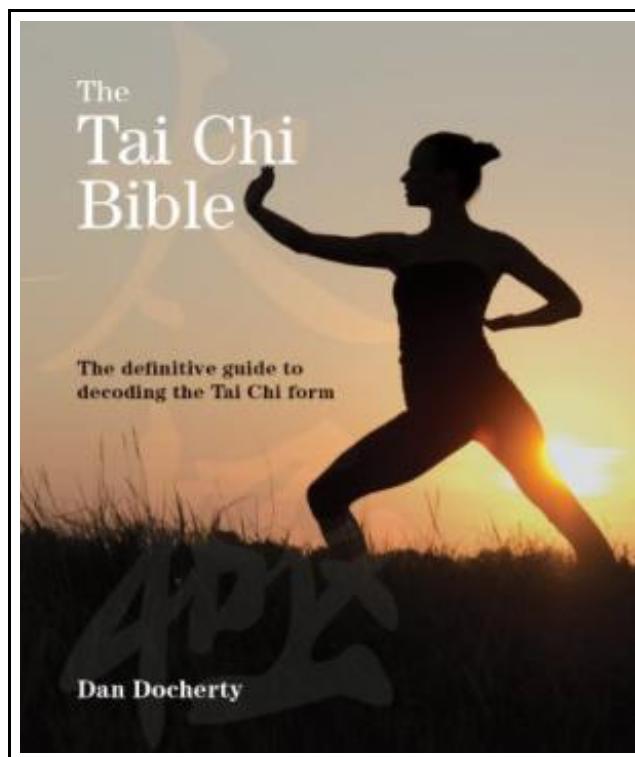


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THE TAI CHI BIBLE: THE DEFINITIVE GUIDE TO DECODING THE TAI CHI FORM

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Firefly Books. Paperback. Book Condition: New. Paperback. 400 pages. Dimensions: 6.5in. x 5.5in. x 1.1in. A practical guide to Tai Chi Chuan, the most common of Tai Chi techniques. In The Tai Chi Bible, Dan Docherty explains the form of Tai Chi Chuan with reference to the Ming dynasty book, The Tai-Chi Boxing Chronicle, the text left behind by the Orthodox Masters who developed the Tai Chi system. Suitable for people of all ages, Tai Chi requires little or no special equipment and can be practiced indoors or out, earning it an enthusiastic reception worldwide. It can help people improve their physical health, equip them with skills in personal defense, and sharpen their powers of meditation. The Tai Chi Bible gives down-to-earth advice and provides enough detail that beginners can try Tai Chi for themselves and benefit from practicing the postures. Experienced students and teachers will gain greater insight into their regular practice. For the greatest benefit for all students, the book includes information not readily available elsewhere, such as the Traditional Tai Chi Chuan Syllabus and the five Tai Chi Chuan Classics, which govern the practice of all styles of Tai Chi. He also references Chinese myth and legend. Features include: All forms and techniques demonstrated in color sequence photographs Pushing hands, hand forms and major form techniques Inner form techniques (every movement has its function) Weapons Expert practice tips Romanized Chinese names and terminology Tai Chi's development as a Chinese martial art Tales of Tai Chi masters from the past. The Tai Chi Bibles down-to-earth advice will be of use to the novice and adept alike. Its compact size makes it an excellent portable guide. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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