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Chungliang Al Huang. Chungliang "Al" Huang (Chinese: 黄宗江) is a notable philosopher, dancer, performing artist, and internationally acclaimed taijiquan master and educator, having received the Republic of China 's most prestigious award in the field of education, the Gold Medal Award, from its Ministry of Education . As...

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Taosports embodies an Eastern philosophical and religious approach to optimizing experiences. According to the authors, "thinking body, dancing mind means that you have within you all that you need to be and to do anything you wish." The authors provide many exercises for the best utilization of this process.

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