



Cultivating the Civil and Mastering the Martial: The Yin and Yang of Taijiquan

Andrew Townsend

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This book is a complete guide for anyone who practices taijiquan. The content covers the full range of taijiquan and includes chapters on the philosophical and theoretical foundations of the art, the fundamental principles of taijiquan, techniques for cultivating and circulating the qi, detailed explanations of individual postures, pushing hands and martial applications, weapons forms, and practicing taijiquan as a method for spiritual cultivation. Unlike many books on this subject that are limited to a single family style of taijiquan, this book includes coverage of four major family styles: Chen, Yang, Wu, and Sun. Written by an author with over twenty-five years of experience in the art of taijiquan and more than ten years of experience teaching taijiquan and qigong, *Cultivating the Civil and Mastering the Martial – The Yin and Yang of Taijiquan* is comprehensive in its coverage and precise in the detailed descriptions and more than five hundred photographs and illustrations.

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