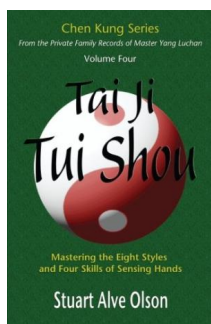


Download Doc

TAI JI TUI SHOU: MASTERING THE EIGHT STYLES AND FOUR SKILLS OF SENSING HANDS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This volume in the Chen Kung Series presents the two-person Tui Shou exercises of the Eight Styles and Four Skills of Sensing Hands (popularly known as Pushing Hands). The main purpose of Sensing Hands-and also Greater Rolling-Back (Da Lu) and Dispersing Hands (San Shou)-is to learn how to Interpret the movements and changes of the opponent, and, just as...

Download PDF Tai Ji Tui Shou: Mastering the Eight Styles and Four Skills of Sensing Hands (Paperback)

- Authored by Stuart Alve Olson, Chen Kung
- Released at 2015



Filesize: 2.67 MB

Reviews

A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is only after i finished reading this publication where in fact modified me, alter the way in my opinion.

-- **Prof. London Gerlach**

A really wonderful ebook with perfect and lucid answers. It is rally interesting throgh looking at period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Gustave Moore**

Good electronic book and valuable one. Of course, it is actually perform, still an interesting and amazing literature. You may like how the author publish this pdf.

-- **Lisette Schimmel**