

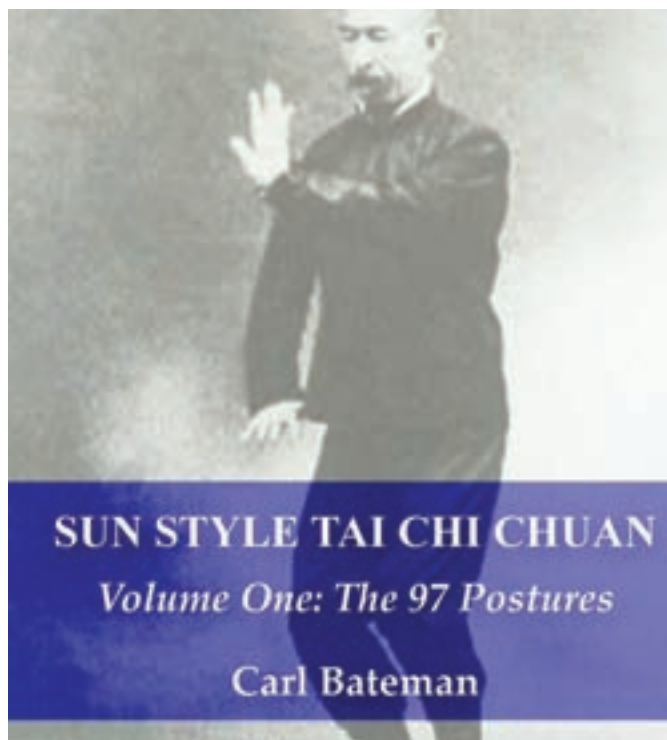
Sun Style Tai Chi Chuan: Volume One:

The 97 Postures by Carl Michael Bateman

Review by Jenny Peters

I write from my observations within our club and tai chi in general. If you have read any of my articles or our books you will know I am not a very technical person, but I appreciate the passion and knowledge of the art in the books Carl Bateman, the author, has written. I have limited knowledge of Carl's style of tai chi (Sun), and with that in mind, I asked Mark (Peters) if he would review the 2nd volume as he is far better equipped for this than I, and I would take a look at the first volume, regarding the description of the 97 Postures of Sun style. For me, who likes a short light introduction I felt there were too many acknowledgements and notes before I got to the real beginning of the book. Carl explained that the work was originally intended for one book, but became two volumes as it evolved. I believe it would be excellent for students already on what would be the right journey to gain the true essence of the real Sun Style. Carl has done an amazing in-depth presentation that would really benefit and engross players of Sun Style tai chi chuan the world over. It is a much-needed book.

Mark has said that he really enjoyed the 2nd volume that he feels inspired to read the 1st volume now.



Sun Style Tai Chi Chuan: Volume Two:

The Companion Guide by Carl Michael Bateman

Review by Mark Peters

Although this is a companion guide, I feel that it also stands on its own. The training history of the author and Sun style family is fascinating. As an engineer, I also really appreciated this use of Kolb's experiential learning discussed and explained. I have never been a fan of learning by rote as repeating is not really learning.

I'm definitely taking on some of the terms used, e.g. notional space, as I really connected with them so thank you Carl.

The discussion on mindfulness is refreshing. It has become such a trendy word that it often loses its true value as a tool for non-judgmental learning. Tim Galway calls it self-one and self-two in his book *The Inner Game*. Tai chi is not a mindful exercise but should be practised with mindful awareness to truly benefit from all it has to offer.

Although some elements e.g. si xiang (the four resemblances) are specific to Sun style, much of the book is applicable to all styles e.g. joint traps.

I enjoyed the mix of applicable theory and anecdotes from the author own training experiences. The section discussing san ti shi was especially of interest to me as it brought back fond and achey memories of my hsing-i days.

To sum it up, this book is heaving with wisdom shared freely and will continue to give insights to the reader over many reads. I plan to keep it as a book to unstick me when stuck in one mode of thinking that is limiting my own development.

Thank you Carl for sharing so freely.

