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KEY=TAI - COCHRAN MICHAEL

There Are No Secrets

Professor Cheng Man Ch'ing and His T'ai Chi Chuan

North Atlantic Books "Wolfe Lowenthal's quiet little memoir will with window-opening wisdom reinforce, I think, my view of how Cheng stood on Tai Chi. It tells how a young writer reacted to this strange Chinese man when he appeared in New York City in the mid-1960s and stayed there for a decade before returning to Taiwan to die in 1975. In a nickel town where neurosis is a cardinal virtue, the Tai Chi center established by Cheng soon became an oasis of learning. In my visits there I was invariably approached by a quiet fellow with a ready smile and loads of questions. His form and sensing hands improved but he never lost his kindly ways. This led me once to tell the three seniors that the one person in the club who best exemplified Tai Chi was this junior. That man who has since become a teacher of the art is the author of this book." -Robert W. Smith, from the Preface

Chinese Martial Arts Training Manuals

A Historical Survey

Blue Snake Books Secret training manuals, magic swords, and flying kung fu masters—these are staples of Chinese martial arts movies and novels, but only secret manuals have a basis in reality. Chinese martial arts masters of the past did indeed write such works, along with manuals for the general public. This collection introduces Western readers to the rich and diverse tradition of these influential texts, rarely available to the English-speaking reader. Authors Brian Kennedy and Elizabeth Guo, who coauthor a regular column for *Classical Fighting Arts* magazine, showcase illustrated manuals from the Ming Dynasty, the Qing Dynasty, and the Republican period. Aimed at fans, students, and practitioners, the book explains the principles, techniques, and forms of each system while also placing them in the wider cultural context of Chinese martial arts. Individual chapters cover the history of the manuals, Taiwanese martial arts, the lives and livelihoods of the masters, the Imperial military exams, the significance of the Shaolin Temple, and more. Featuring a wealth of rare photographs of great masters as well as original drawings depicting the intended forms of each discipline, this book offers a multifaceted portrait of Chinese martial arts and their place in Chinese culture.

Steal My Art

he Life and Times of T'ai Chi Master T.T. Liang

North Atlantic Books Now 101 years old, Master T. T. Liang came to the U.S. from Taiwan in the 1960s to introduce t'ai chi to America. His life story is full of the stuff that makes a great martial arts adventure: a career as a high-ranking government official, street fights and shootouts, opium dens and prostitutes, mystical martial arts masters and monks—the story of a life lived to the absolute maximum. Twenty-five photographs add to the captivating life story of this great t'ai chi master.

The Harvard Medical School Guide to Tai Chi

12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind

Shambhala Publications Conventional medical science on the Chinese art of Tai Chi now shows what Tai Chi masters have known for centuries: regular practice leads to more vigor and flexibility, better balance and mobility, and a sense of well-being. Cutting-edge research from Harvard Medical School also supports the long-standing claims that Tai Chi also has a beneficial impact on the health of the heart, bones, nerves and muscles, immune system, and the mind. This research provides fascinating insight into the underlying physiological mechanisms that explain how Tai Chi actually works. Dr. Peter M. Wayne, a longtime Tai Chi teacher and a researcher at Harvard Medical School, developed and tested protocols similar to the simplified program he includes in this book, which is suited to people of all ages, and can be done in just a few minutes a day. This book includes: • The basic program, illustrated by more than 50 photographs • Practical tips for integrating Tai Chi into everyday activities • An introduction to the traditional principles of Tai Chi • Up-to-date summaries of the research literature on the health benefits of Tai Chi • How Tai Chi can enhance work productivity, creativity, and sports performance • And much more

Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan

Blue Snake Books Millions of people worldwide practice t'ai chi, the most popular form of which was codified beginning in the 1960s by Cheng Man Ch'ing. In this scholarly yet practical book, Professor Cheng shows precisely how the postures and moves of t'ai chi work, with examples from anatomy and physics, both internally as energetic principles and externally on opponents. He clarifies the spheres, triangles, and centripetal and centrifugal forces within physical exchanges such as push-hands. Contrasting Western and Chinese techniques of healing, he also explores the relationships of organs to one another in pathology and the necessary dynamics of treatment. Professor Cheng explains how the practitioner may serve as his or her own doctor and, likewise, as the physician or trainer of an attacker. The martial arts, he says, are not a special case of unusual power, simply an aspect of adapting natural and cosmic law to circumstance. This edition of the classic text contains 13 major essays; oral secrets from Cheng's teacher Yang Cheng'fu; a Q&A with commentary on martial arts classics; the author's application and functions of each of the 37 postures of the short form, with the original photographs of him as a young man; two prefaces; and much more.

The Essence of T'ai Chi Ch'uan

The Literary Tradition

North Atlantic Books A handbook of the classical Chinese literature on which the art of t'ai chi is based. First English translation of the classic texts of T'ai Chi Ch'uan. This is required reading for practitioners of every style.

Enciclopedia Internacional de Pseud·'nimos

Nombres verdaderos. Parte I

Walter de Gruyter This Encyclopedia is the first to compile pseudonyms from all over the world, from all ages and occupations in a single work: some 500,000 pseudonyms of roughly 270,000 people are deciphered here. Besides pseudonyms in the narrower sense, initials, nick names, order names, birth and married names etc. are included. The volumes 1 to 9 list persons by their real names in alphabetical order. To make the unequivocal identification of a person easier, year and place of birth and death are provided where available, as are profession, nationality, the pseudonym under which the person was known, and finally, the sources used. The names of professions given in the source material have been translated into English especially for this encyclopaedia. In the second part, covering the volumes 10 to 16, the pseudonyms are listed alphabetically and the real names provided. Approx. 500,000 pseudonyms of about 270,000 persons First encyclopedia including pseudonyms from all over the world, all times and all occupations Essential research tool for anyone wishing to identify persons and names for his research within one single work

Conservation Biology for All

Oxford University Press Conservation Biology for All provides cutting-edge but basic conservation science to a global readership. A series of authoritative chapters have been written by the top names in conservation biology with the principal aim of disseminating cutting-edge conservation knowledge as widely as possible. Important topics such as balancing conservation and human needs, climate change, conservation planning, designing and analyzing conservation research, ecosystem services, endangered species management, extinctions, fire, habitat loss, and invasive species are covered. Numerous textboxes describing additional relevant material or case studies are also included. The global biodiversity crisis is now unstoppable; what can be saved in the developing world will require an educated constituency in both the developing and developed world. Habitat loss is particularly acute in developing countries, which is of special concern because it tends to be these locations where the greatest species diversity and richest centres of endemism are to be found. Sadly, developing world conservation scientists have found it difficult to access an authoritative textbook, which is particularly ironic since it is these countries where the potential benefits of knowledge application are greatest. There is now an urgent need to educate the next generation of scientists in developing countries, so that they are in a better position to protect their natural resources.

The Great Power Triangle

Springer

Reichel's Care of the Elderly

Clinical Aspects of Aging

Cambridge University Press Reichel's formative text is designed as a practical guide for health specialists confronted with the unique problems of geriatric patients.

Master of Five Excellences

Frog Books Professor Cheng Man-Ch'ing regarded a set of five disciplines—the "five excellences"—to be the mark of a well-rounded person: calligraphy, painting, poetry, t'ai chi, and medicine. Although he is best known for his teachings on the martial arts (in particular, his highly influential adaptation of t'ai chi), versatility was central to Cheng's philosophy of life, and he encourage his students to combine artistry with scholarship. This inspiring book is a commentary on and working compendium of Cheng's literary and pictorial interpretations of these subjects. Of interest to aficionados of Chinese art, culture, and history, Master of Five Excellences also offers internal techniques for practitioners of the martial arts, as Hennessy provides an insight into the rarely-glimpsed creative side of Cheng Man-Ch'ing.

T'ai Chi

The "Supreme Ultimate" Exercise for Health, Sport, and Self-Defense

Tuttle Publishing Master the Chinese martial art of T'ai Chi with this accessible, illustrated guide. T'ai-chi (Tai Chi) is an effortless and rhythmical art that stresses slow breathing, balanced and relaxed postures, and absolute calmness of mind. It requires no special equipment or place to practice, and takes no more than ten minutes a day. This book, from renowned Tai Chi master, Cheng Man-Ch'ing, introduces T'ai-chi as a means to a healthier life, as a sport and as a method of self defense. It is a complete step-by-step manual for the beginner. With conscientious practice, readers will master the sequence of thirty-seven postures that will make up the T'ai-chi solo exercise. Students will learn how to progress from exercise to sport to self defense with maximum efficiency. The instructions are clear and easy to follow, and more than 275 photographs and 122 foot-weighting diagrams guarantee an understanding of the correct form. A history of T'ai-chi, including thumbnail sketches of famous masters, and the first English translation of the basic T'ai-chi document, known as the T'ai-chi Ch'uan Classics, are also included.

Blended Learning. New Challenges and Innovative Practices

10th International Conference, ICBL 2017, Hong Kong, China, June 27-29, 2017, Proceedings

Springer This book constitutes the refereed proceedings of the 10th International Conference on Blended Learning, ICBL 2017, held in Hong Kong, China, in June 2017. The 42 papers presented were carefully reviewed and selected from 100 submissions. The papers are organized in topical sections named: Keynotes; Experiences in Blended Learning; Strategies in Blended Learning; Assessment for Blended Learning; Computer-Support Collaborative Learning; Improved Flexibility of Learning Processes; Open Educational Resources; Pedagogical and Psychological Issues.

Proceedings of Second Doctoral Symposium on Computational Intelligence

DoSCI 2021

Springer Nature This book features high-quality research papers presented at Second Doctoral Symposium on Computational Intelligence (DoSCI-2021), organized by Institute of Engineering and Technology (IET), AKTU, Lucknow, India, on 6 March 2021. This book discusses the topics such as computational intelligence, artificial intelligence, deep learning, evolutionary algorithms, swarm intelligence, fuzzy sets and vague sets, rough set theoretic approaches, quantum-inspired computational intelligence, hybrid computational intelligence, machine learning, computer vision, soft computing, distributed computing, parallel and grid computing, cloud computing, high-performance computing, biomedical computing, decision support and decision making.

Body Mechanics of Tai Chi Chuan

T'ai Chi Ch'uan

A Simplified Method of Calisthenics for Health and Self-Defense

North Atlantic Books This is the original classic about Short Form, the most popular and widespread form of T'ai Chi in the West. T'ai Chi Ch'uan is a must-read for every serious T'ai Chi student. This book is not meant to "teach" T'ai Chi Ch'uan, but meant to expound upon its meaning to the earnest practitioner; to offer the layperson a glimpse into this ancient art; and to communicate the author's unique perceptions and experiences that only a lifetime of practice can cultivate. Taken in this context, this is a most valuable book.

T'ai Chi Ch'uan Ta Wen

Questions and Answers on T'ai Chi Ch'uan

North Atlantic Books "This book, T'ai Chi Ch'uan Ta Wen, was written sixty years ago by Professor Ch'en Wei-ming, who was a famous exponent of the Yang style T'ai Chi Ch'uan and a student of the great master, Yang Cheng-fu. In 1927 he established the Chih Jou School in Shanghai where he taught many students. At that time he saw how popular T'ai Chi Ch'uan was becoming and he was concerned that if it became a fad it would lose its original spirit. In the process of its being spread, its principles would be forgotten or mixed with other forms, thus leading to the loss of an important part of its essence. Therefore, this book is based only on what Professor Ch'en heard in his teacher's classes. The questions are his own personal questions." -Benjamin Pang Jeng Lo, from the Introduction

Aspirin and Related Drugs

CRC Press Reviewing over a century of aspirin research and use, *Aspirin and Related Drugs* provides a comprehensive source of information on the history, chemistry, absorption in the body, therapeutic effects, toxicology, elimination, and future uses of aspirin. Highlighting the historical evolution of the salicylates and the commercial development of aspirin, the book reviews the pharmacokinetics of the salicylates, ibuprofen, and paracetamol as a basis for understanding the biodisposition of these analgesic drugs. Leading specialists discuss the therapeutic role of aspirin in the prevention and treatment of thrombo-embolic diseases, its place along with non-acetylated salicylates in the treatment of rheumatic diseases and plain, and the potential applications for aspirin and related drugs as prophylactics for colon cancer, Alzheimer's disease, and vascular dementia. They also present comparisons with other drugs used to treat pain and inflammation. With extensive data and literature covering a broad field, this is the definitive reference on the actions and applications of aspirin, salicylates, and related drugs. Physicians, pharmacists, pharmacologists, toxicologists, and chemists will find this resource useful in their daily work. It will also be valuable to pharmaceutical companies and researchers in the development of newer agents and novel applications.

A Tai Chi Imagery Workbook

Spirit, Intent, and Motion

Singing Dragon This innovative book makes the benefits of Tai Chi directly available to Westerners by communicating its essence in poetic, evocative, and humorous images that apply not only to movement practices of all kinds but to daily life. The book does not assume any knowledge of Tai Chi forms. The images in this book - drawn from a wide variety of sources, both Chinese and Western, ancient and modern - are easy to understand, fun to work with, and embody the true inner spirit of Tai Chi's timeless tradition. The book contains hundreds of photos and line drawings illustrating the images, detailed explanations of the biomechanical realities that underlie the images, and a summary of the latest scientific research on the benefits of Tai Chi.

The Way and Its Power

A Study of the Tao Tê Ching and Its Place in Chinese Thought

Routledge First published in 1934. Unlike previous translations, this translation of Lao Tzu's Tao Tê Ching is based not on the medieval commentaries but on a close study of the whole of early Chinese literature.

Push Hands

Handbook for Non-competitive Tai Chi Practice with a Partner

Overlook Press Push-hands is a form of tai chi practiced with a partner to achieve inner development, as well as for exercise, fighting, training, and self-defense. This long-awaited follow-up to the bestselling "Tai Chi Handbook" begins with a series of form corrections for solo practitioners and then presents detailed instruction for the practice of push-hands. 200 photos.

The Dao of Taijiquan

Way to Rejuvenation

Tuttle Publishing In *The Dao of Taijiquan*, the author, Jou, Tsung Hwa, himself bears witness to the ability of Tai-Chi to relieve the body of pent-up tension and rejuvenate the spirit in a thorough study of the techniques and classical texts of this ancient martial art. In order to create a serious textbook that explains the philosophy behind the movements of tai chi chuan, he read all available books in both English and Chinese before writing *The Dao of Taijiquan*. Now this book can be used as a college textbook for courses in tai chi (whether as a philosophy or in Sports Studies). Jou, Tsung Hwa is also the author of *The Tao of Meditation: Way to Enlightenment*, and *The Tao of I Ching: Way to Divination*, both from Tuttle Publishing.

T'ai Chi Classics

Shambhala Publications According to Master Liao, the great power of T'ai Chi cannot be realized without knowing its inner meaning. *T'ai Chi Classics* presents the inner meaning and techniques of T'ai Chi movements through translations of three core classics of T'ai Chi, often considered the "T'ai Chi Bible." The texts are introduced by three chapters explaining how to increase inner energy (ch'i), transform it into inner power (jing), and project this inner power outward to repel an opponent without physical contact. Master Liao also provides a description of the entire sequence of T'ai Chi movements, illustrated by his own line drawings.

Cheng Hsin T'ui Shou

The Art of Effortless Power

North Atlantic Books This book provided this beginning tai-chi student with a rich, methodical philosophical "grounding" on some concepts that are at the core of Eastern martial arts. Ralston helps the reader develop an awareness, quite literally "from the ground up".

The Tao of Meditation

Way to Enlightenment

Tuttle Publishing *The Tao of Meditation* will show you how to open your mind and spirit. Part One explains the philosophy of all forms of meditation. Part Two describes in detail the series of twelve breathing exercises, or Chi Kung, that can be used to lead and circulate the Chi energy part of the body. Part Three deals with the Lien Ching Hwa Chi or the transfer of sexual energy to psychic energy.

Medicine Across Cultures

History and Practice of Medicine in Non-Western Cultures

Springer Science & Business Media This work deals with the medical knowledge and beliefs of cultures outside of the United States and Europe. In addition to articles surveying Islamic, Chinese, Native American, Aboriginal Australian, Indian, Egyptian, and Tibetan medicine, the book includes essays on comparing Chinese and western medicine and religion and medicine. Each essay is well illustrated and contains an extensive bibliography.

The Monguors of the Kansu-Tibetan Frontier: Their origin, history, and social organization

Cheng Man-ch'ing and T'ai Chi: Echoes in the Hall of Happiness

Via Media Publishing Cheng Man-ch'ing (1902-1975)—also romanized as Zheng Manqing— certainly played a lead role in popularizing tai chi ch'uan throughout the world and greatly influencing the way the art is perceived and practiced. This fact alone should drive all those interested in tai chi to study the man's history and thought. There is a huge body of writings and video representations of Cheng's tai chi theory and practice. Unfortunately, much of the available content actually obscures Cheng's message. The result is that Cheng and his role in tai chi evolution are often not fully understood and faulty conclusions are made. A further result is that many feel either enlightened with what they believe to be true, or they become even more perplexed in who Cheng was as a human and what his tai chi truly embodied. The chapters in this anthology contain rare information about Professor Cheng not available elsewhere, except in their originally published formats in the *Journal of Asian Martial Arts*. Most of the articles in the journal were written in an

academic style, limiting their acceptance from the general public, which is typically interested in the more accessible popular writing styles. Of course the content here deals not only with the complexities of tai chi theory and practice, but does so in a thick weave of historical and cultural threads. We are republishing the journal articles in book format so all with a sincere interest in tai chi history, theory, and practice can benefit from the content, particularly those interested in the Cheng Man-ch'ing tradition. Each author is uniquely qualified for producing some of the highest-quality writings in this specialized area.

Cheng Man-ch'ing's Advanced T'ai-chi Form Instructions

With Selected Writings on Meditation, the I Ching, Medicine, and the Arts

Sweet Chi Press Contains never before translated form instructions-featuring integral self-defense visualizations-from Prof. Cheng's original Chinese manuals. Essays on T'ai-chi theory, meditation, medicine, the I ching, painting and calligraphy show the scope of his contributions and the unity of his thought.

East Asian Film Stars

Springer Many stars from China, Japan and Korea are the most popular and instantly recognizable in the world. East Asian Film Stars brings together some of the world's leading cinema scholars to offer their insights into the work of regional and transnational screen legends, contemporary superstars and mysterious cult personas.

Cultural Heritage Politics in China

Springer Science & Business Media This volume explores China's cultural heritage ideology and policies from three interrelated perspectives: the State and World Heritage tourism; cultural heritage tourism at undesignated sites, and the cultural politics of museums and collections. Something of a cultural heritage designation craze is happening in China. This is new within even the last five to ten years. Officials at many levels now see heritage preservation as a means for commoditizing their regions. They are devoting new resources and attention to national and international heritage designations. Thus, addressing cultural heritage politics in a nation dedicated to designation is an important project, particularly in the context of a rapidly growing economy. This volume is also important because it addresses a very wide range of cultural heritage, providing an excellent sample of case studies: historic vernacular urban environments, ethnic tourism, scenic tourism, pilgrimage as tourism, tourism and economic development, museums, border heritage, underwater remains, and the actual governance and management of the sites. This volume is an outstanding introduction to cultural heritage issues in China while contributing to Chinese studies for those with greater knowledge of the area.

The Essence and Applications of Taijiquan

North Atlantic Books The publication in 1934 of Yang Chengfu's book, *Essence and Applications of Taijiquan* (Taijiquan Tiyong Quanshu) marked a milestone in the modern evolution of the art of taijiquan. Using what is best-termed demonstration narrative, the author presents form postures and suggested applications from his own perspective, as he performed them. This methodology renders Yang Chengfu's direct, hands-on teaching of the art with such immediacy and liveliness that the reader experiences the master's teaching much as his students did. This English translation finally makes Yang Chengfu's classic work available to taijiquan enthusiasts in the West. It includes notes and commentary that clarify the author's frequent classical and literary turns of phrase and elucidate the philosophical and political underpinnings that shape the text. The translator investigates and compares several early taijiquan books in order to help explain the roles played by two of Yang Chengfu's students, Dong Yingjie and Zheng Manqing, in bringing Yang Chengfu's words and teachings into print. Serious students of taijiquan, and those wishing to deepen their knowledge of taijiquan history and theory, will find this seminal work indispensable to their study and practice.

Marx and the Third World

Springer

Correction Lines

Essays on Land, Leopold, and Conservation

Island Press The last fifteen years have been a period of dramatic change, both in the world at large and within the fields of ecology and conservation. The end of the Cold War, the dot-com boom and bust, the globalizing economy, and the attacks of September 11, among other events and trends, have reshaped our worldview and the political environment in which we find ourselves. At the same time, emerging knowledge, needs, and opportunities have led to a rapid evolution in our understanding of the scientific foundations and social context of conservation. *Correction Lines* is a new collection of essays from one of our most thoughtful and eloquent writers on conservation, putting these recent changes into perspective and exploring the questions they raise about the past, present, and future of the conservation movement. The essays explore interrelated themes: the relationship between biological and social dimensions; the historic tension between utilitarian and preservationist approaches; the integration of varied cultural perspectives; the enduring legacy of Aldo Leopold; the contrasts and continuities between conservation and environmentalism; the importance of political reform; and the need to "retool" conservation to address twenty-first-century realities. Collectively the essays assert that we have reached a critical juncture in conservation—a "correction line" of sorts. *Correction Lines* argues that we need a more coherent and comprehensive account of the past if we are to understand our present circumstances and move forward under unprecedented conditions. *Meine* brings together a deep sense of history with powerful language and compelling imagery, yielding new insights into the origins and development of contemporary conservation. *Correction Lines* will help us think more clearly about the forces that have changed, and are changing, conservation, and inspire us to address current realities and future needs.

The Manual of Bean Curd Boxing: Tai Chi and the Noble Art of Leaving Things Undone

Lulu.com The *Manual of Bean Curd Boxing* is a book that introduces us to a new perspective on Tai Chi and 21st Century Living. *Step by Slow Step*, this manual shows: * How to reach out and grasp life with more energy, with more passion and with more wisdom. * How to absorb the simple lessons of Taoism and Tai Chi into your daily activities with no sweat and no stress. * How to learn to get out of our own way, so that life can pursue its natural course * How to remain tranquil and calm under the stress of daily life and yet stay intensively connected to the world around. If you are a beginner to Tai Chi and Taoism, and new to these ancient disciplines or an Intermediate student looking for a new approach to your practise, *The Manual of Bean curd Boxing* will aid you in this ancient yet contemporary art of doing, without doing.

The Path

What Chinese Philosophers Can Teach Us About the Good Life

Simon and Schuster For the first time an award-winning Harvard professor shares the lessons from his wildly popular course on classical Chinese philosophy, showing you how these ancient ideas can guide you on the path to a good life today. The lessons taught by ancient Chinese philosophers surprisingly still apply, and they challenge our fundamental assumptions about how to lead a fulfilled, happy, and successful life. Self-discovery, it turns out, comes through looking outward, not inward. Power comes from holding back. Good relationships come from small gestures. Spontaneity comes from practice. And excellence comes from what you choose to do, not your "natural" abilities. Counterintuitive. Countercultural. Even revolutionary. These powerful ideas have made Professor Michael Puett's course the third most popular at Harvard University in recent years, with enrollment surging every year since it was first offered in 2006. It's clear students are drawn by a bold promise Professor Puett makes on the first day of class: "These ideas will change your life." Now he offers his course to the world.

T'ai Chi Ch'uan

The Internal Tradition

North Atlantic Books T'ai Chi Ch'uan: The Internal Tradition is a clear and insightful approach to T'ai Chi, weaving mindfulness and body presence through stages of training and development of technique. Sieh's inquiry into the "fighting" aspect makes the emphasis on the internal or feeling style a powerful tool for bringing more integrity and clarity into our lives.

Doing Business 2009

World Bank Publications The Doing Business series provides research, data, and analysis on regulation in 181 economies across 10 areas of the business life cycle. Doing Business 2009 identifies top reformers in business regulation and highlights best practices and global reform trends. This year's report builds upon the five previous editions, adding new economies and updating all indicators. This year's report covers 3 additional economies, bringing the total number of economies covered to 181. Now included are the Bahamas, Bahrain, and Qatar. The report also adds a preface on Doing Business methodology, as well as in-depth analysis throughout the report on the main trends and findings of the past six years of Doing Business. Doing Business is an invaluable resource for entrepreneurs, investors, advisors, academics, professionals, and policymakers. The indicators benchmark regulation across 10 areas of a typical business lifecycle, and are used to analyze economic and social outcomes that matter such as equal opportunity, unemployment, poverty, and growth. This annually-published report gives policymakers the ability to measure regulatory performance in comparison to other economies, and learn from best practices.

Embrace Tiger, Return to Mountain

The Essence of Tai Ji

Singing Dragon Originally published: Berkeley, Calif.: Celestial Arts, 1987.

Wild Colonial Boy

Tales of a Kung Fu Cop

Austin Macauley This autobiographical novel narrates the journey of Dan Docherty, a young Glasgow law graduate and karate black belt, who left his traditional Catholic family in 1975 to serve in the notoriously corrupt Royal Hong Kong Police. In Hong Kong, he learned Chinese language intensively, then drill, musketry and law. A famous Tai Chi master accepted him as a disciple and trained him to become an international full contact champion. In this book we'll have a few beers with colourful characters like Big Don and Mountie Dave. We'll visit exotic locales--Manila, Macao, Singapore... We'll witness Dan in full contact competition and in street fight action. As they say in the Hong Kong Police, "If you can't take a joke, you shouldn't have joined."