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## Teoría del Taiji y fuerza marcial

By DR. YANG, JWING-MING

Ediciones Arkano Books, 2008. soft. Book Condition: New. TEORÍA DEL TAIJI Y FUERZA MARCIAL se centra en la esencia marcial del Taijiquan, un aspecto importante que muchas otras obras ignoran. Para ello explora en profundidad el Jin (la fuerza marcial interna), la teoría general de Taiji y la aplicación del Qi en la forma de Taiji. Debido a que el entrenamiento del Jin es esencial para el Taiji marcial, este libro resulta una valiosa obra de consulta de la que ningún practicante disciplinado debería prescindir. - Te presenta un plan de entrenamiento para el desarrollo del Jin (fuerza). - Entiende la diferencia entre el verdadero Jin (fuerza interna) y el Li (fuerza muscular). - Aprende a acumular Qi y Jin en las posturas de Taiji. - Descubre el papel esencial que desempeña tu mente en la práctica del Taiji y en el Jin. - Encontrarás una selección especial de poemas de Taiji, traducidos con comentarios del doctor Yang. ". . . Si el practicante de Taiji invierte esfuerzo en desarrollar su conciencia y energía internas, su práctica del Taiji y sus aplicaciones mejorarán. No todo el mundo tiene hoy en día acceso a maestros expertos de Taijiquan y sus materiales...



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