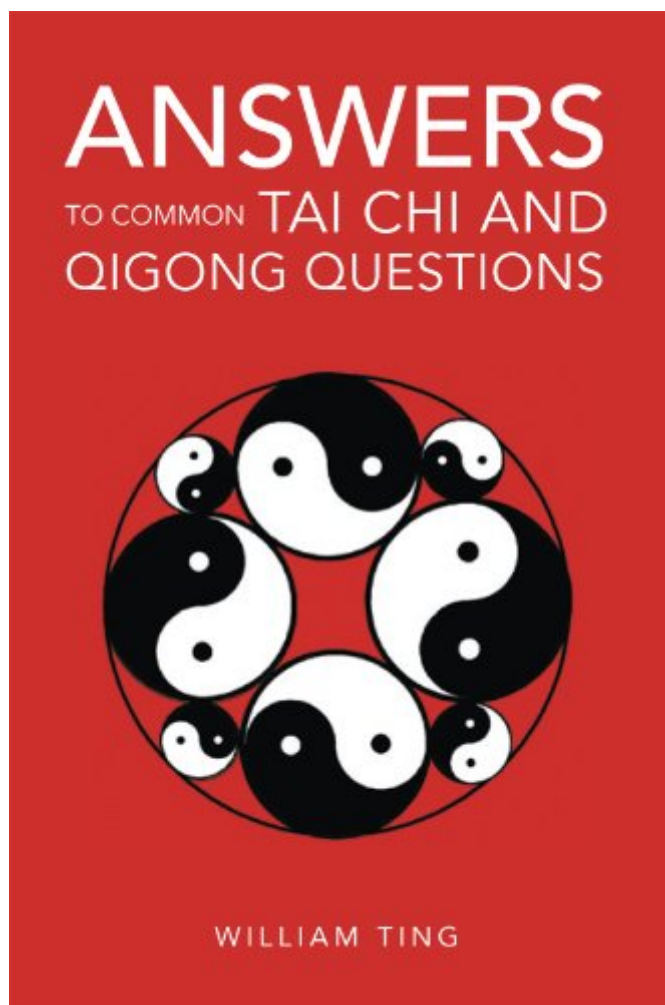




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Answers To Common Tai Chi And Qigong Questions



Synopsis

"Written in a "Question and Answer" format, this book is intended to share a Master's secrets to performing high level Tai Chi and Qigong. Based on queries which came into his website for the past 15 years, as well as questions from his own classes and experience, Master William Ting has penned the perfect primer for Tai Chi and Qigong students. Ranging from deceptively simple topics to extremely complex subjects, Master Ting has created a manual for students of all styles, forms and experience. Relying heavily on Basic Principles, good posture and internal awareness, this book is an extraordinary accounting of common Tai Chi and Qigong questions and answers for practitioners of every level."

Book Information

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Customer Reviews

This is only my second review of an ebook. The reason I am doing this review is the value I have found in these questions and answers, it has helped in my understanding and application of Tai Chi and Qigong. I am a student of Tai Chi and many of the concepts outlined by Mr Ting resonate with

my own teacher ,though I must say it took your book to bring home some of the explanations my own teacher was trying to get through to me. Reading your book was in the right place at the right time for me and I suspect my teacher is a little relieved as well! Mr Ting you have a gift for clarity, at least as far as I am concerned, so a big thank you for this little treasure.

An excellent book to learn from written by a teacher who loves his art and is willing to share. I will read and reread this book because I think more will become clear as my ability and skills increase.

The author answers many questions a beginner of Tai Chi would ask. He answers the questions in plain English without resorting to the jargon of someone who has participated for years. The book might not satisfy someone who has practiced for years but for a beginning student it is very good.

Very comprehensive!

very good, read the 2nd book and this is just as good.

Excellent!

The definitive book on Tai Chi and Qi Gong... Master Ting is THE MASTER!!!!!!

I have over 35 years experience in tai chi as student and teacher. This book has all the answers to the questions that I have asked and that students have asked of me. It is very comprehensive and written in a way that works for all levels of students; from beginners to advanced. I have read most of the books and many of the articles about tai chi, and I found this book to be exceptional. It is clear, concise, and to the point. I wholeheartedly recommend this book for any tai chi student. It is not about style or about teaching you a form. Your teacher can do that. It is about explaining the principles and deeper meanings of tai chi that most of the tai chi teachers today think they understand but very few do. If you are a tai chi teacher then you definitely want to read this book. I was a Yang style teacher for a number of years but I did not truly understand tai chi until I met master Ting and read his writings.

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