



The Essence of T'ai Chi Ch'uan - The Literary Tradition

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The Essence of T'ai Chi Ch'uan - The Literary Tradition. Translated and edited by Benjamin Pang Jeng Lo, Martin Inn, Robert Amacker, Susan Foe. This is a brand new edition (2008) with calligraphy by Benjamin Pang Jeng Lo, annotations referencing commentary by Professor Cheng Man-ch'ing, and a glossary of Chinese terms. The Essence of T'ai Chi Ch'uan is a translation of the T'ai Chi Classics, the principles on which T'ai Chi Ch'uan is based. What makes this translation unique is the depth of experience of the translators and their knowledge of the Chinese language. Benjamin Lo, Professor Cheng Man-ch'ing's first student, with over 50 years of experience as a practitioner of T'ai Chi, has rearranged the order of the T'ai Chi Classics to make the ideas and principles more understandable to all practitioners of this art. The companion to the book "The Essence of T'ai Chi Ch'uan" is the DVD set "The Lectures" by Benjamin Lo, which are his authoritative commentaries on the T'ai Chi Classics.

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