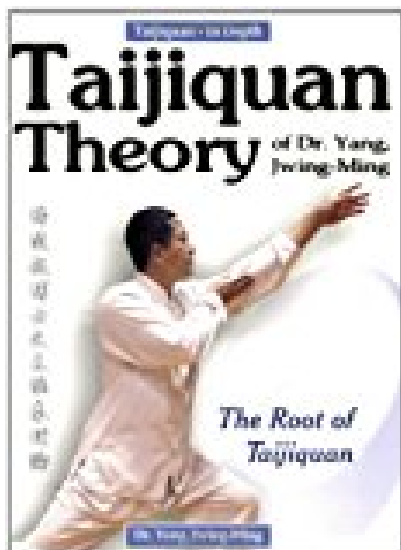


Taijiquan Theory of Dr. Yang Jwing-Ming The Root of Taijiquan



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This profound work is guaranteed to raise the bar and demand debate on this ancient art. In-depth discussions on the theory of regulating the body, breathing, mind, qi and spirit will offer experienced and novice Taiji practitioners a treasure chest of knowledge and debate.

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