproduction of the original: Bushido, The Soul of Japan by Inazo Nitobé The international bestselling author of Physics of the Impossible gives us a stunning and provocative vision of the future Based on interviews with over three hundred of the world's top scientists, who are already inventing the future in their labs, Kaku-in a lucid and engaging fashion-presents the revolutionary developments in medicine, computers, quantum physics, and space travel that will forever change our way of life and alter the course of civilization itself. His astonishing revelations include: The Internet will be in your contact lens. It will recognize people's faces, display their biographies, and even translate their words into subtitles. You will control computers and appliances via tiny sensors that pick up your brain scans. You will be able to rearrange the shape of objects. Sensors in your clothing, bathroom, and appliances will monitor your vitals, and nanobots will scan your DNA and cells for signs of danger, allowing life expectancy to increase dramatically. Radically new spaceships, using laser propulsion, may replace the expensive chemical rockets of today. You may be able to take an elevator hundreds of miles into space by simply pushing the "up" button. Like Physics of the Impossible and Visions before it, Physics of the Future is an exhilarating, wondrous ride through the next one hundred years of breathtaking scientific revolution. Internationally acclaimed physicist Dr Michio Kaku holds the Henry Semat Chair in Theoretical Physics at the City University of New York. He is also an international bestselling author, his books including Hyperspace and Parallel Worlds, and a distinguished writer, having featured in Time, the Wall Street Journal, the Sunday Times and the New Scientist to name but a few. Dr Kaku also hosts his own radio show, 'Science Fantastic', and recently presented the BBC's popular series 'Time'. Explores the deep, internal work necessary for the effective practice of tai chi • Reveals the Taoist principles that gave birth to the Yang-style tai chi forms • Shows how tai chi can circulate powerful healing energies through the body Taoist adepts developed tai chi as both a martial art and a way to cultivate their physical body, energy body, and spirit body. Like all Taoist exercises, its main purpose is to form a connection to the basic energy that is the foundation of all life: chi. Until the beginning of the twentieth century, tai chi was considered a secret practice that was passed down only within a closely knit structure of family and loyal disciples. Despite its widespread growth in popularity as a martial art and health exercise, many of its underlying internal practices remain unknown. The Inner Structure of Tai Chi explores the deep, internal work necessary for the effective practice of tai chi. Designed for practitioners at every level, the book contains step-by-step illustrated instructions for mastering the 13 forms of early Yang-style tai chi, also known as Tai Chi Chi Kung. The authors demonstrate the relationship of the inner structure of tai chi to the absorption, transformation, and circulation of the three forces that animate all life--the Universal force, the Cosmic force, and the Earth force--revealing the principles and practices necessary to receive the full spectrum of physical, psychological, and spiritual benefits that tai chi can bring.

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