



Juice: Radical Taiji Energetics

By Scott Meredith

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JUICE Radical Taiji Energetics describes the entire process of generating maximal internal power (qi) through the slow motion martial art of Chinese Taijiquan (T'ai Chi Ch'uan). All aspects of cultivation and deployment of Taiji's spirit energy are described in accessible terms. This book explains that the great past Taiji masters were not pointing at mere physical structure or mechanical principles in their teachings. Rather, they have left us a legacy of ecstatic internal energy methods that are unwrapped, unraveled, and demystified in this book. The presentation is clear, engaging, and profound, and includes working solo, working with a partner, and mastering the Taiji sword. JUICE is an essential companion for anybody from the raw beginner to the long-term veteran practitioner or teacher of Taiji. Which feels better, crack cocaine or Taiji energy? Why is spirit power (not physical structure) Taiji's true engine of mastery? Whether you're a seasoned player or merely Tai-curious, JUICE will hand you the hidden master keys to TAIJI (T'ai Chi Ch'uan) Contents include: The BRUTE level of internal energy; Taiji's MISSING BASIC for universal energy permeation; The ARC OF STEEL for Taiji's Full Body Activation; The SURGE and the STATE; The real purpose and method of Taiji's PUSH-HANDS exercise; The TAILOR'S TOUCH for supreme sensitivity; YINJECTION and YINFUSION for power emission; The SHELL and its SPIKE, SLIDE, SLURP, and NUDGE power concepts; Taiji's energy meta-tool: the Chinese STRAIGHT SWORD; and much more. JUICE isn't a photo-sequence textbook, illustrating a set of dance poses. JUICE doesn't blandly re-parrot the arcane Chinese philosophy from which Taiji emerged. This book lays out the specific mental "settings" that super-charge any style of Taiji and explains how to use Taiji for personal energy cultivation - with effects that anyone can experience immediately. Whether you currently practice Taiji or you're just thinking of getting into it, you should read JUICE before taking another step.

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Editorial Review

About the Author

Scott Meredith has trained in a large variety of Asian and Western martial arts including Western boxing, Shaolin fighting systems, Russian Systema, Yiquan, Taikiken, and Taijiquan for more than forty years. He speaks fluent Mandarin Chinese and Japanese. He holds a Ph.D. from the Massachusetts Institute of Technology and has worked for over 25 years as a Senior Researcher in speech technology, natural language processing, and artificial intelligence in user interface design at leading high-tech companies including IBM, Apple Computer, and Microsoft.

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