



Classical Northern Wu Style Tai Ji Quan: The Fighting Art of the Manchurian Palace Guard

By Frank Allen, Tina Chunna

North Atlantic Books, U.S., United States, 2006. Paperback. Book Condition: New. 231 x 178 mm. Language: English . Brand New Book. Here is the original, rarely seen Tai Ji Quan developed by Yang Lu Chan s best Imperial Palace Guard student, Quan You, over 150 years ago. While other styles branched off into sport, health, and meditation, Quan You s disciples preserved the traditional ways. This book covers the principles, characteristics, and essentials of the Wu method, along with its famous masters. The entire classical form is illustrated step-by-step, and includes weapons skills.

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