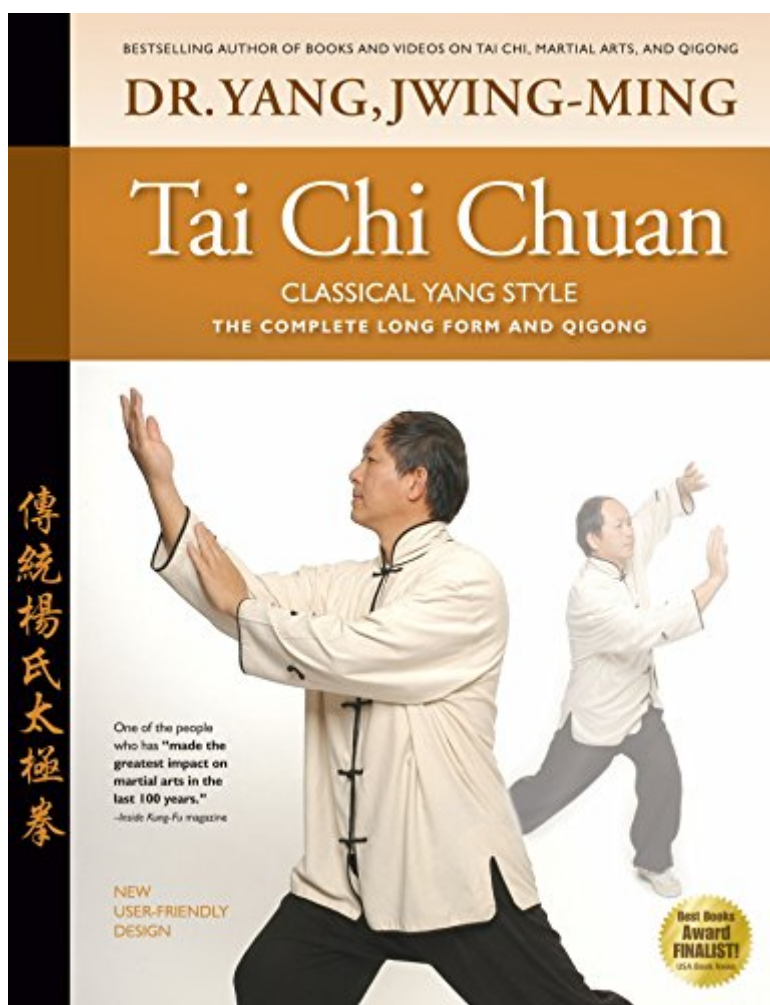


The book was found

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:

- History of Tai Chi Chuan
- The relationships between Qi, Qigong, and Tai Chi
- Tai Chi Chuan
- 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: Amazon 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 Amazon Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #52

in Amazon Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Martial Arts

#155 in Amazon 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 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.

[Download to continue reading...](#)

Tai Chi Chuan – Classical Yang Style: The Complete Long Form and Qigong Tai Chi: Tai Chi for Beginners - Your Guide to Achieving Inner Peace, Mental, and Physical Balance (TAI CHI for BEGINNERS): Tai Chi (Martial Arts, Alternative ... Living, Baha'i, Religion and Spirituality) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki) Stickman Yang Style Tai Chi - 24 Movement Form: Really Simplified Tai Chi Tai Chi Chuan Classical Yang Style: the Complete Form and Qigong Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, And Applications, Revised Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan E Tai Chi (The Complete Book): The World's Simplest Tai Chi Therapeutic Tai Chi: My Journey with Multiple Sclerosis My Path with Tai Chi Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! Tai Chi Demystified: 6 Must Have Concepts to make Tai Chi Internal The Healing

Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi Answers to Common
Tai Chi and Qigong Questions Tai Chi Ball Qigong: For Health and Martial Arts Long Life, Good
Health Through Tai-Chi Chuan Qigong Meridian Self Massage - Complete Program for Improved
Health, Pain Annihilation, and Swift Healing (Chi Powers for Modern Age Book 5) Meridian Qigong
Exercises: Combining Qigong, Yoga, & Acupressure Wu Qin Xi: Five-Animal Qigong Exercises
(Chinese Health Qigong) The Complete Idiot's Guide to T'ai Chi & QiGong Illustrated, Fourth Edition
(Idiot's Guides) The Complete Book of Tai Chi Chuan: A Comprehensive Guide to the Principles
and Practice (Tuttle Martial Arts)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)