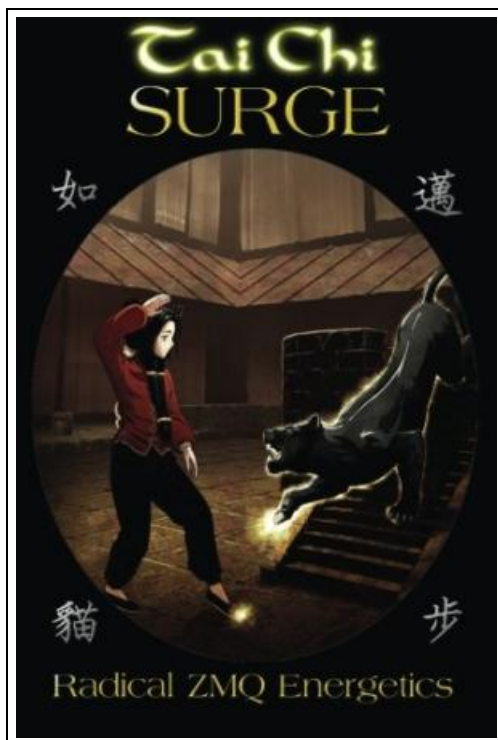


## Tai Chi Surge: Radical Zmq Energetics (Paperback)



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## TAI CHI SURGE: RADICAL ZMQ ENERGETICS (PAPERBACK)



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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 ve learned or are learning the ZMQ method or another Tai Chi system, but its insights on Tai Chi internal power will also be enlightening and inspiring for beginners or the casual reader who s merely Tai-curious . Beyond Tai Chi, SURGE will be of interest to any martial artist or healer who is involved with development or application of the body s intrinsic non-material energies. Contents Preface Fable Introduction Tai Chi Structure Principles A Further Note on Relaxation The Cat-Step Protocol Cat-Step Imagery Cat-Step: Left Wardoff Example The Counter-Sink Protocol Counter-Sink: Left Wardoff Example Duration How to Work It Barriers, Hangups, Impediments Pose Notes (The ZMQ37 Form) Bread Sandwich Tai Chi Advanced Work The Big Picture Refund Policy SURGE is emphatically not a full photo-sequence paint-by-numbers introduction to the entire method. Although the internal development requirements for every pose in the ZMQ sequence are fully described, visual references for each pose are not included. SURGE is not adequate for, and not intended as, a step-by-step tutorial on the mechanics of the system. You cannot learn the ZMQ method from this book. It is intended as a supplement to your Tai Chi study. Please take this advisory very seriously - you ll sound ridiculous if you later complain: I couldn t learn the Tai Chi form from this book! It...



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