

Radical Taiji Energetics



Scott Meredith

Juice Radical Taiji Energetics English Edition

Scott Meredith



Juice Radical Taiji Energetics English Edition:

Juice Scott Meredith, 2012-09-08 JUICE Radical Taiji Energetics describes the entire process of generating maximal internal power qi through the slow motion martial art of Chinese Taijiquan T ai Chi Ch uan All aspects of cultivation and deployment of Taiji s spirit energy are described in accessible terms This book explains that the great past Taiji masters were not pointing at mere physical structure or mechanical principles in their teachings Rather they have left us a legacy of ecstatic internal energy methods that are unwrapped unraveled and demystified in this book The presentation is clear engaging and profound and includes working solo working with a partner and mastering the Taiji sword JUICE is an essential companion for anybody from the raw beginner to the long term veteran practitioner or teacher of Taiji Which feels better crack cocaine or Taiji energy Why is spirit power not physical structure Taiji s true engine of mastery Whether you re a seasoned player or merely Tai curious JUICE will hand you the hidden master keys to TAIJI T ai Chi Ch uan Contents include The BRUTE level of internal energy Taiji s MISSING BASIC for universal energy permeation The ARC OF STEEL for Taiji s Full Body Activation The SURGE and the STATE The real purpose and method of Taiji s PUSH HANDS exercise The TAILOR S TOUCH for supreme sensitivity YINJECTION and YINFUSION for power emission The SHELL and its SPIKE SLIDE SLURP and NUDGE power concepts Taiji s energy meta tool the Chinese STRAIGHT SWORD and much more JUICE isn t a photo sequence textbook illustrating a set of dance poses JUICE doesn t blandly re parrot the arcane Chinese philosophy from which Taiji emerged This book lays out the specific mental settings that super charge any style of Taiji and explains how to use Taiji for personal energy cultivation with effects that anyone can experience immediately Whether you currently practice Taiji or you re just thinking of getting into it you should read JUICE before taking another step **Packing** Scott Meredith, 2015-12-09 If your mind is not projected into your hands even ten thousand techniques will be useless Teshu Yamaoka Bodyguard to the Meiji Emperor Dozens of incredibly effective methods for streaming the internal power of ki to and through your arms and hands for martial arts healing calligraphy or any other purpose PACKING can be viewed as the most direct sequel to the original Tai Chi classic JUICE Radical Taiji Energetics in that It is style neutral sampling from a variety of methods It further details the ARC training process But though it picks up directly from JUICE it also functions entirely stand alone for anybody from any background or no background who desires to begin working directly with the internal power experience PACKING presents dozens of straight forward techniques for igniting the inner hand drawn from a wide variety of Eastern disciplines It is a Greatest Hits collection of internal energy drill methods

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