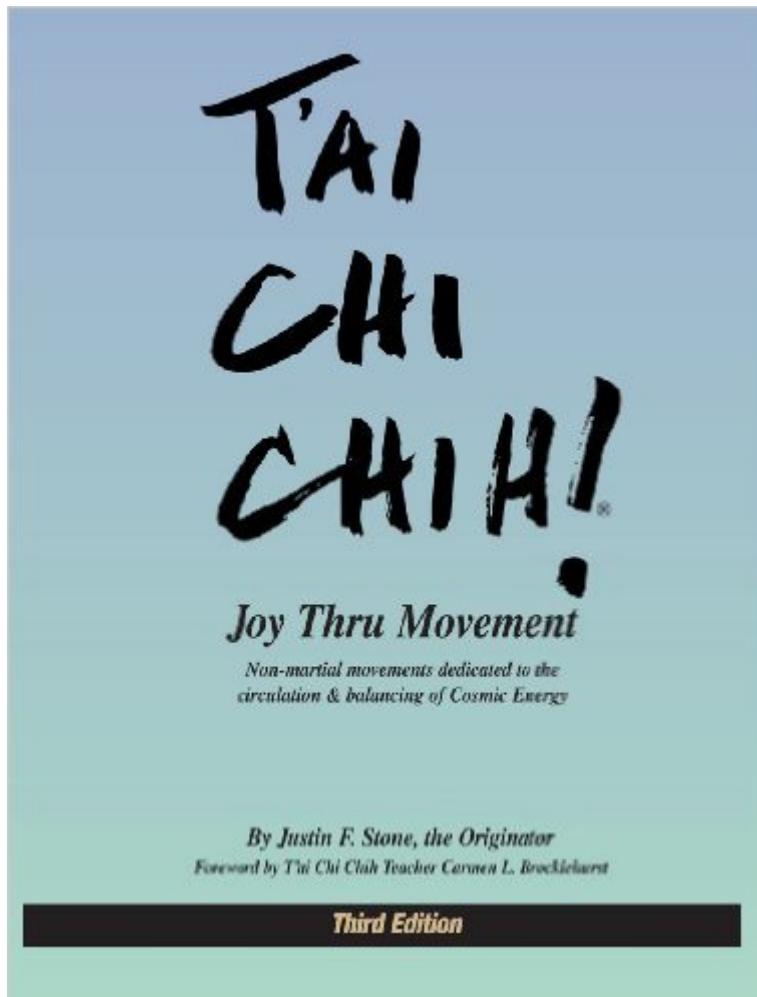


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# T'ai Chi Chih! Joy Thru Movement



## Synopsis

Pairing time-lapse photography with concise commentary, this photo-text offers complete instruction in the simple yet utterly profound movements. Additional essays on the background and philosophy of T'ai Chi Chih are quite illuminating. This meditative T'ai Chi Chih discipline circulates and balances our internal energy (the Vital Force or chi), helping alleviate excess stress, aiding in relaxation, and improving our health, creativity, performance, and intuition.

## Book Information

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## Customer Reviews

Clearly, some who have rated the book low haven't taken the time for even the most cursory examination. They object that it is not "Tai Chi Chuan". Of course not, it is "Tai Chi Chih" and a quick reading of the introduction will reveal both the intent and the origin of Tai Chi Chih. I don't believe there is any attempt to mislead here, nor is the title a cynical marketing ploy. What Tai Chi Chih is is an excellent qigong set designed entirely for health and meditation and which can provide many benefits of the far more difficult Tai Chi Chuan. It is very gentle and can be performed by almost anyone. I have studied Tai Chi Chuan and a number of other qigong systems and have a strong basis for comparison. Different qigongs seem to produce different "qualities" or feelings/vibrations of qi. I find the effect of Tai Chi Chih to be quite perceptible, very pleasantly physical, very detoxifying, like a deep internal massage. Just a few days of practice begins to yield more energy and a feeling of more ease and balance. It circulates the qi very effectively and leaves my abdomen and back feeling very open, springy, and unravelled. The rocking on the feet draws up earth qi which is circulated within via arm movements. Tai Chi Chuan feels a lot like this, when

practiced correctly, but is more difficult to achieve. When practiced incorrectly, I have found it can actually exacerbate tension and energy blockages in the body. Take time to study the movements of Tai Chi Chih and practice them for many days before making your own evaluation. It would be better still to learn from one of several videotapes on Tai Chi Chih.

Mr. Stone's work to bring Tai Chi Chih to the world is a great service to us all. This excellent form of Qigong is reaching a wide audience of people who are reaping great benefits. We have heard wonderful things about Tai Chi Chih all over the country through Tai Chi Chih teacher's and students involved with World T'ai Chi & Qigong Day. Again, thanks and congratulations to Mr. Stone on his important and highly effective work. Bill Douglas, Founder of World T'ai Chi & Qigong Day

This book is a precious resource and aid for both new and continuing Tai Chi Chih students (and teachers). The easy-to-read text and photos clearly define the principles and mechanics of the 20 fun-to-learn movements within this gentle, non-aggressive, stress-relieving practice. Helpful tips that will enhance and deepen one's personal relationship with Tai Chi Chih are generously offered by the practice's originator, Justin Stone. Tip: The Great Circle Meditation at the end of this book is not to be missed!

Justin Stone's T'ai Chi Chih is a terrific program, and a wonderful way to alleviate the stresses that day-to-day living causes all of us. TCC only requires 20-30 minutes daily, but its effect carries over throughout the entire day and beyond. Like coffee, it energizes me, but unlike caffeine it does so in a way that makes me feel really relaxed and focused. And unlike coffee, it doesn't cause me to experience a 'crash' in four or five hours. When I first tried to learn TCC, I used this book, but I found the time-lapse pictures difficult to work with. Even though there's a lot of pictures for each movement, and the pictures are professionally done, it still felt awkward to match my own continuous motion to pictures; I wasn't sure if I was moving correctly. I ordered Justin's companion DVD to see how it would compare, and I found immediately that it was much easier to learn from. The DVD is just as professionally done, and the video aspect really, really helps. In addition to the pictures, the book has a significant amount of textual information, including a few tidbits that are not in the video; for that reason, I can still recommend it as a useful supplement to other instruction, such as the DVD or private lessons. But because of the difficulty in learning TCC through pictures, I believe this book falls short of the "complete instruction" claim on the product description.

When Justin Stone developed Tai Chi Chih from several other Chinese internal strengthening and healing exercises, he gave folks another way toward self improvement. More active than Yoga and simpler than tai chi chuan, Tai Chi Chih is a satisfying, non-sweaty exercise program. Easy to learn (over the course of eight or so sessions with an accredited instructor) or in a couple of months using the book, a companion VHS tape, or DVD -- a person can learn an exercise routine that can be done in pajamas before breakfast.

Excellent! I wish this was available in DVD form!. The book is well written and the photos are very helpful. I did T'ai Chi Chih many years ago and had forgotten some of the movements but this has brought it all back.

The photos are not clear. Difficult to follow the sequences. The DVD helps a lot but it is no longer available. Get an instructor if you want to pursue this. I cannot recommend this book. But I do recommend T'ai Chi Chih.

This is a good book if you have attended a class on Tai Chi and you want to get a better idea of the moves required. However, if you expect to pick up the book and read it and master all of the moves, it lacks a little. Mostly, the photos give a good idea of what to do, but the text does not do a great job of completely explaining the photos.

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