

The book was found

# Tai Chi SURGE: Radical ZMQ Energetics



## Synopsis

SURGE is packed with tricks and tips for turning Tai Chi into the engine of internal power mastery it was originally meant to be. While centered on the Zheng Manqing 37-Step Simplified Tai Chi method, the insights and practices for internal power development can be adapted to other methods. The book is geared to those who've learned or are learning the ZMQ method or another Tai Chi system, but its insights on Tai Chi internal power will also be enlightening and inspiring for beginners or the casual reader who's merely Tai-curious.

Beyond Tai Chi, SURGE will be of interest to any martial artist or healer who is involved with development or application of the body's intrinsic non-material energies.

Contents  
Preface  
Fable Introduction  
Tai Chi Structure Principles  
A Further Note on Relaxation  
The Cat-Step Protocol  
Cat-Step Imagery  
Cat-Step: Left Wardoff Example  
The Counter-Sink Protocol  
Counter-Sink: Left Wardoff Example  
Duration  
How to Work It  
Barriers, Hangups, Impediments  
Pose Notes (The ZMQ37 Form)  
Bread Sandwich Tai Chi  
Advanced Work  
The Big Picture  
Refund Policy

SURGE is emphatically not a full photo-sequence paint-by-numbers introduction to the entire method. Although the internal development requirements for every pose in the ZMQ sequence are fully described, visual references for each pose are not included. SURGE is not adequate for, and not intended as, a step-by-step tutorial on the mechanics of the system. You cannot learn the ZMQ method from this book. It is intended as a supplement to your Tai Chi study. Please take this advisory very seriously - you'll sound ridiculous if you later complain: "I couldn't learn the Tai Chi form from this book!"

It's a repository of profound internal training insights that you can apply to the Tai Chi that you've learned elsewhere. If you're wondering where this book fits with my other books on Tai Chi, here's how they relate: JUICE is a love letter; PENG is a travel guide; SURGE is the owner's manual. SURGE will also be useful as companion notes for my future DVD release of Tai Chi GROUND (expected in 2015) which demonstrates and teaches every ZMQ37 pose and all the inter-pose transitions, under this same internal cultivation framework.

I really don't want dissatisfied customers, and I'm sure you'd rather not waste your money and then your time, venting your angry spleen all over the internet. Fortunately I have a track record and before clicking to buy this, I request that you do some research by reading all the reviews of all my other books. Read the cheers and the jeers, the lovers and the haters, all of it, before deciding to buy. Though embedded rock-solid in the philosophy of the Tai Chi Classic Writings, nevertheless the title says it best: my approach is RADICAL, and it seriously baffles and bothers many people. If, after doing full diligence, you're left with any doubts whatsoever,

that's the universe giving you thumbs-down, telling you this material isn't for you, so err on the side of caution and save your money.

## Book Information

Paperback: 164 pages

Publisher: CreateSpace Independent Publishing Platform (January 27, 2015)

Language: English

ISBN-10: 1506119557

ISBN-13: 978-1506119557

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.7 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 24 customer reviews

Best Sellers Rank: #556,810 in Books (See Top 100 in Books) #219 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #1154 in Books > Sports & Outdoors > Individual Sports > Martial Arts

## Customer Reviews

This is was a great book, I agree with all the other reviews. But again, it will only be useful if you actually practice it in depth for more then 5 minutes. If you take it seriously, you will feel serious results. I also recommend all the previous books as prior reading (Juice, Peng, RXE)... Surge is another gem that rounds-out much of the previous material, and you will be floored if you practice these methods. Yes, I have reviewed the others as well, because I believe what they offer is truly unique and extremely efficient. I have met, learned and pushed with the author directly, AND many other contemporary experts on the subject. I am an experienced martial artist with a professional school, and find these methods to be the best that I have ever come across, which is why I will always default and recommend these methods to any serious practitioner.

Really helpful.

ok

Here you can find all the energy work that Tai Chi should be famous for.

great teacher

High energy!

A wonderful book, to remind fellow travelers the true beauty of TaiChi. I never met anyone who spoke like I felt. True , true, true, keep on learning.

Can't thank you enough, agree with other reviews, energized my practise.

[Download to continue reading...](#)

Tai Chi SURGE: Radical ZMQ Energetics Tai Chi: Tai Chi for Beginners - Your Guide to Achieving Inner Peace, Mental, and Physical Balance (TAI CHI for BEGINNERS): Tai Chi (Martial Arts, Alternative ... Living, Baha'i, Religion and Spirituality) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki) Therapeutic Tai Chi: My Journey with Multiple Sclerosis My Path with Tai Chi E Tai Chi (The Complete Book): The World's Simplest Tai Chi Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan Stickman Yang Style Tai Chi - 24 Movement Form: Really Simplified Tai Chi Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! Tai Chi Demystified: 6 Must Have Concepts to make Tai Chi Internal Beijing Tai Tai: Life, laughter and motherhood in China's capital The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) Tai Chi Chuan Classical Yang Style: the Complete Form and Qigong Tai Chi for Beginners and the 24 Forms Tai Chi in a Chair Answers to Common Tai Chi and Qigong Questions Simplified Tai Chi Chuan: 24 Postures with Applications & Standard 48 Postures (Revised) The Complete Book of Tai Chi Chuan: A Comprehensive Guide to the Principles and Practice (Tuttle Martial Arts) Essential Concepts of Tai Chi Tai Chi Chuan – – •Classical Yang Style: The Complete Long Form and Qigong

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)