

# Peaceful Dragon School

## Recommended Publications on Tai Chi and Chi Kung

### **Tai Chi**

Beyond the Closed Door: Chinese Culture and the Creation of T'ai Chi Ch'uan Author: Arieh Lev, Breslow  
The Taijiquan Classics Author: Davis, Barbara  
Taiji Sword and Other Writings Author: Davis, Barbara  
Martial Arts Teaching Tales of Power and Paradox Author: Fauliot, P.  
Sharp Spear Crystal Mirror / Martial Arts in Women's Lives Author: Hoppe, Stephanie  
T'ai Chi Classics Author: Liao,\_Waysun  
Tai Chi Classics Author: Lo, Ben  
T'ai-Chi (there is also a paper back version) Authors: Man-ch'ing, Cheng, Smith, R.  
Chinese Swordsmanship Author: Rodell, Scott  
How to Grasp the Bird's Tail If You Don't Speak Chinese (may be out of print) Author: Schorre, Jane  
Cheng Man-Ch'ing's Advanced Tai-Chi Form Instructions Author: Wile Douglas  
Lost T'ai-Chi Classics from the Late Ch'ing Dynasty Author: Wile Douglas  
Master Cheng's Thirteen Chapters on T'ai Chi Ch'uan Author: Wile Douglas  
T'ai Chi's Ancestors: The making of an internal martial art Author: Wile Douglas  
Yang Family Secret Transmissions Author: Wile Douglas  
TaijiQuan, The Art of Nurturing, The Science of Power, Author Yang Yang  
Tai Chi Mind and Body Author: Yu, Tricia  
The Big Book of Tai Chi, Author: Frantzis, Bruce

### **Chi Kung**

The Way of Energy Author: Chuen, L. K.  
The Way of Qigong Author: Cohen, K.  
A Manual of Acupuncture, Author: Deadman, Peter et.al.  
Relaxing Into Your Being; The Great Stillness Author: Frantzis, B. K..  
Dragon Rises / Red Bird Flies: Psychology & Chinese medicine. Author: Hammer, L.  
Voices of Qi Author: Holland, A.  
Who Can Ride the Dragon? Author: Huan, Zhang  
The Web That Has No Weaver Author: Kaptchuk, Ted  
Acupuncture Point Combinations, Author: Ross, Jeremy  
Qigong Empowerment Author: Liang, Shou-Yu  
Healing and the Mind Author: Moyers, B.  
The Yellow Emperor of China's Classics of Internal Medicine Translator: Ni, M.  
Medicine in China Author: Unschuld, P.

### **Philosophy**

The Wisdom of No Escape, Author: Chodron, Pema

The Book of Changes and the Unchanging Truth, Author: Ni, Hua-ching

The Complete I Ching, Author: Huang, Alfred

Tao Te Ching, Translated by: Mitchell, Stephen

Cutting Through Spiritual Materialism, Author Trungpa, Chogyam

### **Publications by Master Wasentha Young**

Young, Wasentha. (2003). Chi Kung Exercises / Energy and Muscle Movement: Peaceful Dragon Publications

Young, Wasentha. (2004). Grasping the Sparrow's Tail / Beginning Tai Chi Chuan. Instructional Video/dvd: Peaceful Dragon Publications

Young, Wasentha. (1999). Wild Goose Chi Kung. Instructional Video/DVD: Peaceful Dragon Publications

Young, Wasentha. (2000). Chi Kung and T'ai Chi Ch'uan for the Physically Challenged. Documentary Video: Peaceful Dragon Publications

Poetry, Exercises and raw video footage on internet Peaceful Dragon School Facebook Fan page and YouTube