

Buckley Taiji and Qigong Recommended Reading List

Most of these books are available through YMAA publications: <http://ymaa.com/publishing>

| Class | Title | Author | Translator |
|-------------------------------|---|------------------|------------------|
| Taiji Motivation: | | | |
| | 108 Insights into Tai Chi Chuan (A string of pearls) | Michael Gilman | |
| | 101 Refelections on Tai Chi Chuan | Michael Gilman | |
| | Tai Chi Secrets of the ancient Masters | Yang, Jwing-ming | |
| | Tai Chi Secrets of the Yang Style | Yang, Jwing-ming | |
| Taiji/Qigong training | | | |
| | Tai Chi Chuan | Chen man-Ching | |
| | The essence of Taiji Qigong | Yang, Jwing-ming | |
| | Qigong for treating common Ailments | Xu, Xiangcai | |
| | Muscle/Tendon Changing & Marrow/brain washing Chi Kung | Da Mo | Yang, Jwing-ming |
| | The root of Chinese Qi Gong | Yang, Jwing-ming | |
| | the Eight Pieces of Brocade | Yang, Jwing-ming | |
| | Advanced Yang Style TaiChi Chuan (Martial Applications) | Yang, Jwing-ming | |
| Youth/entertainment | | | |
| | Dharma Punx (a memoir) | Noah Levine | |
| | Iron & Silk | Mark Salzman | |
| | The fox borrows the tiger's Awe | Yang, Jwing-ming | |
| | The mask of the king | Yang, Jwing-ming | |
| Taoist/ Martial Arts Classics | | | |
| | Tao Te Ching | Lao Tzy | Sam Hamill |
| | I ching | | Gary Woods |
| | The art of war | Sun Tzu | James Clavell |
| | A book of five rings | Miyamoto Musashi | Victor Harris |
| Taoism/related | | | |
| | Tao the Watercourse Way | Alan Watts | |
| | The Tao of Emmerson | Richard Grossman | |
| | Essays in Zen Buddhism | D.T. Suzuki | |
| | Chinese Herbal Medicine | Daniel P. Reid | |