

# [PDF] Tai Chi Chuan: 24 & 48 Postures With Martial Applications

Liang Shou-Yu, Wu Wen-Ching - pdf download free book

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#### Books Details:

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#### Description:

**Review** "This book presents to interested readers many practical martial arts applications along with the health promoting exercises of Taijiquan. I would like to express my congratulations to coach Liang and coach Wu for a meticulous and successful cooperative effort." (Grandmaster Wang Ju-Rong, Professor; China Shanghai Athletic Institute, Chinese Wushu National Level Judge )

**About the Author Liang, Shou-Yu** was born on June 28, 1943 in the city of Chongqian, Sichuan

Province, China. When he was six he began his training in Qigong, the art of breathing and internal energy control, under the tutelage of his renowned grandfather, the late Liang, Zhi-Xiang. Mr. Liang was taught the esoteric skills of the Emei Mountain sect, including Da Peng Qigong. When he was eight, his grandfather made special arrangements for him to begin training Emei Wushu (martial arts).

**Wen-Ching Wu** was born in Taiwan, China in 1964. He loved Wushu and many other sports since a young age. During high school he was on the school's basketball and softball teams. He graduated from high school as a salutatorian. He came to the U.S. in 1983 to study Mechanical Engineering and in 1988, he graduated with honors from Northeastern University, with a BSME degree.

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