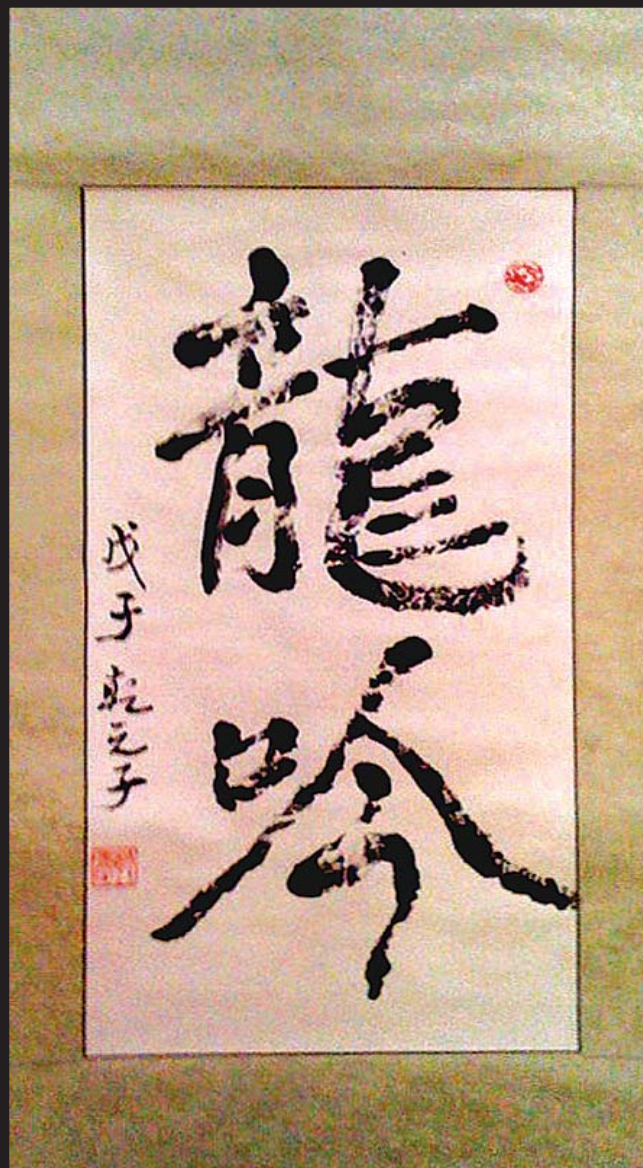


NEW TITLES CATALOGUE

SPRING/SUMMER 2009



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Cover image by Master Zhongxian Wu

SEEKING THE SPIRIT OF THE BOOK OF CHANGE

8 Days to Mastering a Shamanic Yijing (I Ching) Prediction System

MASTER ZHONGXIAN WU

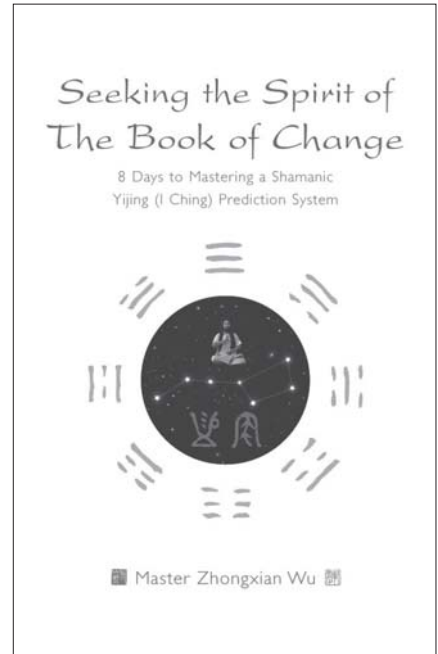
Foreword by Daniel Reid

The Yijing (I Ching) or “Book of Change” is one of the oldest of the Chinese classic texts and has held a key place in the Daoist tradition for thousands of years. Explaining the ancient Yijing system of prediction based on the Xiang (symbolism) and Shu (numerology) knowledge of Bagua (the eight basic trigrams), which have not previously been written about outside China, this book makes the Yijing accessible to the Western world in a new and fuller way.

In the space of just eight days, Master Zhongxian Wu leads the reader towards a deep understanding of the Eight Trigrams of the Yijing and how to apply this knowledge in practical ways in daily life. Master Wu explores the numerology and symbolism of Yijing and clearly explains how the reader can use the Yijing divination system for themselves.

Master Zhongxian Wu has devoted himself to the study of Qigong, martial arts, Chinese medicine, Yijing science, Chinese calligraphy, and ancient Chinese music for over 30 years. He was Director of the Shaanxi Province Association for Somatic Science and the Shaanxi Association for the Research of Daoist Nourishing Life Practices, and has written five books and numerous articles on the philosophical and historical foundations of China’s ancient life sciences. He is the author of *Vital Breath of the Dao*, also published by Singing Dragon.

Contents: Acknowledgements. Foreword by Daniel Reid. Introduction: Yijing Prediction and Wu (Shamanism). I. About the Title of Yijing. II. Wu: Chinese Shamanism. III. Wu and Chinese Culture. IV. The Secret of Yijing. V. The Spirit of Yijing. 1. Dao: The Way of Yi and Tea. 1.1 The Celestial Tea House. 1.2 Tea Ceremony. 1.3 The Secret of the Universe. 1.4 Tea and the Dao. 1.5. Gua (Trigram or Hexagram). 1.6 Taiji Qigong Qian (Heaven). 2. Yi: The Changes and Myths. 2.1 A Story of Creation and Gua (Trigram). 2.2 Tea and Yi (Divination). 2.3 Fuxi: The First Chinese Shaman King. 2.4 Bagua: The Eight Trigrams Arrangements. 2.5 Taiji Qigong Dui. (Lake) 3. Shu: Numerology. 3.1 Shu Dao: The Way of the Numbers. 3.2 He tu and Luoshu: The Patterns of the Universe. 3.3 Tiandi Shengcheng Shu: Heaven and Earth Creating and Completing Numbers. 3.4 The Relationships Among Numerology, Yin-Yang and Five Elements. 3.5 Xiantian Bagua Shu: Prenatal Eight Trigrams Numbers. 3.6 Taiji Qigong Li (Fire). 4. Xiang: Symbolism. 4.1 Xiang Symbolism. 4.2 Guaxiang: The Symbolic Meaning of the Bagua. 4.3. Taiji Qijong Zhen (Thunder). 5. Zhan: The Divination. 5.1 Qi Gua: Make a Trigram with a Number. 5.2 Jie Gua: Decode the Trigram. 5.3 Eight Trigrams and Five Elements. 5.4 Taiji Qigong Xun (Wind). 6. Li: Case Analyses. 6.1 Pork Stew. 6.2 Burning Incense and Heart. 6.3. The Magical Mirror. 6.4 Move, Travel, and Hire. 6.5 The Home of Your Soul. 6.6 Yajji Qigong Kan (Water). 7. Chuan: The Hidden Immortal Lineage. 7.1 A Brief Introduction to the Chinese Immortal Cultivation Lineage. 7.2 The Chanting Ceremony. 7.3 Mayi Daozhe: The Declarer of the Original Yijing. 7.4 Xiyi Xiansheng: The First Promoter of Taiji. 7.5 Yang Yongji: A Modern Hermit. 7.6 Taiji Qigong Gen (Mountain) 8. Yao: The Essence of Prediction. 8.1. Xing: Model. 8.2. Wuxing: Predicting without a Model. 8.3 Xinfu: Heart Method. 8.4 Gantong: Inherent Prediction. 8.5 Taiji Qigong Kun (Earth). Afterword: Life is the Treasure. Appendix: A Miracle Story of Inner Cultivation. Glossary. Index.



July 2009 240pp 254 x 177.8mm
ISBN 978 1 84819 020 7 hb £17.99
BIC: VXFA, YQH

In past decades, countless new attempts have been made to delve into the mystery and wisdom of the I Ching, from the most astute to the inane variations. It is a special treat to read this new perspective of Master Wu's entry into this ancient classic through the Shamanic Prediction Systems. Master Wu has made this often indecipherable exotic way accessible; and it is especially delightful that he is inviting the reader into this process by sharing a cup of good tea while along the way, introducing the Tao of Tea. I highly recommend this book as another worthy supplement to all lifelong students of the I Ching.'

*- Chungliang Al Huang, Founder of the Living Tao Foundation,
 Director of the International Lan Ting Institute and author of Embrace
 Tiger, Return To Mountain*

BAGUA QUAN FOUNDATION TRAINING

HE JINGHAN

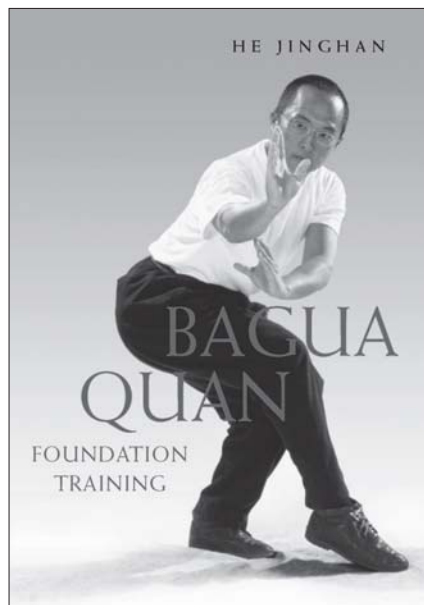
Translated by David Alexander

The ancient Chinese art of Bagua Quan combines internal cultivation - the training of the mind - with external application, strengthening and supporting the health of the body. The key functions of Bagua Quan, as understood through the Traditional Chinese Medicine approach to the body, are to regulate Qi and blood, balance Yin and Yang, and regulate the flow of energy in the body. In this book, Master He explains the philosophy and techniques of Bagua Quan and provides the reader with an accessible approach to the practice of the art.

The first part of the book provides an exploration of the basic concepts underlying traditional Chinese martial arts and goes on to explain the philosophical principles of the eight Bagua trigrams and their relationship to Bagua Quan. The book contains many exercises designed to improve stamina, strengthen bones and muscles, and fortify the mind, including training methods such as wrist and elbow rotation, leg and palm techniques and stances. A comprehensive chapter on internal cultivation skills explains how Qi and Li (energy and force) can be integrated through changes in limb and trunk movements

Fully illustrated with over 200 photographs and diagrams demonstrating exercises, stances and postures, this book is the ideal guide for anyone wishing to understand the basics of Bagua Quan or develop foundation skills.

He Jinghan is a fifth generation practitioner of the Bagua Quan lineage. At the age of 15, he started studying Yang style Taiji Quan and at the age of 23 was introduced to Master Gong Baozhai and began to specialize in Bagua. He was a disciple of Master Gong for 23 years, until his teacher's death. He Jinghan now focusses on internal energy and the promotion of Bagua Daoyin.



June 2009 160pp 254 x 177.8mm

ISBN 978 1 84819 015 3 pb £15.95

Illustration: 190 photographs and diagrams

BIC; VFMG

YOU ARE HOW YOU MOVE

Experiential Chi Kung

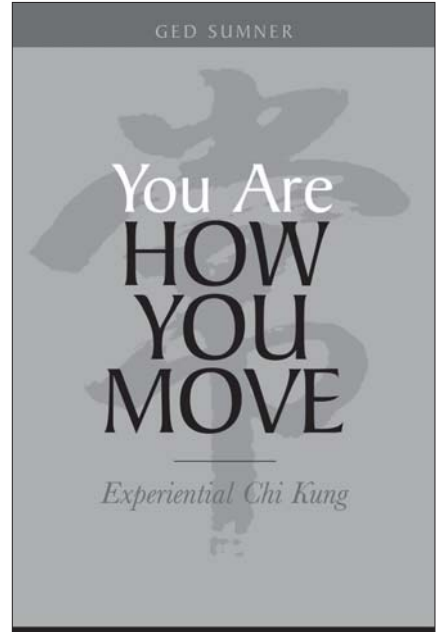
GED SUMNER

Chi Kung is the best kept secret on the planet. It is a powerful way of becoming fit, healthy and balanced through opening and mobilising the body and joints, breathing techniques, slow movement exercises, standing postures, special walking methods and meditation. It can be done anywhere, any time, in whatever you are wearing. With consistent practice you can transform your health to a high level of vitality.

Ged Sumner writes with rich insights into how to begin to think about your body and how to take the steps that will enable you to transform your practice. Completely accessible to those new to the field, the book will also be transformative for more experienced practitioners, providing many new ways of looking at 'old' elements of Chi Kung practice, and exploring the essential parts of the body most affected by Chi Kung. This modern, accessible approach to Chi Kung by a highly experienced teacher integrates mind and body and shows you how to become sensitive to yourself. A free website shows video footage of the forms in the book for easy reference.

Ged Sumner is a practising craniosacral therapist and Chi Kung teacher. He has also studied shiatsu, healing and attachment based psychoanalytical psychotherapy. He is Director of the College of Elemental Chi Kung offering Chi Kung classes, workshops, retreats and a Chi Kung Teacher Training program in Europe, North America and Australasia. Ged teaches Biodynamic Craniosacral Therapy as a senior tutor and course director. He is also a director of the Healthy Living Centre, a multi-disciplinary alternative therapy practice in London.

Contents: 1. What is Exercise? 2. Finding Your Spine. 3. Listening to Your Body. 4. Natural Alignment. 5. Breathe More. 6. A New Pelvis. 7. Know Your Feet. 8. Moving in 3D. 9. The Art of Standing Still. 10. Opening Your Joints. 11. Chi Flow. 12. Fire and Water. 13. Transformations. 14. Be Spontaneous. 15. Chi Meditations. 16. Chi Kung Applications.



April 2009 176pp 156 x 234mm

ISBN 978 1 84819 014 6 pb £12.99

Illustration: 170 photographs, 8 line drawings

BIC; VXH, VFMG

MANAGING DEPRESSION WITH QIGONG

FRANCES GAIK

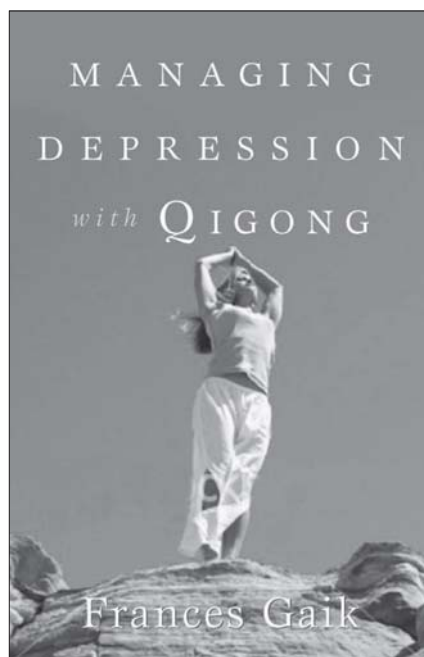
Many people will suffer from depression at some time in their lives. New research shows that Qigong, a traditional Chinese practice, can be an effective treatment for depression and can provide a good alternative or supplement to medication in some cases. Frances Gaik explains the basics of what Qigong is and why it is effective for depression, and shows the reader how to make use of Qigong to rise from the darkness of depression and regain strength and motivation in life.

Based on the same principles as Traditional Chinese Medicine, Qigong works by promoting the movement of health-giving energy along the meridians of the body. The author shows how the practical application of Qigong can radically improve health and wellbeing, and provides a treatment plan, including Qigong exercises. Encouraging the reader to identify their problems and take action, Dr. Frances Gaik gives practical advice that will help anyone with depression to improve their mental health.

Managing Depression with Qigong provides a guide to an effective and increasingly recognised form of treatment that will be invaluable to people with depression and their families.

Frances Gaik, is a licensed clinical professional counselor, in private practice in the western suburbs of Chicago, Illinois. She holds a Doctorate in Clinical Psychology from the Adler School of Professional Psychology, and an undergraduate degree in Philosophy with a concentration on ethics. Dr. Gaik is Board Certified in Professional Counseling and is a long-term meditator and Qigong practitioner who utilizes alternative energy therapies as well as hypnosis in her therapeutic approach. She has also worked in the health insurance industry for over 25 years.

Contents: Introduction. Chapter 1. A Paradigm Shift Toward Holistic Interventions. Chapter 2. The Information System of Your Body. Chapter 3. Traditional Chinese Medicine and Qigong. 4. Identifying Your Problem. Chapter 5. Practical Applications of Qigong to Depression - The Action Plan. Chapter 6. Taking Personal Responsibility For Your Health. Chapter 7. The Clinical Research Study. Appendix. Part One: Active Exercises. Part Two: Supplementary Exercises. Part Three: Sitting Meditations. References. Acknowledgments. Index.



July 2009 160pp 138 x 216mm
ISBN 978 1 84819 018 4 pb £12.99
BIC; VXH, WSTM

TRADITIONAL CHINESE MEDICINE APPROACHES TO CANCER

Harmony in the Face of the Tiger

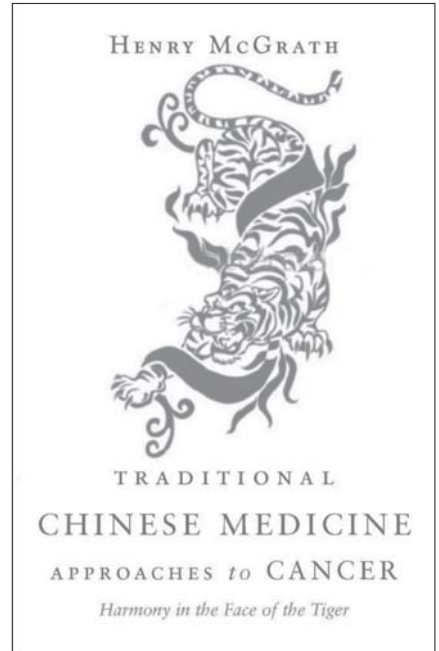
HENRY MCGRATH

Research shows that Chinese medicine can be very effective in supporting the treatment of cancer by orthodox Western methods, and is particularly effective in alleviating many of the side effects of treatment. Henry McGrath draws on his many years as a practitioner of Traditional Chinese Medicine to explain how Chinese medicine approaches cancer in terms of understanding and treatment. He presents the wide range of approaches that Chinese medicine has to offer people with cancer, and offers practical strategies to promote the health of the body as well as methods with which to cultivate the mind, helping the patient develop both physical and mental wellbeing. He covers a wide range of treatments, from acupuncture to Qigong, giving readers a sound basis on which to explore further specific treatment.

The Traditional Chinese Medicine Approach to Cancer will be an invaluable book for people with cancer and the medical professionals who work with them.

Henry McGrath studied oriental medicine for nine years, obtaining diplomas in shiatsu, acupuncture and herbal medicine. He is currently the Acupuncture Course Director and Academic Director for the College of Naturopathic Medicine and has undertaken clinical placements in the Herbal Medicine Oncology Departments of several Chinese hospitals in Nanjing and Beijing. Henry is an Orthodox Christian and is interested in the links between religion and medicine. He currently runs his own private practice and works at Penny Brohn Cancer Care. He lives in Bristol, UK.

Contents: Acknowledgments. Introduction. How to Use This Book. Chapter 1. The Chinese Understanding of Cancer. Chapter 2. Cultivating the Spirit: the Psychology of Chinese Medicine. Chapter 3. Celestial Lancets: Acupuncture in the Management of Cancer. Chapter 4. Elixir of Life: Herbal Medicine in the Management of Cancer. Chapter 5. Nourishing the Soul: the Chinese Approach to Nutrition. Chapter 6. Cultivating Qi. Conclusion. Contacting the Author.



August 2009 160pp 138 x 216mm
ISBN 978 1 84819 013 9 pb £12.99
BIC; VXHT1, M, VXH

CURVES, TWISTS AND BENDS

A Practical Guide to Pilates for Scoliosis

ANNETTE WELLINGS
WITH ALAN HERDMAN

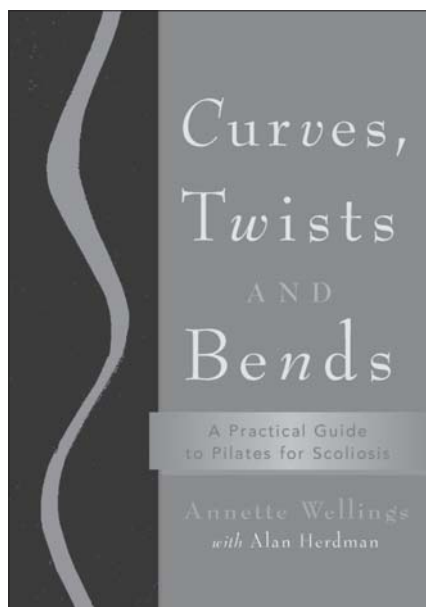
Written in response to the many requests for a practical and accessible guide to exercise for scoliosis sufferers, *Pilates for Scoliosis* combines the insights of Annette Wellings, who has major scoliosis, with Alan Herdman, the UK's leading Pilates practitioner.

This clear and concise book explains in accessible terms what scoliosis is, its symptoms, and its physical and psychological aspects. It includes a series of Pilates exercises, specially-designed by the authors to promote flexibility, posture and muscle strength in scoliosis sufferers as well as information on what exercises to avoid. It also offers basic strategies and practical tips for living with the condition, including useful advice on diet, rest, sitting, carrying and how to dress. Written with the full range of scoliosis sufferers in mind, *Pilates for Scoliosis* highlights the importance of gentle exercise for keeping the body as healthy and flexible as possible.

Curves, Twists and Bends: A Practical Guide to Pilates for Scoliosis will be indispensable to individuals with scoliosis and their families as well as to physical therapists, Pilates instructors and other professionals who advise scoliosis patients on exercise and lifestyle options.

Annette Wellings is a Pilates instructor who suffers from major scoliosis. She began exploring different ways of keeping her body flexible and healthy whilst working as a linguist and artist in Australia. Subsequently, she retrained in rehabilitation Pilates. **Alan Herdman** is the UK's leading practitioner of Pilates. After introducing Pilates to the UK in 1970, he went on to establish studios both here and in several other countries. He continues to adapt and develop new exercises to address the needs of every client he consults with. He currently teaches doctors, professional dancers and sportsmen and women, as well as people with a wide variety of physical disabilities.

Contents: Introduction. Part 1. Understanding and Awareness. 1.1 What is Scoliosis? Structural and Non-Structural Scoliosis. Symptoms. Idiopathic Scoliosis. Causes. 1.2. Wide Variation of Types. Location of the Curve. Shape of the Curve. Degree of the Curve. Vertebral Rotation. Rib Hump. Kyphosis, Lordosis, Flat Back. 1.3. Four Common Patterns of Curvature. 1.4. The Psychology of Scoliosis. Coping Mechanisms. 1.5. Mind and Body Link. The Bossy Muscle. The Spine Bends Under Physical and Psychological Pressure. Part 2. Exercises for Flexibility and Posture. 2.1. Introduction. 2.2. Principles of Exercise for Scoliosis. 2.3. Posture and Alignment. 2.4. Exercises. Preparation. The Basic Top Ten Exercises. Stretches. De-Rotation. Lengthening. Letting Go of Bossy Muscle. Teaching the Weak Side to Talk. Pelvic Stability. 2.5. Index of Exercises. 2.6. What Exercises to Avoid. 2.7. Possible Goals and Outcomes. 2.8. More About Pilates.



September 2009 128pp 246 x 173mm
ISBN 978 1 84819 025 2 pb £12.99
Illustrations: 81
BIC; VFJD, VXH, VFM

CHEN

Living Taijiquan in the Classical Style

MASTER JAN SILBERSTORFF

Translated by Michael Vorwerk

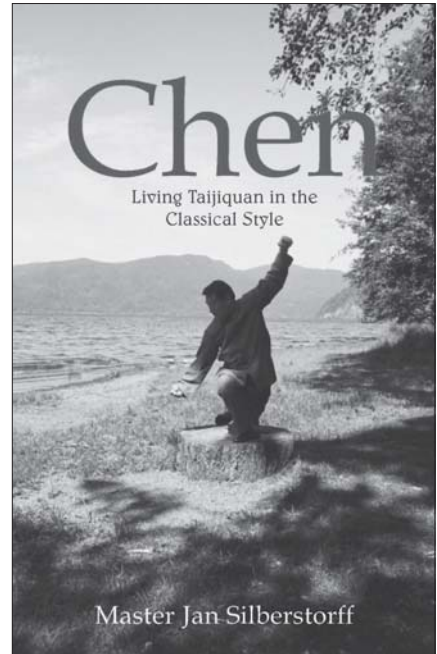
Chen style Taijiquan is the oldest of the five main Taijiquan styles. In this book, Master Jan Silberstorff, a leading Chen practitioner, shares his expertise and insights.

He explains the background to Taijiquan, and its key principles, and gives the reader a true insight into the Chen system. Master Silberstorff sets this within the historical context of Taijiquan in China, its country of origin, and explains the martial, health and spiritual aspects of traditional Chen Taijiquan. He discusses the different Chen forms and the importance of each, as well as the place of competition and the effect on participants. The book also contains the complete sequences for both the empty hand and weapon forms.

This accessible and comprehensive guide to Chen style Taijiquan is ideal for beginners and will also be useful to advanced practitioners wanting to deepen their practice.

Jan Silberstorff is a direct disciple of his Shifu Shen Xijing and his Shigong Chen Xiaowang. He is a qualified teacher of Taijiquan and is fluent in Chinese having lived there for several years with his Shifu. Jan is a champion of many Taijiquan tournaments in both Europe and China, and is the founder of WCTAG (World Chen Tai Ji Association Germany), the largest Taijiquan Association in Europe. He now lives in Germany.

Contents: Acknowledgments. Preface. Preface to this Edition. Notes about this Book. What is Taijiquan? Part 1. The System of Taijiquan. Chapter 1. Some Facts upon the History of Taijiquan. Chapter 2. What is Qi? Chapter 3. Taiji: A Philosophy. Chapter 4. Taijiquan: A Martial Art. Chapter 5. Taijiquan: A Teaching of Health. Chapter 6. Taijiquan: A Spiritual Exercise. Chapter 7. Techniques and Principles of Taijiquan. Part 2. The Chen Style of Taijiquan. Chapter 8. The System of Chen Taijiquan. Chapter 9. The Forms of Chen Taijiquan. Part 3. Taijiquan: In the Middle of Life. Chapter 10. Something about Yin and Yang. Chapter 11. Taijiquan, Tournaments and the Problems of Success. Chapter 12. The Mistake of Double Weighting. Chapter 13. Taijiquan and Sexuality. Chapter 14. Taijiquan in the World: A Resumé. Part 4. Taijiquan in the Mirror of Medicine. Chapter 15. The Medical Point of View within the Chinese Tradition. Chapter 16. Medical Examinations of Taijiquan. Part 5. Words by the Patriarchs of the Chen Clan. Chapter 17. Verses and Diets. Chapter 18. Important Notes on Martial Appliances by Chen Changxing. Chapter 19. The Five Levels of Evolution in Taijiquan by Grandmaster Chen Xiaowang. Chapter 20. Interview with Grandmaster Xiaowang. Chapter 21. Sequences in Technique with Grandmaster Chen Xiaowang. Afterword. Glossary. Appendices. Part One: World Chen Taijiquan Association. Part Two: The Forms of Chen Taijiquan. Part Three: The 19-step form. Part Four: The 38-step form. Part Five: First Form, "Old Frame". Part Six: Second Form, "Old Frame". Part Seven: First Form, "New Frame". Part Eight: Second Form, "New Frame". Part Nine: Sword Form. Part Ten: Sabre Form. Part Eleven: Pole/Spear Form. Part Twelve: Halberd Form. Part Thirteen: Double Sword Form. Part Fourteen: Double Sabre Form.



July 2009 320pp 156 x 234mm
 ISBN 978 1 84819 021 4 pb £15.99
 Illustration: 50 black and white
 photographs
 BIC; WSTM, VFMG

ALCHEMY OF PUSHING HANDS

OLEG TCHERNE

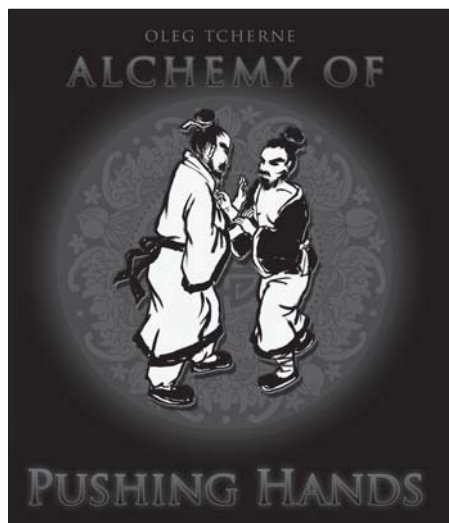
The practice of Pushing Hands (Tui Shou) is generally thought of as a means of enhancing the practice of Taiji Quan, but it is also an independent practice in its own right. Pushing Hands develops sensitivity to the body's internal state and can be used to help control the emotions, the circulation of energy and physical balance. This book teaches the reader how to act or react in harmony with any external event without losing their 'balance' or centre, enabling them to respond with confidence and flexibility to each situation.

Illuminating the principles of body construction, this accessible and practical guide to Pushing Hands explains the eight types of concentration and the six "efforts" required to master them. Taking the reader through the thirteen principles of Pushing Hands and nine keys of movement which enable the proper flow of energy, the author provides a thorough understanding of the various elements of Pushing Hands practice. Exercises for developing concentration and pushing hands techniques are clearly explained and illustrated throughout the book.

Whether practising Pushing Hands in conjunction with Taiji Quan or as an independent practice, this book is ideal for practitioners and students of Chinese martial and health arts.

Oleg Tcherne is a practitioner of internal martial arts with over 25 years of experience. The main focus of Oleg's practice is Daoist Alchemy. He has undergone teaching with Daoist monks in China and has practiced with a variety of masters. He currently teaches and practices Chen style Taiji Quan with Grandmaster Chen Xiaowang.

Contents: Editor's Note. Introduction. 1. Concentration. 2. Constructing the 'Sphere' of the Self. 3. Sequence and Rhythm. 4. Yin and Yang. 5. Listening. 6. Long and Short Energy. 7. Developing Forces Li and An. 8. Art of Gathering. 9. Creating Eight Forces. 10. Tui Shou Steps. 11. Creating Fa Jing.



May 2009 128pp

ISBN 978 1 84819 022 1 pb £14.99

Fully illustrated

BIC; WSTM

Tai Chi

Eternal Spring

Taijiquan, Qi Gong, and the Cultivation of Health, Happiness and Longevity
Michael W. Acton

March 2009 240pp ISBN 978 1 84819 003 0
pb £14.99 BIC; VFM, VFMG

The traditional arts of Taijiquan and Qi Gong are sophisticated expressions of Chinese martial, health and spiritual culture. Rooted in China's ancient past they are still practised by many people in China today to achieve good health, mental well-being and a long and active life; commonly called 'Eternal Spring'.

This book, written for a Western audience, explains the essential theories and strategies of Taijiquan and Qi Gong in an insightful and accessible way. It expounds their value in our daily lives as a most effective means of combating the stresses, strains and illnesses that are now so much a part of our modern life-style and positions these two disciplines as the most comprehensive strategies for health, happiness and rejuvenation currently available.

Tai Chi Chuan and the Code of Life

Revealing the Deeper Mysteries of China's Ancient Art for Health and Harmony
(Revised Edition)

Graham Horwood

2008 224pp ISBN 978 1 84819 001 6 pb £13.99
BIC; VFMG

In *Tai Chi Chuan and the Code of Life*, Graham Horwood describes the various styles of Tai Chi Chuan, exploring its roots in the Chinese philosophy of Taoism as well as elaborating on the evolution it has undergone over millennia. In order to understand the energetic method of Tai Chi Chuan and Chi Kung, he highlights parallels between its source, The I Ching, and archetypal principles from both Eastern and Western philosophy and medicine. The text and diagrams show the synergy between the different cultures, and shows how they are all linked. This enables the beginner or the experienced Tai Chi practitioner to improve their understanding of Tai Chi, which will strengthen both the mind and body, opening the gateway to the inner person.

Tàijíquán

Deyin Li

2008 402pp ISBN 978 1 84819 004 7 pb £19.99
BIC; VFMG

Tàijíquán is one of the most popular martial arts in China today. It is practised both as a competitive sport and as an exercise to strengthen the mind and body. *Tàijíquán* is an easy-to-use, fully-illustrated guide to the historical background, practical application, underlying principles and techniques of Tàijíquán.

Written by one of China's most prominent teachers of Tàijíquán, this book is an excellent introduction to a martial art that improves balance, coordination, flexibility, muscle strength and cardiovascular health. *Tàijíquán* describes five forms in which Tàijíquán is

practised today: the 81-Step Tàijíquán, the Simplified 24-Step Tàijíquán, the Competition 42-Step Tàijíquán, the Competition 42-Step Tàiji Sword, and the 32-Step Tàiji Sword.

Tàijì Jiàn 32-Posture Sword Form

James Drewe

February 2009 224pp ISBN 978 1 84819 011 5 pb
£14.99 BIC; VFMG, WSTM

The Sword Form is an important aspect of the popular Chinese martial art, Tàijíquán. *The 32-Posture Sword Form*, from the point of view of the physical movements only, is not complex, but there is a significant amount of other information, relating to the applications, that is open to interpretation.

Written by an experienced teacher of Tàijíquán, this book provides a detailed description of the Jian (the sword), its parts and how it should be held. Using photographs and illustrations, the author gives step-by-step instructions for the main 13 applications including sword strokes, stances and footwork techniques.

Qigong

Ba Duan Jin

Eight-Section Qigong Exercises

The Chinese Health Qigong Association

2008 pb and DVD 60pp ISBN 978 1 84819 005 4
£11.05 BIC; VFRG4, VFRG41

Ba Duan Jin: Eight-Section Qigong Exercises is an accessible, fully-illustrated guide to this particular qigong exercise, which has been shown to improve the respiratory, cardiovascular and immune systems.

Liu Zi Jue

Six Sounds Approach to Qigong Breathing Exercises

The Chinese Health Qigong Association

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Liu Zi Jue: Six Sounds Approach to Qigong Breathing Exercises is an accessible, fully-illustrated guide to this particular qigong exercise, which focuses on breath control.

Vital Breath of the Dao

Chinese Shamanic Tiger Qigong -
Laohu Gong

Master Zhongxian Wu

2008 240pp ISBN 978 1 84819 000 9 pb £16.95
BIC; VFMG

Vital Breath of the Dao is a fully illustrated guide to the historical background, practical application, underlying principles and techniques of Qigong, a way of physical and spiritual cultivation, and a way of life. Chinese Shamanic Tiger Qigong is a uniquely potent practice designed to bolster health and deepen spiritual connection to universal energy. Lineage holder Master Zhongxian Wu uses story-telling and a wealth of practical examples to introduce this powerful 24-movement Qigong form, which combines the traditions of ancient shamanism, Confucianism, Daoism,

classical Chinese medicine, and the martial arts.

Wu Qin Xi

Five-Animal Qigong Exercises

The Chinese Health Qigong Association

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Wu Qin Xi: Five-Animal Qigong Exercises is an accessible, fully-illustrated guide to a particular qigong exercise that imitates the movements of animals and birds.

Yi Jin Jing

Tendon-Muscle Strengthening Qigong Exercises

The Chinese Health Qigong Association

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£11.05 BIC; VFRG4, VFRG41

Yi Jin Jing/ Tendon-Muscle Strengthening Exercises is an accessible, fully-illustrated guide to a particular qigong exercise that focuses on turning and flexing the spine.

Bagua

Bagua Daoyin

A Unique Branch of Daoist Learning,
A Secret Skill of the Palace

He Jinghan

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Bodywork

Meet Your Body

CORE Bodywork and Roling Tools
to Release Bodymindcore Trauma

Noah Karrasch

Illustrated by Lovella Lindsey

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