



In the Garden of My Teachers; Essays and Writings on Taijiquan

Arieh Lev Breslow

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Arieh Lev Breslow, a Taiji teacher for thirty years, presents twenty-two thoughtful and at times provocative essays on Taijiquan. These essays cover a wide range of topics including Taiji theory, practice, Chinese philosophy, science, stories, legends and Taiji for seniors and the physically challenged. In one essay he utilizes the science of physical anthropology to demonstrate how the principles of Taijiquan correspond to the specialized criteria of human evolution that enable bipedal human beings to walk upright in the most efficient and practical way. In another essay he explains how the Taiji Classics interpret the development of internal (jing) energy and shows how to nurture this force in the form and apply it to Push Hands. In 'The Taiji Way of Giving Birth' his students recount the stories of their pregnancies in the context of how they used Taiji to enhance their birthing experiences. Contrary to conventional wisdom, the author argues that the ideas of Confucius played an equal role to those of Laozi in the development of Taijiquan. There are also several essays that show how Taiji can improve walking and balance of seniors and the physically challenged. This is a rare book that highlights Taijiquan as a practice with unlimited potential and possibilities for health, self-defense, personal growth and ultimately enlightenment.



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