



# The Inner Structure of Tai Chi: Mastering the Classic Forms of Tai Chi Chi Kung

*Mantak Chia, Juan Li*

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Explores the deep, internal work necessary for the effective practice of tai chi

- Reveals the Taoist principles that gave birth to the Yang-style tai chi forms
- Shows how tai chi can circulate powerful healing energies through the body

Taoist adepts developed tai chi as both a martial art and a way to cultivate their physical body, energy body, and spirit body. Like all Taoist exercises, its main purpose is to form a connection to the basic energy that is the foundation of all life: *chi*. Until the beginning of the twentieth century, tai chi was considered a secret practice that was passed down only within a closely knit structure of family and loyal disciples. Despite its widespread growth in popularity as a martial art and health exercise, many of its underlying internal practices remain unknown.

*The Inner Structure of Tai Chi* explores the deep, internal work necessary for the effective practice of tai chi. Designed for practitioners at every level, the book contains step-by-step illustrated instructions for mastering the 13 forms of early Yang-style tai chi, also known as Tai Chi Chi Kung. The authors demonstrate the relationship of the inner structure of tai chi to the absorption, transformation, and circulation of the three forces that animate all life--the Universal force, the Cosmic force, and the Earth force--revealing the principles and practices necessary to receive the full spectrum of physical, psychological, and spiritual benefits that tai chi can bring.

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