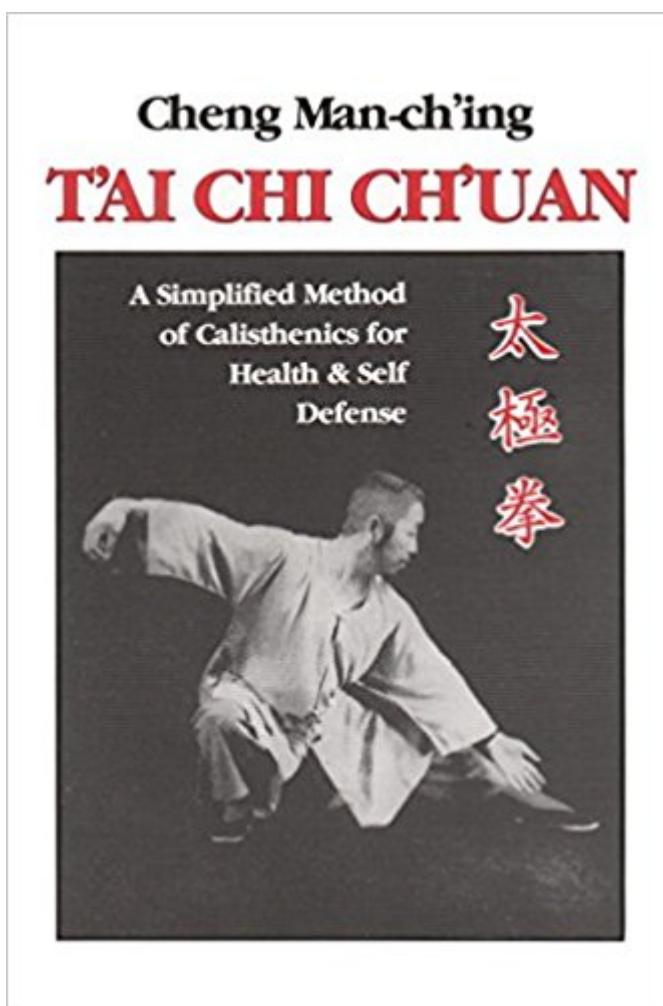


The book was found

T'ai Chi Ch'uan: A Simplified Method Of Calisthenics For Health & Self Defense



Synopsis

This is the original classic about Short Form, the most popular and widespread form of T'ai Chi in the West. T'ai Chi Ch'uan is a must-read for every serious T'ai Chi student. This book is not meant to "teach" T'ai Chi Ch'uan, but meant to expound upon its meaning to the earnest practitioner; to offer the layperson a glimpse into this ancient art; and to communicate the author's unique perceptions and experiences that only a lifetime of practice can cultivate. Taken in this context, this is a most valuable book.

Book Information

Paperback: 159 pages

Publisher: Blue Snake Books; First Printng edition (January 11, 1993)

Language: English

ISBN-10: 0913028851

ISBN-13: 978-0913028858

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 30 customer reviews

Best Sellers Rank: #173,398 in Books (See Top 100 in Books) #47 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #236 in Books > Sports & Outdoors > Miscellaneous > History of Sports #260 in Books > Sports & Outdoors > Individual Sports > Martial Arts

Customer Reviews

"T'ai Chi Ch'uan as an art form of self-defense must completely spurn both physical bravery and muscular force. One is told that 'in any action, the whole body must be made as light and free-moving as possible;' so light that 'the addition of a feather will be felt for its weight, and so free-moving that a fly cannot alight on it without setting it in motion.'" -Cheng Man-Ch'ing

Cheng Man Ch'ing published T'ai Chi, the Supreme Ultimate Exercise for Health, Sport and Self-Defence in 1967. He wrote over a dozen other books on many subjects, including the I Ching, the Tao Te Ching, the Analects of Confucius, as well as poetry, essays, and medicine. He died in 1975 at age 73.

As Far as learning the Cheng Man Ching version of Yang Tai Chi Chuan this is a good book giving

the photos and postures by Cheng Man Ching himself. As for traditional Yang Tai Chi Chuan you will find alterations in his curriculum when comparing to Yang Cheng Fu or his elders.

good quality, clean book

...if you want a Tai Chi primer this is a good one. You will not be able to learn Tai Chi from any book and this one is no exception. But if you want to get at the root of some of the basics of Tai Chi practice, this is an excellent primer. Get it, study it, review it, incorporate it into your daily practice, and your Tai Chi will improve. Now can you truly catch a fly with some chop sticks by reading a book? You know the answer.

arrived on time, good quality

I liked the explanation of the basics. T'ai Chi requires a change in mindset and an openmindedness to the Eastern point of view. This book explains the theory well.

I have been learning this specific form of tai chi, but have been forced to temporarily give up my classes. This book has excellent illustrations and descriptions and will be extremely helpful to me during the period I am learning on my own.

This book clearly shows the style of T'ai Chi that Cheng Man-Ch'ing practiced. While a book may not be the best way for some to learn or follow the steps, it is a great adjunct to a class or a video.

I have not gotten to use the book yet. Just read the beginning chapter.

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

T'ai Chi Ch'uan: A Simplified Method of Calisthenics for Health & Self Defense Calisthenics: Workout Routines - Full Body Transformation Guide (calisthenics workouts, calisthenics for beginners,calisthenics books, calisthenics program) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Survival Self Defense: Keep Yourself And Your Family Protected (Self Defense Gear, Home Defense Tactic, Self

Defense Equipment) T'ai Chi Ch'uan for Health and Self-Defense: Philosophy and Practice 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) Calisthenics: The 20-Minute Dream Body with Bodyweight Exercises and Calisthenics (Bodyweight Training, Street Workout, Calisthenics) Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1) Knife Training Methods for Self Defense: How to Become a Pro at Knife Fighting: (Self-Defense, Self Protection) Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan The Essence of T'ai Chi Ch'uan: The Literary Tradition Stickman Yang Style Tai Chi - 24 Movement Form: Really Simplified Tai Chi Master Cheng's New Method of Taichi Ch'uan Self-Cultivation Calisthenics: Bodyweight Training Guide; Get Strong, Fit, and Flexible in Only 15 Minutes per Day with Bodyweight Training, Bodyweight Exercises, and Calisthenics Calisthenics: The True Bodyweight Training Guide Your Body Deserves - For Explosive Muscle Gains and Incredible Strength (Calisthenics) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) T'ai Chi: The "Supreme Ultimate" Exercise for Health, Sport, and Self-Defense

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)