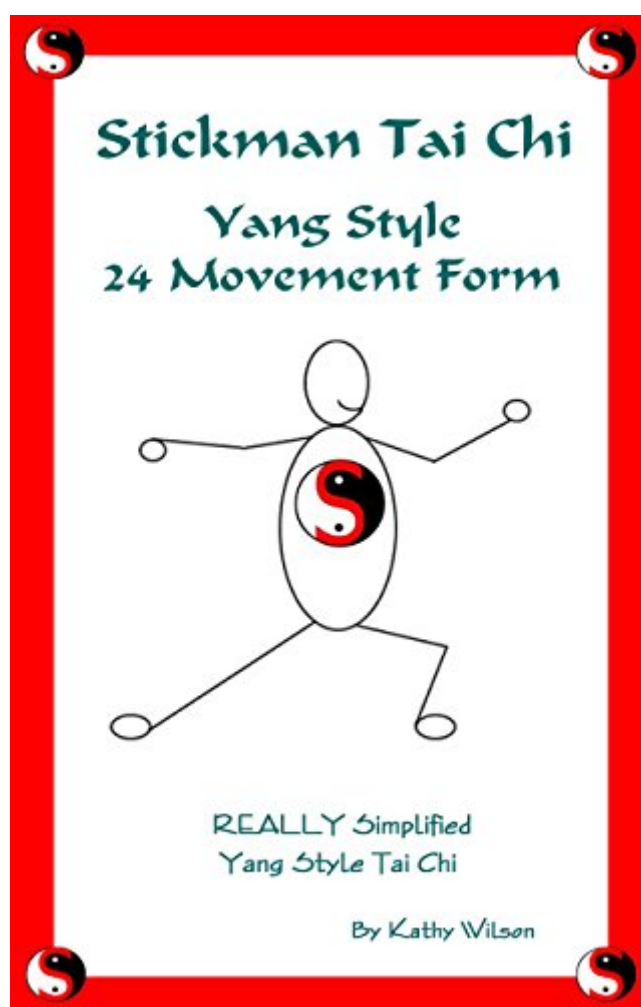


The book was found

Stickman Yang Style Tai Chi - 24 Movement Form: Really Simplified Tai Chi



Synopsis

Tai Chi originated in China thousands of years ago. Originally it was created as a martial art by the Shaolin monks to protect them and their temple from invaders. In today's world, Tai Chi is better known as a gentle type of exercise, although there are reminders of its martial art roots in the advanced Forms that use weapons and in partner Forms. (A Tai Chi Form is a choreographed series of movements.) The most common Form for beginning students first learning Tai Chi is the 24 Movement Form. This basic Form contains the foundational movements that are in all other Forms, including the weapons and partner Forms. There is much to learn about Tai Chi and many levels of knowledge before a student may move on to more advanced levels and Forms. This Stickman 24 Movement Form is the beginning. Although Tai Chi looks easy and simple, it is quite complex and can be quite difficult to learn. In a light-hearted manner, this Stickman 24 Movement Form ebook teaches in the simplest manner the basics of beginning Tai Chi. It is designed to be as simple as possible in order to make learning easy for the beginning student with their first experience of Tai Chi while still offering deeper learning, such as: Yin and Yang legs turning on the hip track the martial art applications Unlike other "how-to" Tai chi books with grainy black and white photos, in this Stickman Tai Chi 24 Form ebook, the images clearly illustrate each step of the movements. The accompanying text descriptions are clear, complete, and concise. Subjects covered include: Muscle memory – what it is and how to use it to your benefit Foot positions and proper stances Tai Chi stepping The fists of Tai Chi Commencement and Conclusion movements The importance of Grasp Bird's Tail A body position checklist to use each time you begin the Form

IMPORTANT NOTE: It is important to note here that optimally you should learn any Form of Tai Chi with a teacher, and especially when you're just beginning to learn Tai Chi. Books and DVDs are wonderful as support for learning Tai Chi forms from an instructor, but they are not a substitute for live classes and workshops with a teacher. This ebook was created as a very basic introduction to Tai Chi and to support the in-person teaching during an on-going class taught by a Tai Chi Master. There are many reasons why attending a live class is optimum, the most important of which is that an instructor can spot how you may be incorrectly performing a movement. It's far easier and much wiser to learn the movements correctly the first time.

Book Information

File Size: 2234 KB

Publication Date: March 22, 2017

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B06XTBNXWD

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #346,414 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #228

in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #2002

in Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness #115796

in Â Kindle Store > Kindle eBooks > Nonfiction

Customer Reviews

contains much useful information often left out in other manuals

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

Stickman Yang Style Tai Chi - 24 Movement Form: Really Simplified Tai Chi 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) Tai Chi Chuan Classical Yang Style: the Complete Form and Qigong Tai Chi Chuan -â •Classical Yang Style: The Complete Long Form and Qigong Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, And Applications, Revised Therapeutic Tai Chi: My Journey with Multiple Sclerosis My Path with Tai Chi E Tai Chi (The Complete Book): The World's Simplest Tai Chi Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan 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 Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement STICKMAN Golf Swing: Simplified Swing for Lower Scores - Easier on the Body - Less Practice to Maintain Simplified Tai Chi Chuan: 24 Postures with Applications & Standard 48 Postures (Revised) Two-Dimensional Sonata Form: Form and Cycle in Single-Movement Instrumental Works by Liszt, Strauss, Schoenberg, and Zemlinsky Mastering Yang Style Taijiquan Yang Style Taijiquan Beijing

Tai Tai: Life, laughter and motherhood in China's capital Stickman Odyssey, Book 2: The Wrath of Zozimos Stickman Odyssey, Book 1: An Epic Doodle

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)