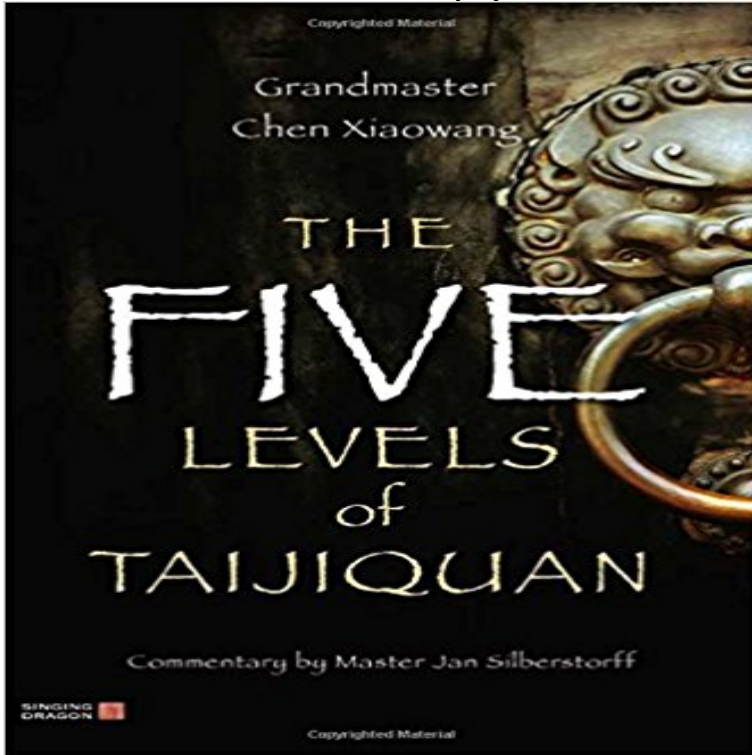


The Five Levels of Taijiquan



In order to master Taijiquan you must begin with the most fundamental steps, and systematically work up to the advanced levels, slowly building up your knowledge and technique as you go. This book explains the five levels of Taijichuan from complete beginner to highest level practitioner. Presenting a word for word translation with commentary of Grandmaster Chen Xiaowangs original Chinese text, Master Jan Silberstorff provides detailed guidance through each of the five levels. Readers will learn how to assess their current Taijiquan ability and identify exactly what is needed to reach the next level and ultimately the highest goal - the perfection of Taiji, or reaching a complete state of being. This is an accessible and motivational book for all Taijiquan students and practitioners, as well as anyone wishing to gain a deeper understanding of the ancient art of Taijiquan.

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