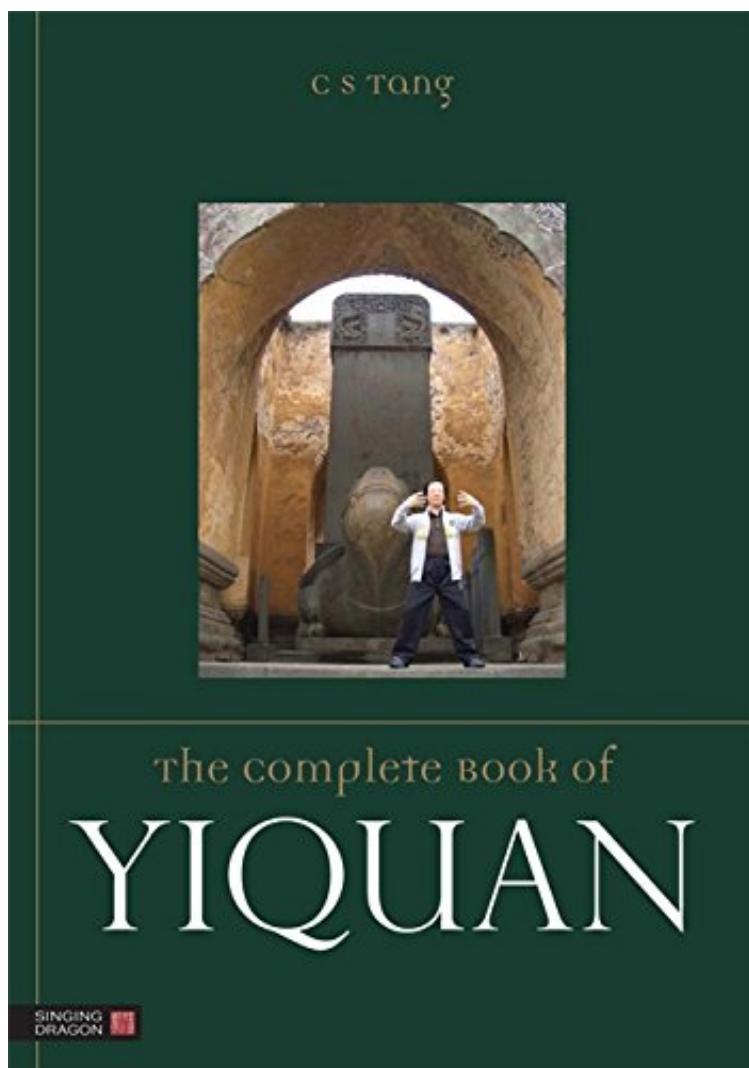


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The Complete Book of Yiquan



Par C S Tang
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Description :

Prsentation de l'diteurWith detailed photographs and clear instruction for practice, this is the first book comprehensively to cover the history, development and training methods of this rarely taught esoteric internal martial art. The deceptively simple postures and movements of Yiquan are highly effective for achieving results for both health and combat, making it very appealing to martial artists, and Master Tang here reveals the secrets of a martial art still surrounded in mystery. He also provides a history of the origins and lineage of the Yiquan tradition, as well as detailed information on the stances and movements, weapons, and programs, grading and teaching.This complete guide to Yiquan will be essential for anyone interested in Yiquan or oriental martial and internal arts more generally.Revue de presseThis book is clearly the fruit of many decades of intensive research and practice under the old generation of Yi Chuan masters. It gives very lucid, detailed descriptions of the entire training system, as well as revealing the previously hidden theories

and training concepts which give this system the essence it is famous for. Extensive photos of both the author and many old masters bring the text to life. This work is a remarkable achievement in the field of Chinese martial arts. --Alex Kozma, author of Warrior Guards the Mountain: The Internal Martial Traditions of China, Japan and South East Asia
Presentation de l'auteur
With detailed photographs and clear instruction for practice, this is the first book comprehensively to cover the history, development and training methods of this rarely taught esoteric internal martial art. The deceptively simple postures and movements of Yiquan are highly effective for achieving results for both health and combat, making it very appealing to martial artists, and Master Tang here reveals the secrets of a martial art still surrounded in mystery. He also provides a history of the origins and lineage of the Yiquan tradition, as well as detailed information on the stances and movements, weapons, and programs, grading and teaching. This complete guide to Yiquan will be essential for anyone interested in Yiquan or oriental martial and internal arts more generally.