



## Wu Style Taiji Fast Set

*Gerald A. Sharp, Wu Ying Hua, Ma Yueh Liang, Shi Mei Ling*

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This is the first English translation of the Wu Style Taijiquan Fast Set by Wu Ying Hua, Ma Yueh Liang, and Shi Mei Ling, and fulfills the wishes of the late Ma Yueh Liang that it be done. Great emphasis was given to stick closely to the original text published by the Henan Publishing Company. Additionally, the front and rear covers follow the green and red color scheme on a white background, as well as the arrangement of the Chinese calligraphy and the English writing featured on the first edition. Yet another detail carried over are the green and red Yin and Yang symbols featured on both the front and rear covers. Unique to this version is the addition of Ma Yueh Liang's picture on the front and rear covers, because not only is Ma the subject of the drawings featured in the book, but everyone who ever saw him demonstrate a solo form publicly saw him do Wu's Fast Set. He can be seen doing the opening of the Fast Set in the documentary, "Healing and the Mind," by Bill Moyers. In short, Ma and the Fast Set are synonymous. The Wu Style Taiji Fast Set is Wu Style's original form that was created by Wu Quan You, Wu Jian Quan's father, from his studies with both Yang Luchan and Yang Banhou, and which further served to develop both Wu's Slow Set and the Wu Style System. Comprehensive information on the mental and physical considerations for practice, and explicit information on the use of fa jing (explosive force) are provided. Included are the original line drawings (225 in all), as well as detailed directions for practice of this lengthy, combative form. Spiral bound, 119 pp.

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