TAIJI AND WELLNESS Bibliography of Suggested Reading

- Barret, Rick. <u>Taijiquan: Through the Western Gate</u>, Berkeley, California: Blue Snake Books, 2006
- Bisio, Tom. <u>Bagua Circle Walking Nei Gong The Meridian Opening</u>

 <u>Palms of Ba Gua Zhang</u>, Denver, Colo: Outskirts Press Inc.,
 2012
- Chen, Wei-Ming, trans Benjamin Pang Jeng Lo and Robert W. Smith.

 T'ai Chi Ch'aun Ta Wen, Berkeley, Calif.: North Atlantic
 Books, 1929, 1985
- Chen, Y.K. <u>Tai-Chi Ch'aun- It's Effects and Practical Applications</u>, North Hollywood, Ca: Newcastle Publishing Co.Inc., 1979
- Cheng, Man-ching. Master Cheng's Thirteen Chapters on T'ai-Chi Ch'aun, Brooklyn, New York: Sweet Ch'i Press, 1982
- Cheng, Man-ching and Smith, Robert W. T'ai-Chi, Rutland, Vermont: Charles E. Tuttle Co., 1967,1981
- Deshimaru, Taisen. The Zen Way to the Martial Arts, New York: E.P. Dutton, Inc., 1979
- Diepersloot, Jan. <u>Warriors of Stillness Trilogy; Meditative Traditions in the Chinese Martial Arts</u>,
 - Vol 1 Qiqong of the Center, Essence of Taijiquan, Walnut Creek, Cal: Center for Healing and the Arts, 1999
 - Vol 2 The Tao of Yiquan, the Method of Awareness in the Martial Arts, Walnut Creek, Cal: Center for Healing and the Arts, 1999

- Vol 3 Masters of Perception Sensory-Motor Integration in the Internal Martial Arts, Walnut Creek, Cal: Qi Works, 2013
- Hackney, Charles, Phd. Martial Virtues Lessons in Wisdom, Courage and Compassion from the World's Greatest Warriors, Singapore:
 Tuttle Publishing, 2010
- Huang, Al Chung-liang. Embrace Tiger, Return to Mountain The Essence of T'ai Chi, Moab, Utah: Real People Press, 1973
- Jou, Tsung Hwa. The Tao of Tai Chi Chaun Way to Rejuvenation, Rutland, Vermont: Charles E. Tuttle Co., 1980 1st ed., Scottsdale, Ariz: Tai Chi Foundation, 2001, 8th revised ed.
- Kauz, Herman. The Martial Spirit, Woodstock, New York: The Overlook Press, 1977
- Kozma, Alex. <u>Warrior Guards the Mountain The Internal Martial</u>

 <u>Traditions of China, Japan and South East Asia</u>, London and Philadelphia: Singing Dragon, 2011, 2013
- Lo, Benjamin Pang Jeng, et al. <u>The Essence of T'ai Chi Ch'aun, the Literary Tradition</u>, Richmond, Calif: North Atlantic Books, 1979
- Starr, Phillip. <u>Martial Structure</u>, Berkeley, Calif: Blue Snake Books, 2018
- Tang, C.S. The Complete Book of Yiquan, London and Philadelphia: Singing Dragon, 2015
- Wang, Peisheng and Zeng, Weiqi. <u>Wu Style Taijiquan</u>, Hong Kong and Beijing, China: Hai Feng Publishing Co. and Zhaohua Publishing House, 1983

- Yang, Jwing-Ming, Dr. Chi Kung, Health and Martial Arts, Jamaica Plain, Mass: YMAA Publications, 1985, 1987, 1988
- Yang, Jwing-Ming, Dr. <u>Tai Chi Secrets of the Ancient Masters</u>, Boston, Mass: YMAA Publication Center, 1999
- Yen, Flora Chow. <u>Tai Chi Made Easy</u>, Taipei, NewYork: Mei Ya Publications, Inc., 1979
- Zhuang, Henry. The Mind Inside Tai Chi Sustaining a Joyful Heart, Wolfeboro, NH: YMAA Publications, 2015