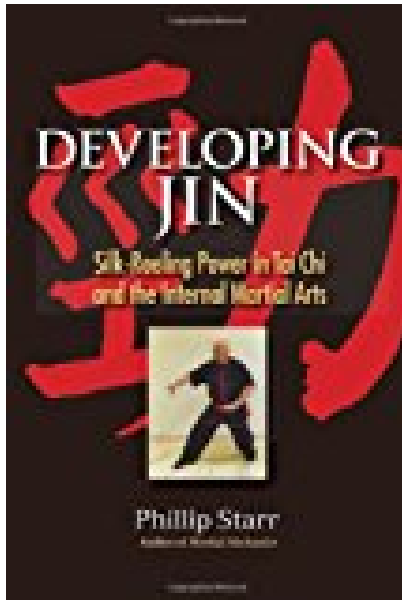


Developing Jin Silk-Reeling Power in Tai Chi and the Internal Martial Arts



BOOK DETAILS

- Author : Phillip Starr
- Pages : 224 Pages
- Publisher : Blue Snake Books
- Language : English
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BOOK SYNOPSIS

Developing Jin provides a complete and progressive training regimen for increasing and refining chansi-jin, also known as silk-reeling power or coiling power--the true power of the internal martial arts. With step-by-step instructions and photographs, experienced teacher Philip Starr walks readers through a variety of techniques designed to help practitioners feel and use jin in their martial arts training. While much of the existing writing on jin relies on cryptic and mystical descriptions of internal power, Starr takes a direct, no-nonsense approach that addresses commonly held myths and identifies the real body mechanics behind this unusual power. Useful for novices and advanced practitioners alike, Developing Jin is a crucial addition to any serious martial artists library. Table of Contents 1.Got Jin? 2. How To Use This Book 3.Basic Conditioning Exercises 4.In The Beginning 5.Structure and Alignment 6.Training the Breath 7.The Nature Of Qi 8.Lets Get Engaged! 9.Beginning With Stillness 10.The Breath Coiling Form 11.The Secret Of Tendon Power 12.Internal Coiling 13.Applying The Coiling Power 14.Putting It All Together 15.Training Routines For Coiling Power 16. Three Become One 17. Combative Applications Conclusion

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