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This extensively illustrated primer is the first English edition of Sun's classic 1919 book which explores both the theory and practice of the style, with emphasis on movements and postures. Tim Cartmell's translation provides both a standard by which practitioners can judge themselves and valuable information relevant to all versions of taijiquan. Tim Cartmell has done the American Taijiquan community a great service translating Sun Lutang's books into English.

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About the Author

Tim Cartmell began his training with the Chinese styles, including ten years of study in Taiwan and Mainland China. Among his teachers were Sun Jian Yun and Sun Bao An, the daughter and grandson of Sun Lu Tang. Tim is the translator of *Practical Chin Na*, the author of *Effortless Combat Throws* and the co-author of *Xing Yi Nei Gong: Xing Yi Health Maintenance and Internal Strength Development*. Tim is an Asian Full-Contact tournament champion, and a Brazilian Jiu Jitsu and submissions grappling champion. He currently runs the Shen Wu Academy of Martial Arts in Southern California.

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