



Taijiquan: Through the Western Gate

Rick Barrett

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Written specifically for the Western practitioner, *Taijiquan: Through the Western Gate* blends modern science and philosophy with the traditional wisdoms—drawn from classic t'ai chi literature—that underlie Chinese martial arts. Author Rick Barrett authoritatively describes a wide range of movements, practices, and positions in the context of such topics as being in the zone, effortless power and force versus power, the whole-body energetic connection, instant meditation, and energetic coherence. Step-by-step exercises help make this sometimes daunting discipline simple and accessible.

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