



# The Complete Book of Yiquan

*By C S Tang*

Download now

Read Online →

## The Complete Book of Yiquan By C S Tang

With detailed photographs and clear instruction for practice, this is the first book comprehensively to cover the history, development and training methods of this rarely taught esoteric internal martial art. The deceptively simple postures and movements of Yiquan are highly effective for achieving results for both health and combat, making it very appealing to martial artists, and Master Tang here reveals the secrets of a martial art still surrounded in mystery. He also provides a history of the origins and lineage of the Yiquan tradition, as well as detailed information on the stances and movements, weapons, and programs, grading and teaching.

This complete guide to Yiquan will be essential for anyone interested in Yiquan or oriental martial and internal arts more generally.

 [Download The Complete Book of Yiquan ...pdf](#)

 [Read Online The Complete Book of Yiquan ...pdf](#)

# The Complete Book of Yiquan

*By C S Tang*

## The Complete Book of Yiquan By C S Tang

With detailed photographs and clear instruction for practice, this is the first book comprehensively to cover the history, development and training methods of this rarely taught esoteric internal martial art. The deceptively simple postures and movements of Yiquan are highly effective for achieving results for both health and combat, making it very appealing to martial artists, and Master Tang here reveals the secrets of a martial art still surrounded in mystery. He also provides a history of the origins and lineage of the Yiquan tradition, as well as detailed information on the stances and movements, weapons, and programs, grading and teaching.

This complete guide to Yiquan will be essential for anyone interested in Yiquan or oriental martial and internal arts more generally.

## The Complete Book of Yiquan By C S Tang Bibliography

- Sales Rank: #448897 in Books
- Brand: imusti
- Published on: 2015-03-21
- Released on: 2015-03-21
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .94" w x 7.01" l, 1.60 pounds
- Binding: Paperback
- 416 pages

 [Download The Complete Book of Yiquan ...pdf](#)

 [Read Online The Complete Book of Yiquan ...pdf](#)

## Download and Read Free Online The Complete Book of Yiquan By C S Tang

---

### Editorial Review

#### Review

This book is clearly the fruit of many decades of intensive research and practice under the old generation of Yi Chuan masters. It gives very lucid, detailed descriptions of the entire training system, as well as revealing the previously hidden theories and training concepts which give this system the essence it is famous for. Extensive photos of both the author and many old masters bring the text to life. This work is a remarkable achievement in the field of Chinese martial arts. -- Alex Kozma, author of *Warrior Guards the Mountain: The Internal Martial Traditions of China, Japan and South East Asia*

#### Review

This book is clearly the fruit of many decades of intensive research and practice under the old generation of Yi Chuan masters. It gives very lucid, detailed descriptions of the entire training system, as well as revealing the previously hidden theories and training concepts which give this system the essence it is famous for. Extensive photos of both the author and many old masters bring the text to life. This work is a remarkable achievement in the field of Chinese martial arts. (Alex Kozma, author of *Warrior Guards the Mountain: The Internal Martial Traditions of China, Japan and South East Asia*)

#### About the Author

Master C S Tang is a senior Xingyi Quan, Bagua Quan and Yi Quan expert and researcher from Hong Kong, known for the depth of his knowledge and his skill in the internal systems. He studied Xingyi Quan with several Masters of the older generation, and has made a special study of collecting and researching the ancient training manuals of various Chinese martial arts systems. He lives in Hong Kong and is the author of *The Mysterious Power of Xingyi Quan*, also published by Singing Dragon.

### Users Review

#### From reader reviews:

#### Ryan Wysocki:

Do you have favorite book? In case you have, what is your favorite's book? Book is very important thing for us to understand everything in the world. Each book has different aim or even goal; it means that e-book has different type. Some people sense enjoy to spend their time to read a book. These are reading whatever they take because their hobby will be reading a book. Why not the person who don't like examining a book? Sometime, person feel need book when they found difficult problem or exercise. Well, probably you will require this *The Complete Book of Yiquan*.

#### Scottie Hicks:

The knowledge that you get from *The Complete Book of Yiquan* is a more deep you excavating the information that hide inside the words the more you get considering reading it. It does not mean that this book is hard to understand but *The Complete Book of Yiquan* giving you buzz feeling of reading. The writer conveys their point in a number of way that can be understood by simply anyone who read the item because the author of this reserve is well-known enough. This specific book also makes your own vocabulary increase well. That makes it easy to understand then can go along, both in printed or e-book style are

available. We suggest you for having this specific The Complete Book of Yiquan instantly.

**Macie Tiffany:**

The reserve untitled The Complete Book of Yiquan is the e-book that recommended to you to see. You can see the quality of the e-book content that will be shown to an individual. The language that writer use to explained their way of doing something is easily to understand. The article author was did a lot of investigation when write the book, to ensure the information that they share for you is absolutely accurate. You also might get the e-book of The Complete Book of Yiquan from the publisher to make you more enjoy free time.

**Miguel Lynch:**

Your reading sixth sense will not betray you, why because this The Complete Book of Yiquan e-book written by well-known writer who knows well how to make book which can be understand by anyone who also read the book. Written inside good manner for you, dripping every ideas and writing skill only for eliminate your hunger then you still hesitation The Complete Book of Yiquan as good book not only by the cover but also by the content. This is one publication that can break don't evaluate book by its handle, so do you still needing another sixth sense to pick this specific!? Oh come on your reading through sixth sense already said so why you have to listening to another sixth sense.

**Download and Read Online The Complete Book of Yiquan By C S Tang #C2R7ISJLEQG**

## **Read The Complete Book of Yiquan By C S Tang for online ebook**

The Complete Book of Yiquan By C S Tang Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Complete Book of Yiquan By C S Tang books to read online.

### **Online The Complete Book of Yiquan By C S Tang ebook PDF download**

**The Complete Book of Yiquan By C S Tang Doc**

**The Complete Book of Yiquan By C S Tang Mobipocket**

**The Complete Book of Yiquan By C S Tang EPub**