



## Tai-Chi Chuan in Theory and Practice

*Kuo Lien-Ying*

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## **Tai-Chi Chuan in Theory and Practice** Kuo Lien-Ying

Originally published before Kuo Lien-Ying left China and then again in 1966 soon after his arrival in the United States, *Tai-Chi Chuan in Theory and Practice* has now been edited and expanded by his widow and disciple, Simmone Kuo. Her version includes new material on the philosophical origins of Tai-Chi Chuan, particularly how it relates to the I Ching, the most ancient text of Chinese wisdom. The book also provides explanations of the meaning of this ancient and elegant martial art--its name and history--the keys to understanding the Thirteen Movements, archival photographs of Lien-Ying performing the movements, and other supplementary literature.

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