



The Art of Western Tai Chi Chuan: The Supreme Ultimate Sweet Science of Boxing with 10 Limbs

By M. Ed Master Gurjot K. Singh

Eloquent Books. Hardcover. Book Condition: New. Hardcover. 268 pages. Dimensions: 9.0in. x 6.0in. x 1.0in. This book introduces Trainers and Fighters to the philosophy and application of Western Tai Chi Chuan for Amateur Fighting Competitors. Western Tai Chi Chuan is the merging of its 13 Strategies into the basic tactics of Western Boxing, Kickboxing and Grappling. The result is an Amateur Fighter with a savage and intimidating defense and a calculated and deliberate offense. You will learn the essential principles, objectives and obstacles of an Amateur Fighting Competitor, including breathing techniques, proper understanding of form and function, intense multi-discipline sparring techniques, and the practical use of meditation processes. Also included is a section for Trainers, with an example of a complete course outline as well as a section that presents classical Tai Chi treatise and definitive striking points on the human anatomy. Producing over 20 (Amateur) champions from 2007 to 2009 at the State and Regional levels, Western Tai Chi Chuan is emerging as a dynamic and effective fighting system used for Martial Art competition in the Southeast Region of the United States. Gurjot K. Singh, M Ed. (Retired, U. S. Army Ranger, S. E. R. E. and Drill Instructor) holds...



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