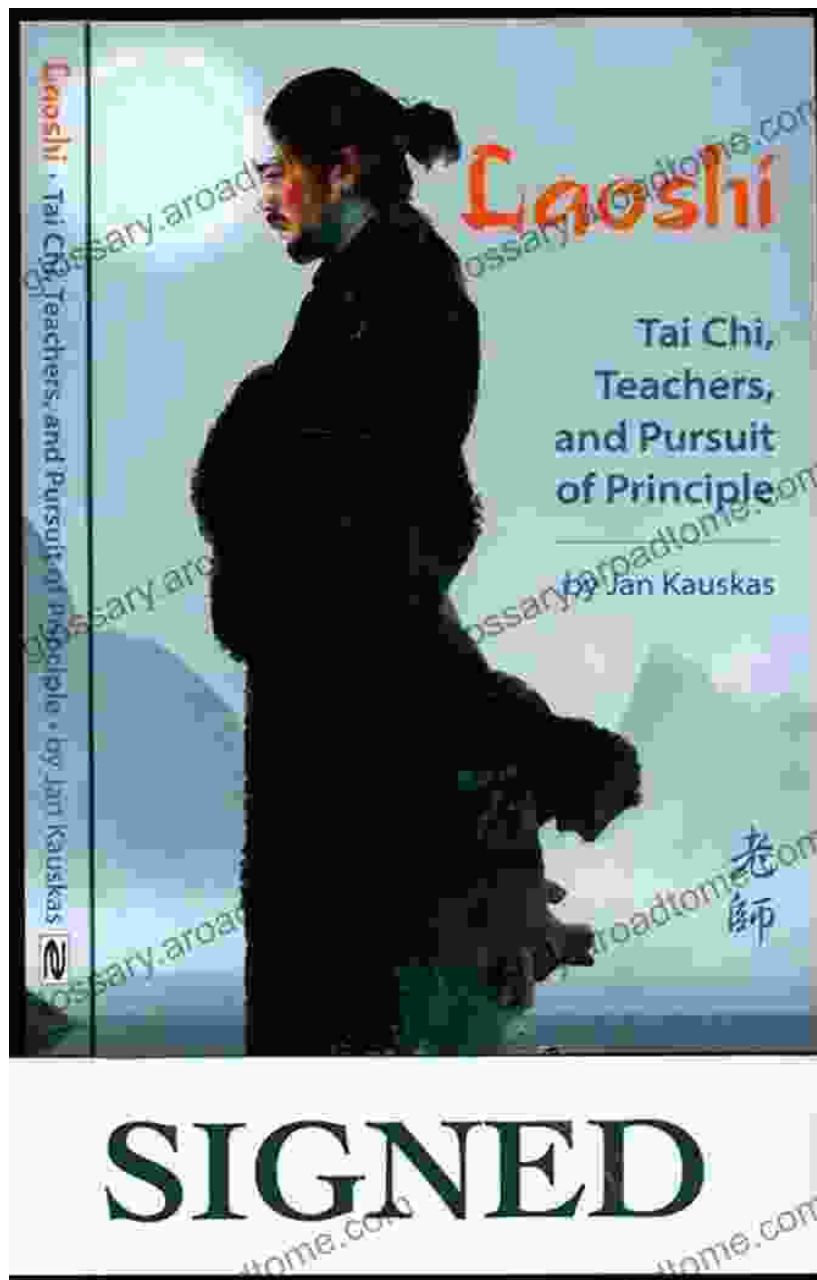


Laoshi: Tai Chi Teachers and the Pursuit of Principle

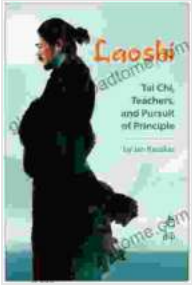


Laoshi: Tai Chi, Teachers, and Pursuit of Principle

by Jan Kauskas

★★★★☆ 4.6 out of 5

Language : English



File size	: 4100 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 200 pages
Lending	: Enabled



By Dr. Yang, Jwing-Ming

In the world of Tai Chi, teachers play a vital role in guiding students on their journey towards physical and spiritual well-being. They are the ones who pass down the ancient traditions of this mind-body practice, ensuring that its principles and techniques continue to be preserved for generations to come.

In "Laoshi: Tai Chi Teachers and the Pursuit of Principle," author and Tai Chi master Dr. Yang, Jwing-Ming explores the profound impact that teachers have on the lives of their students. Through in-depth interviews and personal anecdotes, Dr. Yang sheds light on the qualities and characteristics that make great Tai Chi teachers, and he offers valuable insights into the teacher-student relationship.

This book is a must-read for anyone who is interested in Tai Chi, or for anyone who wants to learn more about the importance of mentorship and guidance in any field.

What is Tai Chi?

Tai Chi is a mind-body practice that originated in China over 1,000 years ago. It is a gentle, flowing form of exercise that combines physical movements, breathing exercises, and meditation. Tai Chi is often used for its health benefits, which include improved flexibility, balance, and strength. It can also help to reduce stress and improve mental well-being.

The Role of the Tai Chi Teacher

Tai Chi teachers play a vital role in the transmission of this ancient practice. They are the ones who pass down the traditions and techniques of Tai Chi, and they help students to develop their physical, mental, and spiritual skills. Good Tai Chi teachers are patient, knowledgeable, and passionate about their art. They are also able to connect with students on a personal level and help them to overcome challenges in their practice.

The Teacher-Student Relationship

The teacher-student relationship is a sacred one in Tai Chi. It is based on trust, respect, and mutual support. The teacher is responsible for guiding the student on their journey, and the student is responsible for following the teacher's guidance. Over time, the teacher and student develop a close bond that can last a lifetime.

The Pursuit of Principle

In "Laoshi: Tai Chi Teachers and the Pursuit of Principle," Dr. Yang explores the importance of principle in Tai Chi. He argues that the principles of Tai Chi are not just a set of rules to be followed, but a way of life. The principles of Tai Chi can be applied to all aspects of life, and they can help us to live a more balanced, harmonious, and fulfilling life.

"Laoshi: Tai Chi Teachers and the Pursuit of Principle" is a valuable resource for anyone who is interested in Tai Chi. It is a book that will inspire you to learn more about this ancient practice and to find a teacher who can help you on your journey towards physical and spiritual well-being.

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