

The Tai Chi Code: An exploration of the science behind the Internal Arts

THE TAI CHI CODE



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Have you ever wondered what the underlying concepts of the internal arts are? What makes them so good for health, vitality and wellness? Where do the unique methods stem from and how do they create unusual strength and power? The Tai Chi Code aims to explore some of these questions. Dealing into the authors life long study of the martial arts and his analysis of the techniques found in these systems we will be taken on a journey through the major attributes of the 'Internal Martial Artist'. Covering everything from how movement affects our Lymphatic system, to the utilisation of Fascia for connection we will look into how these various systems are drawn together in the internal arts to create a unique and powerful health method. Join the author on his journey, with amusing and enlightening stories from his training and the struggle of a young man seeking truth within a world of myth. The Tai Chi Code is a refreshing mix of practical scientific research and its relationship to the ancient internal arts.