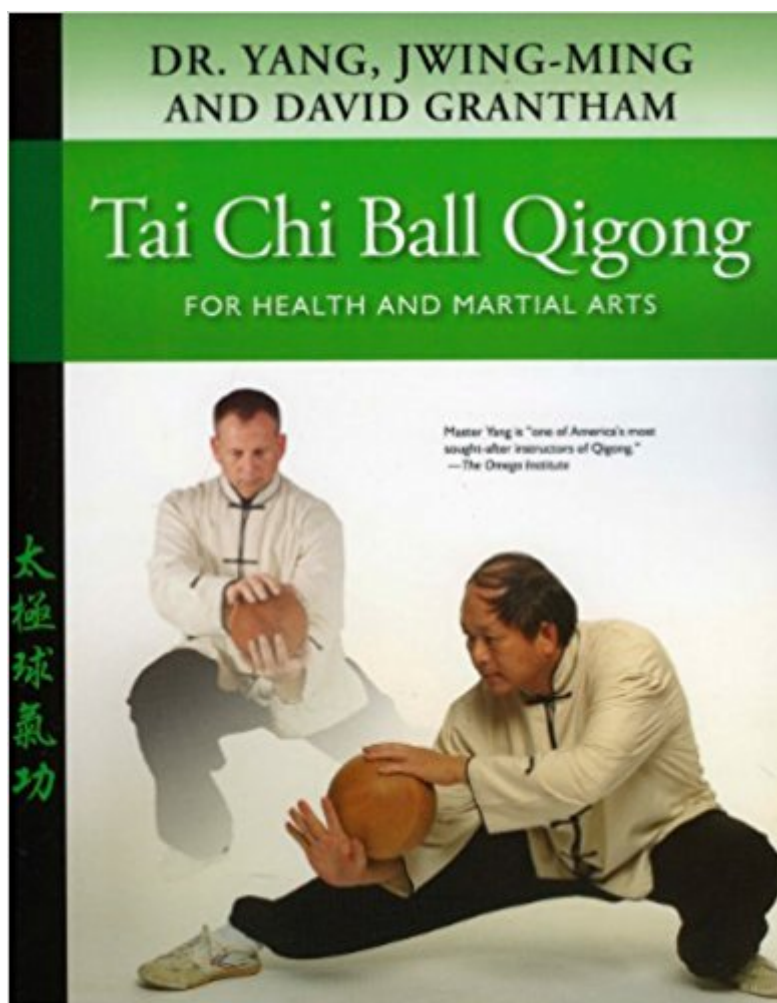


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# Tai Chi Ball Qigong: For Health And Martial Arts



## Synopsis

Gold Winner - 2011 IP's Living Now Awards  
Honorable Mention - 2011 Eric Hoffer Award  
WHAT IS TAI CHI BALL? Tai Chi Ball training used to be common practice in both external and internal martial arts. Unfortunately, due to its secrecy, fewer and fewer people have learned it. Today the art of Tai Chi Ball Qigong is almost forgotten. HOW CAN I USE IT? Fortunately, this book (and the companion DVDs) allows interested students to practice this effective training and incorporate it into their general exercise routine, or martial arts regimen. HOW WILL TAI CHI BALL TRAINING BENEFIT ME? For martial artists, Tai Chi Ball Qigong training can strengthen the torso, condition the muscles, and increase physical power by using the mind to lead the qi. It can be a major training tool to enhance pushing hands ability. For general exercise, Tai Chi Ball Qigong training helps those who might overly focus on 'core body exercises' to strengthen their hips, knees, and ankles. You will learn to move the vertebrae of the spine, increase energy through various breathing techniques, and learn to move many joints properly at different angles.

## Book Information

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## Customer Reviews

Dr. Yang, Jwing-Ming is a renowned author and teacher of Chinese martial arts and Qigong. Born in Taiwan, he has trained and taught Taijiquan, Qigong, and Chinese martial arts for over forty-five years. He is the author of over thirty books, and was elected by Inside Kung Fu magazine as one of the 10 people who has "made the greatest impact on martial arts in the past 100 years." Dr. Yang lives in Northern California. David W. Grantham has been training in martial arts for twenty-one

years. He currently holds Certificates as Coach Instructor and Chin Na Instructor and teaches at the Hunterdon Wellness Center in Clinton, New Jersey. He offers privates, classes and seminars on Tai Chi Ball and Chin Na. David Grantham resides in Hunterdon County, New Jersey with his wife and two children.

This book has been part of my Tai Chi library for the past 4 years. It begins with general Qigong theory and procedures. It then introduces the Tai Chi Ball Qigong and theory. And then it moves on to training and applications. I find the illustrations helpful especially when used along with the DVD's which can be purchased separately. A person experienced in Tai chi and Qigong would have no problem practicing with this book. A beginner would find this book a little difficult to use. I integrate the Tai Chi Ball and Qigong in my Yang Style practice every day. I can't imagine going a day without doing this. Thank you, Dr. Yang and Mr. Grantham. Brenda L. Gerber is Instructor and student in both Tai Chi Chuan and Qigong

As usual Yang Jwing Ming does a great job of introducing an obscure art to the west. He illustrates the exercise with a gradient approach so any user can follow along with ease. If you want to give your work out, regardless of the martial art you practice, a boost, then this book (and the accompanying DVDs) is what you need.

Thank you to Dr. Yang, Jwing-Ming and David Grantham for authoring the first comprehensive guide to Taiji Ball Qigong practice. Whether you are new to the practice, or a long-time practitioner, the 300+ pages of this book contain everything you need. In fact, this book is now the textbook at our NYC Taiji Ball Qigong classes and is also suggested reading for our seminars.

Chapter 1: General Qigong Theory  
Chapter 2: Qigong Training Theory and Procedures  
Chapter 3: General Introduction to Taiji Ball Qigong  
Chapter 4: Theory of Taiji Ball Qigong  
Chapter 5: Taiji Ball Qigong Training  
Chapter 6: Applications of Taiji Ball Qigong  
Appendix A: Translations and Glossary of Chinese Terms  
Appendix B: Tai Chi Ball Qigong DVD 1 & 2

Chapter 5: Taiji Ball Qigong Training-----This chapter is 128 pages in length and it includes all of the major training methods of the solo practice of Taiji Ball Qigong, including: Warm-ups, Breathing, Hand Forms, Stances, Stepping, Circling Patterns, Rotating Patterns, Wrap Coiling Patterns.

Chapter 6: Applications of Taiji Ball Qigong-----This chapter is 41 pages in length and it details the following: Solo Practice with Tables and Walls, Partner Practice (variations of the

methods shown in Chapter 5)Rooting PracticeIntegrating Taiji Ball Qigong practice with  
TaijiquanPower TrainingAppendix B: Tai Chi Ball Qigong DVD 1 &

2-----These three pages were an unexpected treat. As this book is designed to be used with  
Â Taiji Ball Qigong Courses 1 and 2 (YMAA Tai Chi) chi kung [VHS] and  
Â Tai Chi Ball Qigong Courses 3 and 4 (YMAA Tai Chi) taiji chi kung, the authors have provided this guide which matches the location of the material on the DVDs to the section and page numbers in the book. Tremendously useful for anyone who has the DVDs.As mentioned above, this book is designed to be used with the DVDs. Having had the DVDs (and the previous VHS versions) I had been somewhat disappointed that more detail was not available for students who only had access to the DVDs. This book more than fills that void - if you already have the DVDs, be sure to get the book, it will make all the difference.The strength of the DVDs is that you are able to see the motions, the transition points "between the pictures" and the overall rhythm and flow. The strengths of the book are outlined above. If you ever have the chance to take a class or seminar, your learning will be reinforced with hands-on experience and corrections.Regardless, a few minutes a day will enable you begin to experience the benefits of Taiji Ball Qigong. I have used Taiji Ball Qigong to recover from injuries, and later began to teach.One comment for beginners: When doing some of the stances, be sure that your knees point in the same direction as your toes. For example, when performing the exercises shown in Figure 5-59 and Figure 5-60 on page 133 and Figure 5-79 and Figure 5-80 on page 143, it is easy to lose this alignment and to experience pain.Overall I have graded this book five stars. Though being a teacher of Taiji Ball Qigong means I do have some bias, at the same time it also provides me with the perspective and experience from which to judge this title. I have waited many years for this book to see the light of day and I am not disappointed. Is there more to Taiji Ball Qigong? Of course. However this book will provide you with essential tools for your journey.Joshua CraigNYC[...]

Very comprehensive of using the tai chi ball but also very technical and so not so easy to keep the attention to gain the benefit. There is probably too much detail involved -a simplification would have been better for many

Yang Jwing Ming is one of my favourit authers on chinese medicine, Qi gong, Tai chi and toaist principal. He explains foreign principal in a way that is not commonly shared yet in the west and is made simple and comprehensive.

More first rate beginners instruction from Dr. Yang. Emphatically for beginners, or for teachers perhaps, looking for new methods to help cultivate the feeling of qi flow in their students.

The author has brought the wisdom of his master to life in words and pictures that thoroughly cover the subject of health and chi cultivation by the use of the tai chi ball qigong system.

Great for additional explanation for the DVD. Wealth of knowledge in easy to understand and follow writing.

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