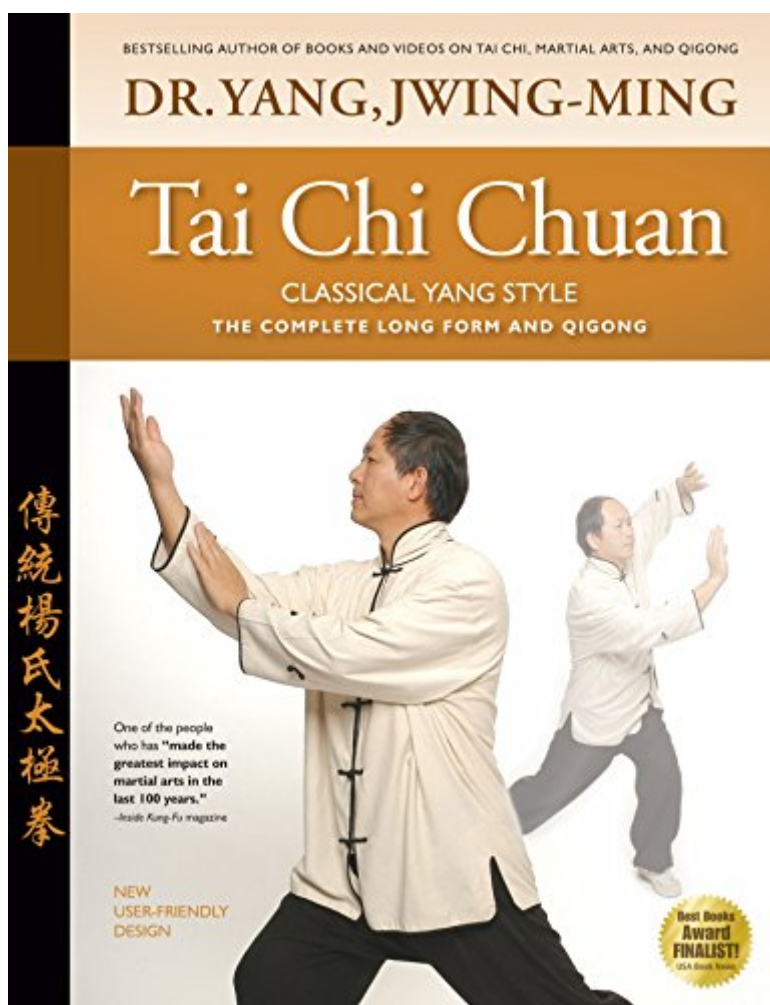


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Tai Chi Chuan – Classical Yang Style: The Complete Long Form And Qigong



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:

- The 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

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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 compelling. 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 wishing to study Tai Chi Chuan. the DVD, for this book,

would also be a great aid in the study of Tai Chi Chuan . But as long time student of the martial arts, it is also a good idea to seek out a good teacher, and find someone 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 tai 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 be 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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