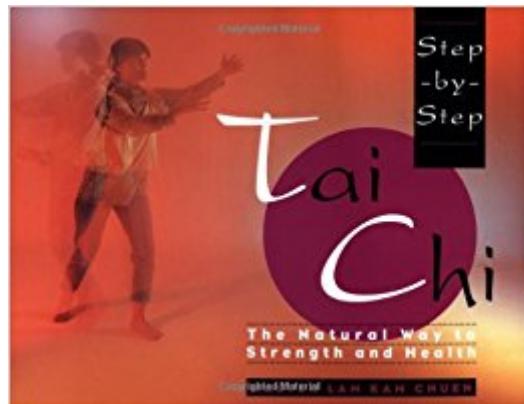


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# Step-By-Step Tai Chi



## 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 developed—based on classical Tai Chi styles—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 fit—inside and out.

## Book Information

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## Customer Reviews

Master Lam Kam Chuen is a recognized master of the arts of Tai Chi and Chi Kung, and a practitioner of traditional Chinese medicine. He was born in Hong Kong shortly after World War II and at a very early age began training in Chinese martial arts. Studying under masters such as Lung Tse Chung and Yim Sheung Mo (both of whom were disciples of Ku Yue Chang, known throughout China as “The King of Iron Palm”), he was trained in Choy Lee Fut,

Northern Shaolin Kung Fu and Iron Palm, as well as Tai Chi. He then studied Chinese medicine, becoming a qualified bonesetter and herbalist, and opened a school and clinic in Hong Kong. He also undertook the study of Chi Kung, a system for the cultivation of internal energy in the body. Using his medical skills and his knowledge of Chi Kung he began to develop a new form of Tai Chi, now known as Lam Style Tai Chi. Master Lam came to the West in 1976 when he became the first Tai Chi instructor appointed to teach in the Inner London Education Authority. In 1987 he gave the first European demonstration of the art of Zhan Zhuang Chi Kung, which he studied in Beijing under Professor Yu Yong Nian, the world's leading authority. He now teaches and practices medicine at The Lam Clinic in London's Chinatown. Following the widely acclaimed BBC series, *The Way of the Warrior*, Master Lam was invited to act as consultant to the sequel publication, *The Way of Harmony*. This was followed by his ground-breaking work published by Gaia Books, *The Way of Energy*, introducing the Zhan Zhuang system of "Standing Like a Tree".

**Chapter 1 FUNDAMENTAL MOVEMENTS** This set of basic exercises is designed to relax and tone all the major joints in your body. Starting with the neck, you work down through your entire frame. For the best results from these exercises, you should work through the full set in the correct order. The movements are simple to learn. Most of them are based on the natural action of the joints when they are relaxed and free from tension. For this reason, if you are just starting to learn Tai Chi you should begin with this sequence to ensure that you develop a good foundation of smooth, relaxed movement. These fundamental exercises are presented in a way that will be particularly helpful to anyone who has never done slow exercise before. They are ideal if you are out of shape, recuperating from an illness or a physical injury, or are elderly. Follow the instructions carefully, go slowly, and don't strain yourself in any movement and the benefits can be remarkable. The exercises are based on two principles. First, there is a great deal of tension in our joints and their associated muscles. It is essential, therefore, to learn how to relax these areas in order to keep them supple and to help overcome the damaging effects tension has on the body. Second, all our major energy pathways pass through the joints. If tension exists there, then the natural flow of energy in the body will be blocked, leading to increased stress and, eventually, illness. So these exercises, simple as they may seem at first, meet some of our most fundamental needs. Each exercise is described in detail, including the starting position for each, the precise movement, the pauses, and the all-important concluding moments of stillness. Many of these features are common to each exercise, but they are repeated so that you can be sure that at each stage you know exactly what you are

supposed to be doing.

**EXERCISE ROUTINES**Working through the full set of 18 fundamental exercises gently and slowly, as described on the preceding pages, takes just under 10 minutes. You should start at this level, carefully making all the movements in order, pausing briefly in between each one, until you are familiar with the full set. The number of repetitions to start with for each exercise is set out in Level 1 on the chart opposite.If you are unfamiliar with this type of slow exercise, or you are out of shape, in poor health, or elderly, take your time and do them as gently as possible. This way, without straining yourself, you will start to make progress each time you do them. Some people may prefer to remain at this basic level, doing the movements as best they can. Even if this is the only exercise you can take, it will be of great benefit to you.Once you are familiar with the exercises, and if you find that you can do them fairly easily, there are two further levels set out on the chart opposite. So, for example, you proceed to making four gentle circles of the head at Level 2, then six circles at Level 3, and so on. Maintain the calm, steady pace throughout. It is essential for Tai Chi exercise that you keep to the discipline of doing all movements slowly and evenly.Try to do these exercises every day. The continuous repetition will make all the difference to your health and it will progressively relax your body and mind.Copyright © 1994 by Master Lam Kam Chuen

Good beginner book for Tai Chi student. This book breaks all the movements down to their simplest elements and teaches a series of exercises that are put back together at the end of the book in the forms

Am using it every day and best of all- looking forward to each day's exercise. If you're familiar with Tai Chi, you'll get the idea right away. If you're a beginner - hang in there, follow the instructions exactly and in a couple of weeks you'll be amazed that such easy exercise can make such a difference.

The exercises in this book are great for recovering from a total knee replacement. Each exercise is displayed in very well illustrated drawings for each motion of the exercise with clear and concise words describing each motion. The solid texture of the pages allows you keep the book propped open to the exercise page. Each exercise motion contains some form of breathing exercise for the oxygen our body needs. There are 48 exercises covering fundamental movements, strength & motion, balance & movement and working with a partner(4 exercises) all without the use of any equipment. At the end of this book these exercises can be combined together to produce various

kinds of tai chi form. I am using this book for its many health benefits. I highly recommend this book for all ages and physical conditions. Relieving stress is a big benefit.

I tried learning from videos but it was not working. A friend recommended using a book. This was highly rated - so I bought it. Master Kam-Chuen's book is easy to understand and breaks it down into movements that target specific needs (if you want to work on one area). I am moving like I could not do before I began using the book!

Written by a widely recognized Chinese expert (he did the venerable BBC series "The Way of the Warrior"), Kam Chuen has created a marvelous book, which combines some 48 exercises that sink deep into your thought and habit as easily as a dream. This dreamlike communication is the result of restful illustrations in gentle pastels and succinct instructions. The exercises are divided into four workouts comprising fundamental movements, strength and motion, balance and movement, and partner movements. The book lies flat so you can learn each movement as you go along. It would be a masterpiece even without the second part, which melds the preceding 48 exercises into a profoundly complete movement sequence, the Small Circle Form. The writing is quiet, clear, and illuminated with wisdom without ever being florid or pretentious. Whatever your fitness level or interest, I recommend ...you buy this book!

This is a book for those who want gentle beginners exercises that lead on to more strenuous ones. Extremely well written with very easy to follow diagrams & directions. This is a must have book for folks with Emphysema as it focuses on breathing while exercising. If you wanted, it will give you quite a workout. The exercises are also gentle on older joints. I highly recommend it.

Very good book on learning a basic form of tai chi. My husband learned this form in 1 week and became very good at it in 1.5 weeks. Very clear and easy to read, follow and understand.

The instructions and pictorials have allowed me to "polish" my movements by better understanding what each movement is trying to achieve. I am in a 20 member class and the book allows me to take my time in absorbing the instructions of my sifu by "self-correcting" (polishing) forms in the long poem

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