

Tai Chi Classics Waysun Liao

Tai chi classics Written mostly in classical Chinese, they are used today mostly by the serious martial art practitioners of modern 6 Lineages that all trace their lineages to the ancient. They cover everything from the underlying taiji philosophical principles, to methods of practice and application. Liao, Waysun The tai chi classics (Chinese: 太極拳經; pinyin: tàijíquán jīng) are a collection of over 100 articles on the Chinese martial art of tai chi written by the art's master practitioners over the centuries. Almost exclusively, parents passed the knowledge on to their children. Together they now serve as the single authoritative guide for the development and usage of tai chi skills. Previously passed down in secret from generation to generation in whole or in parts through various lineages, they achieved classical status as they became public starting in the mid-1930s. Tai Chi was a secret heritage of just a small number of families

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