

Monday, December 4, 2006

Videos showing t'ai chi's awesome power.

On November 14, I blogged about the awesome power of applying t'ai chi to my daily life and law practice. The following videos show the amazing power of t'ai chi, as demonstrated by the legendary Cheng Man Ching, who taught the teacher of my t'ai chi teachers, and who modified the t'ai chi yang style form to 37 interconnected postures: [Â - Cheng Man Ching's t'ai chi chuan yang style short form.](#) [Â - Cheng Man Ching, with commentary by Robert W. Smith, who was Professor Cheng's first western student and the teacher of my teachers.](#) [Â - Cheng Man Ching sparring.](#) [Â - More sparring.](#) [Â - Last part of the 37 postures, and additional demonstration.](#) Jon Katz.

Posted by Jon Katz in Persuasion at 00:00