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Chen Xiaowang

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Para poder dominar el Taijiquan debes comenzar con los pasos fundamentales, trabajar sistemáticamente para avanzar en sus niveles, lentamente construir tus conocimientos y tu técnica en la medida que progresas. Este libro explica los cinco niveles del Taijiquan desde un completo principiante hasta un practicante de altísimo nivel. Presentando una traducción palabra por palabra de los textos en chino original del Gran Maestro Chen Xiaowang, el Maestro Jan Silberstorff entrega una guía detallada a través de cada uno de estos cinco niveles. Los lectores aprenderán cómo evaluar sus actuales habilidades del Taijiquan e identificar exactamente qué necesitan para llegar al siguiente nivel y alcanzar el objetivo más alto, la perfección del Taiji, o alcanzar un completo estado del ser. Es un accesible y motivacional libro para todos los estudiantes y practicantes de Taijiquan así como para cualquiera que busque obtener un entendimiento más profundo del antiguo arte del Taijiquan.

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