

## Cheng Hsin: The Principles of Effortless Power

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Cheng Hsin: The Principles of Effortless Power [Peter Ralston] on esgrimaperezghersi.com \*FREE\* shipping on qualifying offers. Every once in a while you find a high impact book. Something that awakens something deep within and lasts forever. This is the one. It is a book that you can pick up time and time again and always gets something new out of itReviews:

Effortless Power. The early discoveries and conscious breakthroughs that founded Cheng Hsin empowered Peter Ralston to become the first non-Asian ever to win the full-contact World Martial Arts Tournament in China in Cheng Hsin: The Principles of Effortless Power This bestseller is the first of its kind, breaking new ground within and beyond the domain of internal martial arts. Communicated here are some of the essential principles and dynamics of body awareness and effective interaction. Find helpful customer reviews and review ratings for Cheng Hsin: The Principles of Effortless Power at esgrimaperezghersi.com Read honest and unbiased product reviews from our users. Cheng Hsin is the best introduction for beginners to the internal practice of fighting. It is a seminal work that draws on T'ai Chi Ch'uan, Aikido, and Pa Kua Chang and was written by the first Westerner ever to win the world championship in a full-contact martial arts esgrimaperezghersi.com: 1. that he had discovered and so he created Cheng Hsin T'ui Shou, the "art of effortless power." Cheng Hsin is completely in harmony with the principles of Taijiquan, however, much of it surpasses the ideas known.

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