



## Tai Ji Jin (Chen Kung Series) (Volume 2)

By Stuart Alve Olson

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This volume in the Chen Kung Series is a landmark translation and explanation of Taijiquan's most profound text—the Yang family's secret training journal on Intrinsic Energies (Jin). The commentary brilliantly explicates a work that will be an essential reference for any Taijiquan practitioner. Intrinsic Energies are the profound and marvelous skills of an accomplished Taijiquan master. They are the very foundation of self-defense skills in Taijiquan and are what sets Taijiquan apart and beyond all other styles of martial art. Anyone interested in developing their Taijiquan skills to the highest levels needs to read and study this work.

“I predict that this will be one of the most important works on T'ai Chi yet to be published in English. While the text itself is enlightening, the real pearls of knowledge contained in this book are to be found in Olson's commentary. Concepts and ideas typically mystified by practitioners are masterfully presented in a clear, direct manner.”—Dan Miller, editor *Pa Kua Chang Journal*

The information in Stuart Alve Olson's six-volume Chen Kung Series, available to the Chinese reader since 1936, covers the entire Yang family system of Taijiquan practice and philosophy. Chen Kung's original Chinese book is a distinct and invaluable resource that is now accessible to English readers through the brilliant translation work and insightful commentary of Stuart Alve Olson.

No matter what style of Taijiquan (Tai Chi Chuan) you practice or what level of skill you have achieved, the Chen Kung Series will greatly broaden your knowledge and skills, as it is truly a “Master's Program” on the art of Taijiquan.

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## **Editorial Review**

### **About the Author**

Stuart Alve Olson, longtime protege of Master T.T. Liang (1900–2002), is a teacher, translator, and writer on Taoist philosophy, health, and internal arts. In 2006, he formed Valley Spirit Arts to present his books and DVDs, and is the head teacher at the Sanctuary of Tao in Phoenix, Arizona, where he focuses on translating various Taoist texts, conducting lectures, leading retreats, and teaching.

## **Users Review**

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