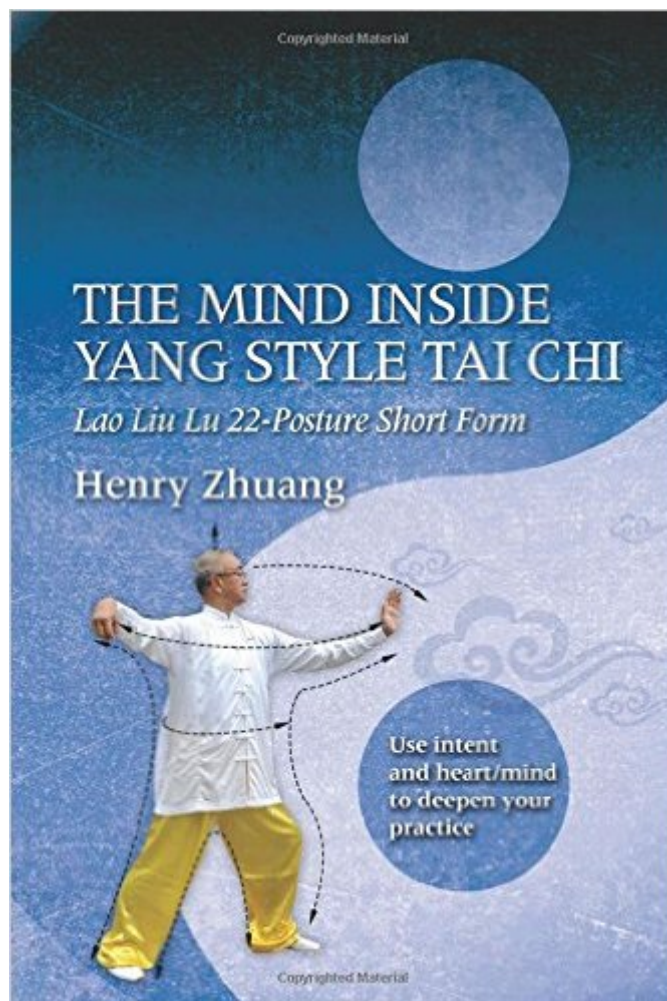


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# The Mind Inside Yang Style Tai Chi: Lao Liu Lu 22-Posture Short Form



## Synopsis

Henry Zhuang leads you through the Yang style 22-posture form, with an eye for detail and a love of nuance. Illustrations with motion arrows guide your physical movements, while Zhuang's "mind approach" helps you appreciate the subtleties of each posture. Rich descriptions and vivid imagery bring the art to life. Begin with "nothing" by stilling the body and mind. Channel your intent to stimulate the flow of chi. Learn the entire 22-posture Yang form. Explore the "mind approach," discovering a deeper understanding of each posture. The author instructs you on correct physical posture, footwork, weight distribution, and tempo. He also describes subtle aspects of the form, including vision, relaxation, and the flow of chi. This book includes the history and lineage of Yang style. Photographs of the author performing each posture. Motion arrows depicting the movements of the entire form. If you are unfamiliar with Yang style, *The Mind Inside Yang Style Tai Chi* is the perfect place to begin. If you are a longtime practitioner, Henry Zhuang's insight will deepen your appreciation for this art.

## Book Information

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## Customer Reviews

This is a simple little, straight forward book with very clear photos and illustrations on the surface. When you begin to read it though, you soon discover that it is much deeper and internally focused than other books teaching short Yang style forms. As the cover states, you "Use intent and heart/mind to deepen your practice". Master Henry Zhuang very carefully walks you through seeing into the body and using your mind to drive the qi which in turn energizes the form. It is an esoteric

approach to learning tai chi and may, at first, seem difficult to grasp. Do not fear, as the glossary of terms used is very simple to follow. I am a long time teacher of taichi, as well as other internal martial arts and I found information in this glossary that normally is not listed in other books of basic tai chi. Things like dao yin , literally "direct and lead", another name for qigong and cun, a measurement used in acupuncture, calculated using the space between the two joints of the thumb or index finger of the individual are generally not even mentioned in most books that teach forms. My favorite instruction involves the use of the eyes. Master Zhuang carefully describes how the look needs to match the flow of the intent and the qi. You will learn how to track the line of sight and extend and retract the qi . In and out circulation, balancing of yin and yang, condensing and expanding with the eye. Very high level teachings. The photos in the book are in black and white, against a plain background. Each photo has directional arrows showing the angle of the body and limbs, along with the direction of movement. Each photo also has a short description of the movement and the energies associated with the movement.

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