

# 《陈氏太极拳实战技击》

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## 编辑推荐

《陈式太极拳实战技击》太极拳技击，在任何拳术、武功、搏击方法中都是独特的。它是以自然（松）、沉着（静）、柔韧（刚柔相济）为核心。基本要点是在交手中，始终设法保持自己的重心，并设法破坏对手的平衡。并利用对手出击或防御时产生的瞬间不平衡，运用独特的技术，加重对手的失重，使之倾倒或跌出。本书从打法、化法、拿法、摔法四个层面深入浅出地介绍了陈式太极拳技击中的八种劲力。充分展现“以静制动”、“后发制人”、“四两拨千斤”的太极绝活。The actual combat skill of Chen-style Taiji Quan is unique, whose key is natural, calm, flexible. The essential element: during the fight, always try to keep balance and undermine the opponent's balance. Using of the opponent's imbalance moment of attacking or defending, and using the unique technologies to increase imbalance of the opponent's weight, so that make him fall down. This book introduce the eight kinds of force of strike skill . remove skill . catch skill and throw skill of Chen-style Taiji Quan. It fully embody the unique skill that the gentleness can remove the hardness of a half ton.

The book adopts the three-dimensional teaching method, combines the writing, diagram and video. The authoritative experts are invited for the technical performance and teaching demonstrations, so it ensures that learners grasp the sterling and original and skills.

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