



T'ai Chi Classics (Shambhala Classics)

Waysun Liao

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According to Master Liao, the great power of T'ai Chi cannot be realized without knowing its inner meaning. *T'ai Chi Classics* presents the inner meaning and techniques of T'ai Chi movements through translations of three core classics of T'ai Chi, often considered the "T'ai Chi Bible." The texts are introduced by three chapters explaining how to increase inner energy (*ch'i*), transform it into inner power (*jing*), and project this inner power outward to repel an opponent without physical contact. Master Liao also provides a description of the entire sequence of T'ai Chi movements, illustrated by his own line drawings.

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