



Taiji Praying Mantis Kung Fu Volume #2 (Taiji Praying Mantis Kung Fu, 2nd)

Lam Wing Kit, Ying Fun Fong

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For the first time in English this series of two books covers the essence of the Taiji Branch of Praying Mantis. This style is also known as Taiji Mei Hua or Grand Extreme Plum Blossom style. Taiji Mantis was brought to Hong Kong in the early part of the 20th century by the famous instructor Zhao Zhu Xi. The book have small photographs but with excellent clarity. The Chinese/English text explains the names of the moves, the idea behind each form and some applications of the movements

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