



# Juice: Radical Taiji Energetics

*Scott Meredith*

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## **Juice: Radical Taiji Energetics** Scott Meredith

JUICE Radical Taiji Energetics describes the entire process of generating maximal internal power (qi) through the slow motion martial art of Chinese Taijiquan (T'ai Chi Ch'uan). All aspects of cultivation and deployment of Taiji's spirit energy are described in accessible terms. This book explains that the great past Taiji masters were not pointing at mere physical structure or mechanical principles in their teachings. Rather, they have left us a legacy of ecstatic internal energy methods that are unwrapped, unraveled, and demystified in this book. The presentation is clear, engaging, and profound, and includes working solo, working with a partner, and mastering the Taiji sword. JUICE is an essential companion for anybody from the raw beginner to the long-term veteran practitioner or teacher of Taiji. Which feels better, crack cocaine or Taiji energy? Why is spirit power (not physical structure) Taiji's true engine of mastery? Whether you're a seasoned player or merely Tai-curious, JUICE will hand you the hidden master keys to TAIJI (T'ai Chi Ch'uan) Contents include: The BRUTE level of internal energy; Taiji's MISSING BASIC for universal energy permeation; The ARC OF STEEL for Taiji's Full Body Activation; The SURGE and the STATE; The real purpose and method of Taiji's PUSH-HANDS exercise; The TAILOR'S TOUCH for supreme sensitivity; YINJECTION and YINFUSION for power emission; The SHELL and its SPIKE, SLIDE, SLURP, and NUDGE power concepts; Taiji's energy meta-tool: the Chinese STRAIGHT SWORD; and much more. JUICE isn't a photo-sequence textbook, illustrating a set of dance poses. JUICE doesn't blandly re-parrot the arcane Chinese philosophy from which Taiji emerged. This book lays out the specific mental "settings" that super-charge any style of Taiji and explains how to use Taiji for personal energy cultivation - with effects that anyone can experience immediately. Whether you currently practice Taiji or you're just thinking of getting into it, you should read JUICE before taking another step.

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#### **Michael Stein:**

Exactly why? Because this Juice: Radical Taiji Energetics is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will distress you with the secret the idea inside. Reading this book adjacent to it was fantastic author who write the book in such incredible way makes the content interior easier to understand, entertaining means but still convey the meaning fully. So , it is good for you for not hesitating having this ever again or you going to regret it. This unique book will give you a lot of advantages than the other book possess such as help improving your expertise and your critical thinking approach. So , still want to hesitate having that book? If I have been you I will go to the reserve store hurriedly.

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