



good health, martial skill and understanding Tao - The Way. BOOK REVIEW by Paul Caswell This martial arts text covers all aspects of training, the theoretical, the historical and the technical. It is a rich and essential tool for anyone wanting to learn Old Yang Style Tai Chi Chuan, Pa Kua Chang and Wu Tang Shan Nei Jia Chuan. There are no fancy stories, self-publicizing images or unnecessary material. Just excellent quality teaching notes, written simply and easy to follow. Don't be fooled in thinking that this is a how-to manual. It is a tool designed to build deeper learning and supplement good old-fashioned hard work done in class and at home. As a former student of Paul's in the late 90's I only wish that I had this manual available to me as a student. I remember trying to write my own detailed notes for the Cannon Fist Form and some of the Wu Tang forms. It took me more time than necessary; it took me away from training and into writing about training. This text that Paul has produced now means that students do not need to waste time making unnecessary training notes. Everything in his system is in this text. It fills in many gaps, answers many questions and acts as both a reminder for learning that has taken place, and a signpost for future learning paths. This book has shown me how much I had learned in my time with Paul but also how much I had not learned. Don't be fooled into thinking that Paul is a mere tai chi instructor turned writer, metaphorically pontificating from his hand carved wooden throne, slowly caressing his long white beard, observing his

students from a far in the training hall and thus with disdain. In many ways, this text reflects Paul's characteristics both as a teacher, a healer and a man. He is epitomizes the Yin Yang symbol. He (and thus the text) is a vast font of internal martial and healing art knowledge, but he does not want to hold onto this information and slowly give it to you like masters of old. This text should be likened to an encyclopedia of all he teaches. No secrets, no special techniques. But it is only a compliment to regular training with Paul. This training manual demonstrates that Paul is tenacious and utterly committed to his training and thus developing his students. He smiles when he trains and does not take himself too seriously. This training manual is just that, a manual, not a doctrine to be worshipped. Paul is a formidable yet humble martial artist, he believes in what he does, what he teaches. More importantly, just like the material in this text, he can expertly and clearly demonstrate material in class. Paul is a writer second and a martial artist first. He can subtly evade your attacks, penetrate your defenses and make you wonder why you did not feel anything until his fingertips are millimeters from your eyes and throat whilst smiling as you realize what has just happened. I would whole-heartedly recommend this book to anybody with an interest in the Chinese Martial Arts and those on the path learning Paul's material, beginner or advanced. Note the emphasis on the word martial. This text, like Paul is a shining example of the chuan, the fist, the kung fu, the hard work being both an integral and primary aspect of the Chinese Internal Martial Arts. Paul Caswell 2009