

1.	Record Nr.	UNINA990006874260403321
	Titolo	HOUSEHOLD demography and household modeling / edited by Evert van Imhoff ... [e altri]
	Pubbl/distr/stampa	New York and London : Plenum Press, c 1995
	Descrizione fisica	XIV, 370 p. ; 23 cm
	Collana	The Plenum series on demographic methods and population analysis
	Disciplina	304.6015195
	Locazione	FSPBC
	Collocazione	VI F 236
	Lingua di pubblicazione	Italiano
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	Livello bibliografico	Monografia
2.	Record Nr.	UNISA990002681030203316
	Autore	D'INTRONO, Francesco
	Titolo	Fonetica y fonologia actual del espanol / Francesco D'Introno, Enrique del Teso, Rosemary Weston
	Pubbl/distr/stampa	Madrid : Catedra, copyr. 1995
	ISBN	84-376-1363-9
	Descrizione fisica	478p. : ill. ; 21 cm
	Collana	Linguistica
	Altri autori (Persone)	DEL TESO, Enrique
	Disciplina	465
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3. Record Nr.	UNINA9910157397903321
Autore	Yang Jwing-Ming
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Altri autori (Persone)	LiangTung-Tsai
Disciplina	613.7148155
Lingua di pubblicazione	Inglese
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Nota di contenuto	Front Cover -- Back Cover -- Title Page -- Copyright Information -- Editorial Notes -- Contents -- Foreword -- Preface (First Edition, 1986) -- Preface (Second Edition, 1996) -- Preface (Third Edition, 2016) -- Chapter 1: Introduction -- 1-1. General Introduction -- 1-2. Becoming a Proficient Taijiquan Martial Artist -- 1-3. How to Use This Book -- Chapter 2: Analysis of Taijiquan Techniques -- 2-1. Introduction -- 2-2. General Principles of Taijiquan Techniques -- 2-3. Analysis of Taijiquan Techniques -- Chapter 3: Taiji Pushing Hands -- 3-1. Introduction -- 3-2. Key Points in Pushing-Hands Training -- 3-3. Heng and Ha Sounds -- 3-4. Taiji Ball Training -- 3-5. Pushing-Hands Training -- 3-6. Martial Applications of Pushing Hands -- Reference -- Chapter 4: Analysis of the Taiji Fighting Set -- 4-1. Introduction -- 4-2. General Rules and Principles -- 4-3. Analysis of the Taiji Fighting Set -- Chapter 5: Taijiquan Fighting Strategy -- 5-1. Introduction -- 5-2. About a Real Fight -- 5-3. How to Connect in Taijiquan Fighting -- 5-4. Attack Timing -- 5-5. Jing in a Fight -- 5-6. Taijiquan Poetry and Songs -- Chapter 6: Conclusion -- Acknowledgments -- Appendix A: Yang-Style Taijiquan 37 Postures -- Appendix B: Yang-Style Taijiquan Fighting Set -- Appendix C: Translation and Glossary of Chinese Terms -- Index -- About the Author -- Books From YMAA -- DVDs From YMAA.
Sommario/riassunto	DISCOVER THE MARTIAL ESSENCE OF TAI CHI CHUANHere's your chance

to take the next step in your tai chi journey. Martial applications found within tai chi chuan are a direct link to your tai chi as a form of self-defense. When you study the martial side of tai chi, you can become proficient in a variety of high-level skills, including sensing, neutralizing, yielding, striking, chin na, and even throwing. If you know a tai chi form, you are going to discover the essence of your movements by becoming aware of their martial applications. If you are practicing tai chi pushing hands, you will greatly improve your skills with this understanding of martial applications. If you are ready, you are going to love the amazing tai chi fighting set. This fully choreographed set (requires a partner) will combine all your tai chi skills into one 5-minute routine. This book includes:

- * Martial applications for the Yang-style long form
- * Martial applications for Yang-style tai chi pushing hands
- * The complete Yang-style tai chi fighting set

For any style of tai chi chuan, this book will be important for practitioners who wish to develop a deeper understanding and advanced skills.

- * Learn how to analyze the forms and defense applications in your tai chi, gaining higher-level knowledge of your style.
- * Discover the martial applications of Yang style. These insights will give you greater understanding of your own art.
- * Find inspiration. Master Yang, Jwing-Ming's writing will inspire you to investigate the martial applications of your tai chi style.
