

Taiji & Qi Gong book list

Most of these books are available through YMAA publications

Class	Title	Author	Translator
Taiji Motivation:			
	108 Insights into Tai Chi Chuan (A string of pearls)	Michael Gilman	
	101 Refelections on Tai Chi Chuan	Michael Gilman	
	Tai Chi Secrets of the ancient Masters	Yang, Jwing-ming	
	Tai Chi Secrets of the Yang Style	Yang, Jwing-ming	
Taiji/Qigong training			
	Tai Chi Chuan	Chen man-Ching	
	The essence of Taiji Qigong	Yang, Jwing-ming	
	Qigong for treating common Ailments	Xu, Xiangcai	
	Muscle/Tendon Changing & Marrow/brain washing Chi Kung	Da Mo	Yang, Jwing-ming
	The root of Chinese Qi Gong	Yang, Jwing-ming	
	the Eight Pieces of Brocade	Yang, Jwing-ming	
	Advanced Yang Style TaiChi Chuan (Martial Applications)	Yang, Jwing-ming	
Youth/entertainment			
	Dharma Punx (a memoir)	Noah Levine	
	Iron & Silk	Mark Salzman	
	The fox borrows the tiger's Awe	Yang, Jwing-ming	
	The mask of the king	Yang, Jwing-ming	
Taoist/ Martial Arts Classics			
	Tao Te Ching	Lao Tzy	Sam Hamill
	I ching		Gary Woods
	The art of war	Sun Tzu	James Clavell
	A book of five rings	Miyamoto Musashi	Victor Harris
Taoism/related			
	Tao the Watercourse Way	Alan Watts	
	The Tao of Emmerson	Richard Grossman	
	Essays in Zen Buddhism	D.T. Suzuki	
	Chinese Herbal Medicine	Daniel P. Reid	