



The Internal Structure Of Cloud Hands (Paperback)

By Robert E. Tangora

North Atlantic Books, U.S., United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. The Internal Structure of Cloud Hands offers readers an in-depth look into the art of Tai Chi Chuan via the practice of Cloud Hands, a foundational exercise common to all schools of this popular martial art. Part theoretical treatise, part training manual, this book facilitates a deeper understanding of internal movement and training for students of Tai Chi and other internal martial arts. Step-by-step exercises help to bring the theoretical into concrete practice and application. Author Robert E. Tangora, an accomplished practitioner and teacher of several different styles of Tai Chi, places a heavy emphasis on the development of internal structure and building a solid foundation in the art's most basic movements. Intermediate and advanced practitioners will discover a deeply interconnected world of practice; beginning students will learn basic training methods that can help them bypass years of incomplete training and erase incorrect habits already formed. Tangora also stresses the importance of meditation and its crucial relationship to the art's health and martial aspects, as well as how to use the spine to integrate movements--especially important for practitioners with...



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