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# THE INNER STRUCTURE OF TAI CHI: MASTERING THE CLASSIC FORMS OF TAI CHI CHI KUNG



## The Inner Structure of Tai Chi

Mastering the Classic Forms of Tai Chi Chi Kung  
Mantak Chia and Juan Li

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, The Inner Structure of Tai Chi: Mastering the Classic Forms of Tai Chi Chi Kung, Mantak Chia, Juan Li, Taoist adepts developed tai chi as both a martial art and a way to cultivate their physical body, energy body, and spirit body. Like all Taoist exercises, its main purpose is to form a connection to the basic energy that is the foundation of all life: chi. Until the beginning...

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- Authored by Mantak Chia, Juan Li
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