



## Tai Ji Quan: 105-Posture Yang Style Solo Form instructions and Applications (Paperback)

By Stuart Alve Olson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The long-awaited third volume in the Chen Kung Series presents the detailed instructions on the original Yang Style 105-Posture Taijiquan form, along with explanations of the practical self-defense applications, commentaries by Chen Kung, translations of the illustrations in the text, and notes by Stuart Alve Olson. A truly remarkable, insightful work that complements anyone's library on the art of Taijiquan.



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