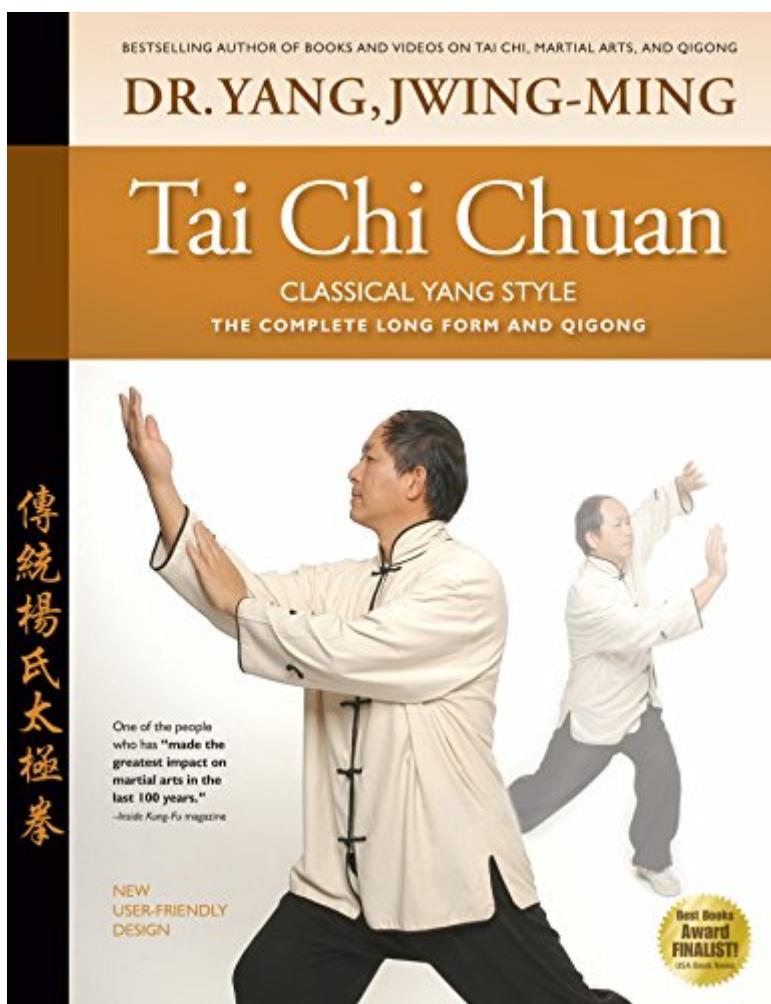


The book was found

Tai Chi Chuanâ€”Classical Yang Style: The Complete Long Form And Qigong



Synopsis

Tai Chi Chuan (Taijiquan) is one of the most popular and effective health and exercise activities practiced today. This revised edition offers beginners a comprehensive introduction to Tai Chi, a step-by-step guide to learning the complete form and the fundamentals necessary for correct practice. In this guide, you will learn:

- ¤ History of Tai Chi Chuan
- ¤ The relationships between Qi, Qigong, and Tai Chi
- ¤ Tai Chi Chuan's Thirteen Postures
- ¤ Tai Chi Qigong Sets
- ¤ The Complete Yang Style Long Form, step by step
- ¤ How to practice Tai Chi for best long-term results

Book Information

File Size: 38586 KB

Print Length: 396 pages

Publisher: YMAA Publication Center; 2nd ed. edition (April 1, 2011)

Publication Date: April 1, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B01DN0GVME

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #84,909 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #33 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #52 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Martial Arts #155 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing

Customer Reviews

Excellent book for beginner and advanced practitioners. I have studied and taught many forms of Chi-Gong spanning some 40 yrs. and have found the internal description of the workings of Chi in the body most impelling. One must have a good Yang instructor, however this book is very easy to follow the movements of his form, by Yang Jwing-Ming.

This book is very informative, for those whishing to study Tai Chi Chuan. the DVD, for this book, would also be a great aid in the study of Tai Chi Chaun . But as long time student of the martial arts,

it is also a good idea to seek out a good teacher, and find some one to train with. This book and its DVD is a good start.

He knows his stuff but I felt like I needed something simpler to begin with. I got Chris Pei's Qi Gong for Beginners and found it to be just the right level.

Good but confusing if very new to tailor chi!

Dr Yang is such a competent instructor, it is easy to follow along. He also invokes the feel of movements that transcend the mechanics of the movement pattern. Much better than I expected, better than I hoped for.

Yang Jwing-Ming's expertise on the philosophy and physiology of Tai Chi are exceptional. This is not a how to book. This is a how come book.

There appears to an assumption that a dvd came along with the book. I purchased the book and no dvd. A little disappointed. It should be clear that a dvd is not with the book.

Text is well written, although it would be more usable to someone already studying under a teacher. The pictures are very helpful, but again, tai chi is not to only be learned by book or video.

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