



# Tai Chi Students confessions: The view from the back of the class (Volume 1)

*mrs Jenny Peters, mr Mark Peters*

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This is a unique book, an anthology of Tai Chi Chuan. Produced by pupils and teachers following the Cheng Man-Ching way of Yang style Tai Chi Chuan, it paints a picture of the art seen not from a –how-to-do-it or the classics point of view, but from the experiences of those who are training: beginners, intermediate and advanced. It is enlivened by excellent, right-on-the-button cartoons, guaranteed to raise a smile. The Description of a visit to England by a former pupil of Grand-Master Cheng, Master Tan Ching Ngee of Singapore, clarifies some important points about Grand-Master Cheng's approach which will be welcomed by all. The articles range far and wide, giving examples of stress reduction, martial application, humour, seriousness, beginning in the art and developing within it, and in so doing make Tai Chi Chuan more accessible to people thinking of taking it up, wondering where to turn for reassurance and so forth. It does so by showing how very ordinary (?) people approach and enjoy learning it. You can dip into the book at any chapter, as with an anthology, and share the experiences of students just like yourself...

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