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Tim Cartmell, Troyce Thome

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"Traditional Sun Style Taijiquan" is the most complete and comprehensive text to date on the Sun style. The book includes chapters on the history of the style, the benefits of practice, the important principles of the style, basic exercises, a complete breakdown of each movement in the traditional form with thorough explanations of all relevant details, as well as methods of testing the form for accurate execution. All exercises and form movements are illustrated with photos accompanying the text. When practiced as originally designed, Sun style Taijiquan provides a profound study into correct methods of postural alignment, unified body use and coordinated movement, as well as a coherent method of building the health while uniting the mind and body.

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