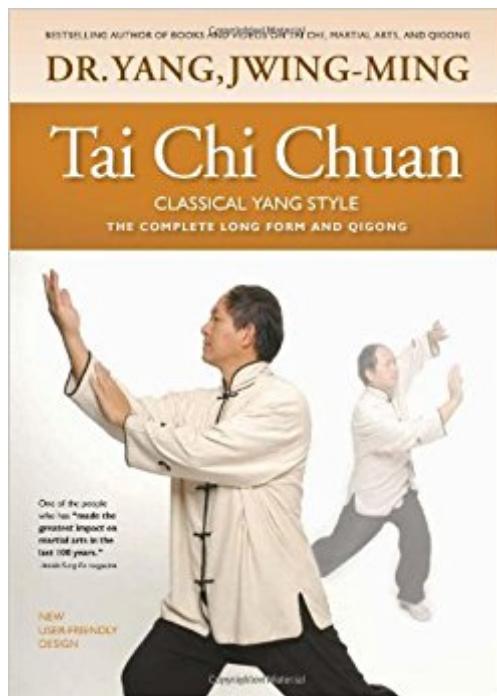


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# Tai Chi Chuan Classical Yang Style: The Complete Form And Qigong



## Synopsis

Gold Winner - 2011 IP's Living Now Awards Gold Winner - 2011 eLit Award Finalist - 2011 Eric Hoffer Award Finalist - 2011 USA Best Book Award Taijiquan (Tai Chi Chuan) is a slow and relaxed moving meditation. It is also a sophisticated martial arts system. Through practicing Taijiquan, you are able to calm down the mind, locate your spiritual center, and consequently find your entire being. From the relaxed moving exercise, you can bring your physical body into an ultimate level of relaxation and natural ease, resulting in smooth Qi (inner energy) and blood circulation. This is a key to maintaining health and recovering from sickness. This book is an in-depth guide for beginners to learn Taijiquan properly. It offers a general plan for practicing Taijiquan, and then goes into great depth to present enough content for proper learning. You will learn: What Taijiquan is How to practice The history of Taijiquan Taijiquan postures About Qi and Qigong Main Fundamental stances Categories of Qigong Taiji qigong Qigong training theory Qigong and Taijiquan Taijiquan thirteen postures (eight doors and five stepping) The traditional Yang Style Taijiquan Long Form This REVISED EDITION has a new easy-to-follow layout, each movement presented in a series of large photographs with clear same-page instructions for each Taiji posture. This book is sure to advance your practice and save you much time and energy.

## Book Information

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## Customer Reviews

"Excellent Resource! Five Stars! This book is a fount of information! It not only includes how to perform the moves but the history of Chinese martial arts itself. I learned so much while reading it. It

provides a comprehensive look at the art of Tai Chi Chuan, its history, and the theory and practices behind it. Towards the end there are pictures that show the movements of this martial art and, again, explain in great detail how and why to perform them in such a way — as well as the many ways they can be modified to different results."All in all, I'm very glad I have this book — it's beautifully put together with a lot of information. Tai Chi Chuan contains 402 pages, so there's a LOT of history, information, and practice here. A good addition for anyone looking to not only learn this discipline, but learn more about Chinese martial arts in general and Tai Chi Chuan in specific." (Angela Hanson, [touchthenight.blogspot.com](http://touchthenight.blogspot.com))

Dr. Yang, Jwing-Ming is a renowned author and teacher of Chinese martial arts and Qigong. Born in Taiwan, he has trained and taught Taijiquan, Qigong and Chinese martial arts for over forty-five years. He is the author of over thirty books, and was elected by Inside Kung Fu magazine as one of the 10 people who has "made the greatest impact on martial arts in the past 100 years." Dr. Yang lives in Northern California.

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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