



Winged Lion Taijiquan



Taiji Reading List

Introductory / Beginning

Drawing Silk (P. Gallager) Total Tai Chi

Gateway To the Miraculous (W. Lowenthal) Frog

Martial Musings (R.W. Smith) Via Media

T'ai Chi Ch'uan for Health and Self Defense (T.T. Liang) Vintage

T'ai Chi Classics (W.L. Liao) Shambhala

T'ai Chi - The "Supreme Ultimate" Exercise for Health, Sport, and Self Defense (Cheng and Smith) Tuttle

There Are No Secrets (W. Lowenthal) North Atlantic

Advanced / Accomplished

Cheng Man-Ch'ing's Advanced T'ai-Chi Form Instructions (D. Wile) Sweet Chi

Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan (M.C. Cheng) North Atlantic

The Essence of T'ai Chi Ch'uan (Lo/Inn/Amacker/Foe) North Atlantic

Mastering Yang Style Taijiquan (Z.W. Fu) North Atlantic

T'ai Chi's Ancestors, The Making of an Internal Martial Art (D. Wile) Sweet Chi

Taijiquan: The Art of Nurturing, The Science of Power (Y. Yang) Zhenwu

Tai-chi Touchstones: Yang Family Secret Transmissions (D. Wile) Sweet Chi

Zheng Manqing's Uncollected Writings (D. Wile) Sweet Chi

Philosophical / Conceptual

The Essential Tao (T. Cleary) HarperCollins

The Tao Te Ching of Lao Tzu (B. B. Walker) St. Martin's

The Way of Chuang Tzu (T. Merton) Shambhala Library

Zen Mind Beginner's Mind (S. Suzuki) Weatherhill
