Contents

Preface 1

Acknowledgements 5

Introduction 7

Part One: Fundamentals of the Art of *Taijiquan* 23

Chapter One: The Development and Evolution of *Taijiquan* 25

Chapter Two: The Philosophical Foundation of *Taijiquan* 47

Chapter Three: The Theoretical Foundation of *Taijiquan* 59

Chapter Four: The Fundamental Principles of *Taijiquan* 73

Chapter Five: The Principles of Pushing Hands 91

Chapter Six: Chen Style *Taijiquan* Principles and Concepts 103

Chapter Seven: Yang Style *Taijiquan* Principles and Concepts 117

Chapter Eight: Wu Style *Taijiquan* Principles and Concepts 133

Chapter Nine: Hao Style *Taijiquan* Principles and Concepts 145

Chapter Ten: Sun Style *Taijiquan* Principles and Concepts 163

Part Two: Comparison of Postures 177

Chapter Eleven: Opening Posture 179

Chapter Twelve: Lazily Tying the Robes & Grasp the Bird's Tail 187

Chapter Thirteen: Single Whip 201

Chapter Fourteen: White Crane Spreads Its Wings 213

Chapter Fifteen: Walking Obliquely and Brush Knee 223

Chapter Sixteen: Single Fist Punching Postures 235

Chapter Seventeen: Six Sealing and Four Closing 249

Chapter Eighteen: Cloud Hands 261

Chapter Nineteen: Parting the Wild Horse's Mane 273

Chapter Twenty: Jade Girl Works the Shuttle 289

Chapter Twenty-One: Kicking Postures 303