



Master Cheng's Thirteen Chapters on Tai Chi Ch'üan

Cheng Man-Ch'Ing

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This revised edition of the classic Thirteen Chapters with notes and index was prepared for teachers, scholars, and serious students seeking both T'ai-chi treasures and a broader understanding of the sources of Cheng's teaching. In the Preface he states: "My teacher, Yang Ch'eng-fu, suspended the family transmission. He did not lightly share his knowledge, fearing it would fall into the wrong hands. Therefore I have taken all of these secrets and presented them here in this book." 101 pages



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