



# Imagination Becomes Reality: The Teachings of Master T.T. Liang: A Complete Guide to the 150 Solo Posture Form

*T. T. Liang*

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## **Imagination Becomes Reality: The Teachings of Master T.T. Liang: A Complete Guide to the 150 Solo Posture Form** T. T. Liang

T.T. Liang is one of the most revered living masters of T'ai Chi Ch'uan. Now in his nineties, he has studied and taught T'ai Chi for over fifty years. as senior student to Cheng Man-ch'ing and as author of the best-selling T'ai Chi Ch'uan for Health and Self-Defense he helped introduce T'ai Chi to America. Having studied with fifteen of the greatest T'ai Chi masters, T.T. Liang's teachings have a formidable authority. This book presents the very heart of Liang's teachings, including his own version of the Yang style 150 posture solo form. Taken from T.T.'s own notes, this is the most comprehensive description of the form ever presented. Rare interviews and articles by T.T. Liang explore the basic principles and deeper meaning of this increasingly popular martial art. The remarkable photography both captures the full power, grace and subtlety of T'ai Chi while providing a detailed count by count presentation of each posture. T.T. Liang's long-time protege, Stuart Olsen, author of Cultivating the Ch'i, compiled the material, contributes a special introduction on the role of imagination in T'ai Chi and appears with T.T. Liang in the book's photography. --- from book's back cover

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