

Selected Reading List for White Crane Tai Chi

(Please remember that techniques are best learned with a qualified instructor.)

Form and Philosophy Books

Robinson, Ronnie. *Tai Chi*. Harper Collins. 2001.

Wong, Kiew Kit. *The Complete Book of Tai Chi Chuan. A Comprehensive Guide to the Principles and Practice*. Tuttle Publishing. 2001.

Form Books

Cheng, Man-ch'ing. *Master's Cheng's New Method of Taichi Ch'uan Self-Cultivation*. Frog Ltd. 1999.

Cheng Man-ch'ing by Mark Hennessy. *Master Cheng's New Method of Taichi Ch'uan*. Blue Snake Books. 1999.

Crompton, Paul. *Tai Chi Combat*. Shambhala. 1999.

Liao, Waysun. *T'ai Chi Classics*. Shambhala. 2001

McFarlane, Stewart. *The Complete Book of T'ai Chi*. Barnes & Noble Books. 2001.

Yang Jwing-Ming. *Advanced Yang Style Tai Chi Chuan*. Ymaa Publication Center. 1987

Philosophy Books

Cheng Man-ch'ing. *Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan*. Blue Snake Books. 2008.

Frantzis, Bruce. *The Big Book of Tai Chi. Build Health Fast in Slow Motion*. Thorsons. 2003.

Lao, Tzu. *The Way of Life*. Berkley Publishing Group. 1994.

Waysun, Liao. *The Essence of T'ai Chi*. Shambhala Publications. 1995.

Warm-up Book

Pawlett, Ray. *The Beginner's Guide to Tai Chi*. Sterling Publishing Co. 2000.

Breathing Book

Ramacharaka. *The Hindu-Yogi Science of Breath*. L. N. Fowler & Co. 1903. (Available through the Gutenberg Project at www.gutenberg.net).

Recommended Video

Dunn, Terence. *T'ai Chi for Health. Yang Short Form*. Healing Arts: Santa Monica, CA. 1999.