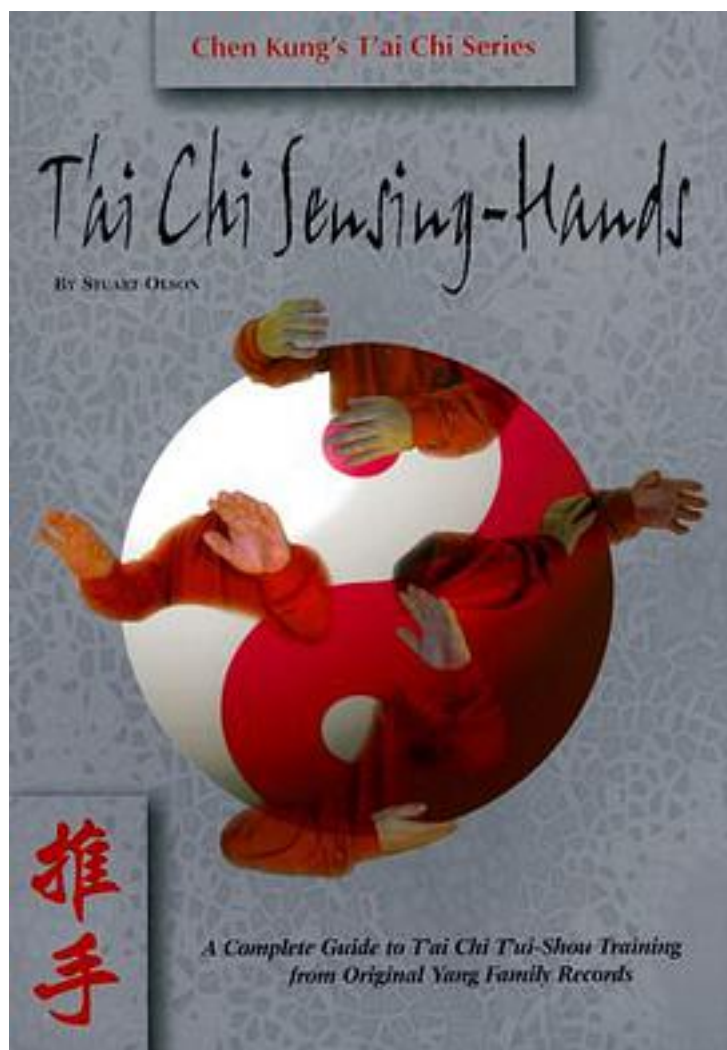


# T'ai Chi Sensing-hands



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This book presents a complete record of Yang style tai chi tui shou (also known as "push hands" or "sensing hands") techniques. Although most tai chi practitioners are currently familiar with three or four of the main tui shou techniques, there are a variety of other "hidden" tui shou methods. Stuart Olson began his study at the City of Ten-Thousand Buddhas Monastery in 1979. In 1982, he became a live-in disciple of Buddhist master T.T. Liang. Olson currently lives in Minnesota, where he teaches yi tai chi, eight section brocade qigong, and chin ku sung massage.

作者介绍:

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