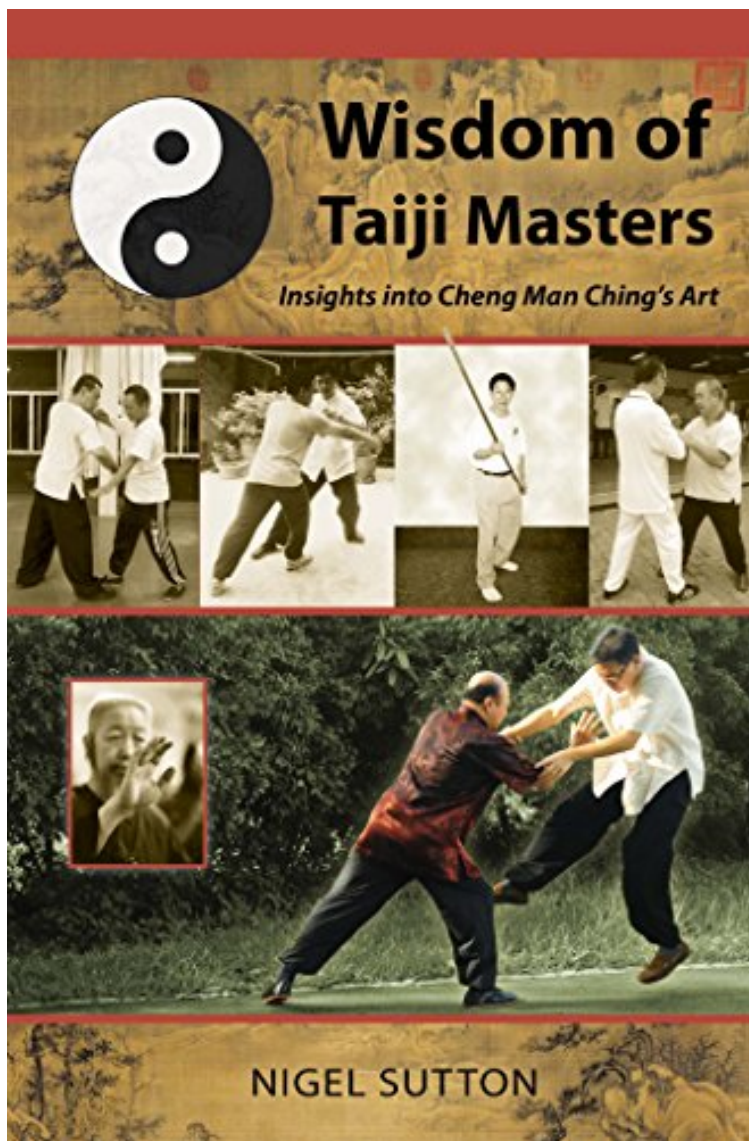


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# Wisdom of Taiji Masters: Insights Into Cheng Man Ching's Art (English Edition)



*Par Nigel Sutton*

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## Description :

Prsentation de l'diteurIn this ground-breaking book, author Nigel Sutton presents the wisdom, skill and experience of contemporary masters of Cheng Man Chings Taijiquan as practiced in Malaysia and Singapore. Included are full discussions on training, teaching, Taiji principles, weapons, push hands, sparring, challenge matches, mind-body-spirit development, and stories of the late Master Cheng. Two generations of revered masters discuss Chengs art in detail, including: Lau Kim Hong, Lee Bei Lei, Zhou Mu Tu, Ho Ah San, Tan Ching Ning, Dr. Fong Fung Tong, Wu Chiang Hsing and Koh Ah Tee.These eight

teachers describe their experience which made this art, in 30 short years, the premier fighting style of Taijiquan in Southeast Asia. The masters discuss their experience with Taiji fighting, challenges and applications. This is balanced with discussions of Nei Gong or internal strength training, which is seemingly lost amongst Chengs students in the West. Well known in the West for its role in the New Age movement, this is the first book to openly expose the reality of Cheng style Taijiquan as a fighting art in the words of leading masters from the lineage. Nigel Sutton is a martial artist with more than forty years of experience who has spent the last two decades living, training and teaching in Southeast Asia. He is also the author of several other books on Taiji, Bagua and Silat.

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*Biographie de l'auteur* Nigel is a martial artist with more than forty years of experience who has spent the last two decades living, training and teaching in Southeast Asia. The author of a number of books on the Asian martial traditions and a lineage initiate in many of these systems, Nigel continues to research, through practice and participant observation, the martial traditions of the region. Working from his foundational knowledge and experience of the taijiquan of Cheng Man Ching Nigel has broadened the scope of his studies to include other Chinese martial arts, multiple styles of silat, traditional Filipino Eskrima (Eskrima De Campo JDC-IO) and Thailand's Krabi Krabong. Nigel holds instructor rankings, many of them at a senior grade in Taijiquan, Xingyiquan, Baguazhang, Liangshi Wushu, five styles of Silat, Eskrima De Campo JDC-IO and Krabi Krabong. His current research is focused on the core elements common to all martial arts which constitute effective martial movement. Nigel is the author of many books, and is author of the Tambuli Media book, "Wisdom of Taiji Masters."