

JUICE Radical TAIJI Energetics



JUICE Radical Taiji Energetics describes the entire process of generating maximal internal power (qi) through the slow motion martial art of Chinese Taijiquan (Tai Chi Chuan). All aspects of cultivation and deployment of Taijis spirit energy are described in accessible terms. This book explains that the great past Taiji masters were not pointing at mere physical structure or mechanical principles in their teachings. Rather, they have left us a legacy of ecstatic internal energy methods that are unwrapped, unraveled, and demystified in this book. The presentation is clear, engaging, and profound, and includes working solo, working with a partner, and mastering the Taiji sword. JUICE is an essential companion for anybody from the raw beginner to the long-term veteran practitioner or teacher of Taiji. Which feels better, crack cocaine or Taiji energy? Why is spirit power (not physical structure) Taijis true engine of mastery? Whether youre a seasoned player or merely Tai-curious, JUICE will hand you the hidden master keys to TAIJI (Tai Chi Chuan) Contents include: The BRUTE level of internal energy; Taijis MISSING BASIC for universal energy permeation; The ARC OF STEEL for Taijis Full Body Activation; The SURGE and the STATE; The real purpose and method of Taijis PUSH-HANDS exercise; The TAILORS TOUCH for supreme sensitivity; YINJECTION and YINFUSION for power emission; The SHELL and its SPIKE, SLIDE, SLURP, and NUDGE power concepts; Taijis energy meta-tool: the Chinese STRAIGHT SWORD; and much more. JUICE isnt a photo-sequence textbook, illustrating a set of dance poses. JUICE doesnt blandly re-parrot the arcane Chinese philosophy from which Taiji emerged. This book lays out the specific mental settings that super-charge any style of Taiji and explains how to use Taiji for personal energy cultivation - with effects

that anyone can experience immediately. Whether you currently practice Taiji or you're just thinking of getting into it, you should read JUICE before taking another step.

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