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TAI CHI SURGE: RADICAL ZMQ ENERGETICS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Jeremy Ray (illustrator). Language: English . Brand New Book ***** Print on Demand *****. SURGE is packed with tricks and tips for turning Tai Chi into the engine of internal power mastery it was originally meant to be. While centered on the Zheng Manqing 37-Step Simplified Tai Chi method, the insights and practices for internal power development can be adapted to other methods. The book is geared to those who...

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- Authored by Scott Meredith
- Released at 2015



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Reviews

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