

ELEVENTH  
SCHOOL YEAR

# Master Training Systems



## Reading List



### SUPER-HEALTH TRAINING OF ANCIENT CHINA

These books provide additional insight to the spiritual, health, and martial arts training methods utilized in lessons.

**Tao Teh Ching** Lao Tzu (c. 500 BCE); translated by John C.H. Wu, Shambhala Publications. As poetically rendered by Mr. Wu, the fundamental principles of Lao Tzu's Tao, Yin and Yang, "Integrity" and "Great Way," timelessly applicable to daily living; the philosophical basis of Tai Ji Quan.

**The Diamond Sutra & The Sutra of Hui-neng** (c. 700 CE) Translated by A.F. Price & Wong Mou-lam, Shambhala Publications. The epitome of the "Supreme" school that inspired the sixth Chinese patriarch in the lineage of Buddha, and his experiences as the proponent of Ch'an Buddhism's path of freedom, wisdom and inner peace.

**Dream Conversations on Buddhism and Zen** Muso Kokushi (c. 1300 CE); translated by Thomas Cleary, Shambhala Publications. A lucid, compact, thoroughly comprehensive guide to the principles of original Zen as brought from China to Japan and developed by this famous master.

**Journey to the West** Wu Cheng'en (c. 1500 CE); translated by W.J.F. Jenner, Foreign Languages Press, Beijing. A classic Chinese mythological novel, of profound allegory relating an extensive adventure during ancient times, rich in perspective on spirituality, philosophy, psychology, health, and martial arts. 1851 pages in three volumes.

**Three Kingdoms A Historical Novel** Luo Guanzhong (c. 1400 CE); translated by Moss Roberts, University of California Press. Unequaled insight into all aspects of the ancient practices of military strategy. 1096 pages.

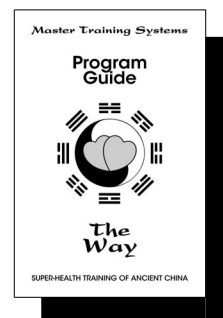
**A Dream of Red Mansions** Tsao Hsueh-Chin and Kao Ngo (c. 1700 CE); translated by Yang Hsien-Yi and Gladys Yang, Foreign Languages Press, Beijing. A novel of intricate social and personal relationships in ancient times and the timelessness of desires and emotions. 1886 pages in 3 volumes.

**Chinese Acupuncture and Moxibustion** Cheng Xinnong, chief editor, Foreign Languages Press, Beijing. A comprehensive textbook with thorough examinations of traditional Chinese medicine, including Yin and Yang, the Five Elements, the Twelve Ordinary and the Eight Extraordinary channels.

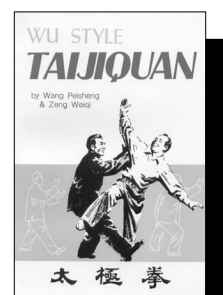
**The Essence of T'ai Chi Ch'uan, The Literary Tradition** Translated by Lo, Inn, Amacker, Foe, North Atlantic Books. The original, classical principles of Tai Ji Quan, over 7 centuries, expounded in statements both concise and elegant beginning with the advice of legendary master Chang San-feng (c. 1300 CE).

**Wu Style Tai Ji Quan** Wang Peisheng and Zeng Weiqi, Hai Feng Publishing Company and Zhaohua Publishing House. The definitive textbook by Master Guiffre's teacher, including theory and practice for mind, movement, health, and self-defense.

### "Tai Chi" Essentials Training Aids



Brochures: *The Way and Discourses of Great Master Wang*



Text Book  
\$17



Video Series *Spring 2001*  
\$39 Per Cassette