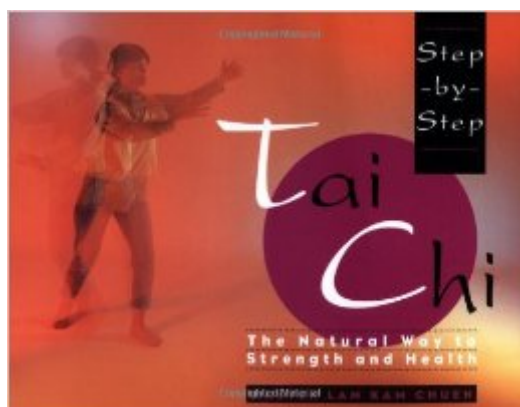


The book was found

Step-By-Step Tai Chi



Synopsis

Tone your body, relax your mind. Whatever your level of fitness, Step-by-Step Tai Chi offers a simple but effective program of exercise and stress reduction, based on the ancient Chinese art of Tai Chi. In addition to learning the fundamentals of Tai Chi through his carefully designed four-level program, Master Lam Kam Chuen will introduce you to Small Circle Form Tai Chi, an original method he has developedâbased on classical Tai Chi stylesârequiring a minimum of time and space. Step-by-Step Tai Chi features:

- * Detailed and easy-to-follow instruction for the basic movements of Tai Chi, plus Small Circle Form, complete with color illustrations that will guide you through every movement
- * Specially selected exercises to help you build up strength, flexibility, and stamina in the muscles and joints of your upper and lower body
- * Simple routines that you can perform in half an hour or less, with no previous experience, special clothing, or equipment required
- * An ideal foundation if you wish to study advanced forms of Tai Chi

Whether you are looking for a way to reduce stress or a new way to exercise, Step-by-Step Tai Chi will keep you fitâinside and out.

Book Information

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Average Customer Review: 4.5 out of 5 starsÂÂ See all reviewsÂ (73 customer reviews)

Best Sellers Rank: #75,642 in Books (See Top 100 in Books) #20 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #130 inÂ Books > Sports & Outdoors > Individual Sports > Martial Arts

Customer Reviews

This is one of those cutesy looking tai chi picture books that most serious practitioners seem to hate. I agree with the one writer who said this wasn't a good book for a beginner, since the drawing sequences in books like these or even photos just don't do justice to the actual moves, and are just too hard to really learn from. But then that makes it no different from all the other hundreds of similar tai chi picture and photo books out there. A video on tai chi that you can buy used on e Bay or here

for a reasonable price is better to see the actual techniques. Many teachers have made these videos and I have seen them in the video sections of large bookstores too. Recently, for example, I saw Paul Lam's videos showing Sun style tai chi (which is a mixture of ba gua, hsing i, and yang style tai chi, along with some shaolin moves, too). I also have Terry Dunn's videos on the long and short Yang form, which are good too. I can recommend those also. And I'm sure there are dozens of other choices that I haven't seen. The problem for the beginner is that they won't be able to judge a really technically correct tai chi form, and be advised, not all of the teachers out there who are "famous teachers" are actually performing all the aspects of the form correctly, especially in regard to the internal principles (such as keeping the qua open, or the area under the armpit, open, which is one internal principle that can be observed externally). If you get a video, however, you can still learn what's called the "outward shape," and then if you find a good teacher at some point, they can correct you. But for a more experienced student, the book's main strength is the dozens of individual exercises, which are actually quite good.

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The Tao of Tai Chi: The Making of a New Science: One man's amazing 55 year journey from an angel in Kansas to a Taoist Temple in Hong Kong, which ... the world's largest institutions of science. Tai Chi Thirteen Sword: A Sword Master's Manual Simplified Tai Chi Chuan: 24 Postures with Applications and Standard 48 Postures Tai Chi Essentials: The Simplified 24 Form

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