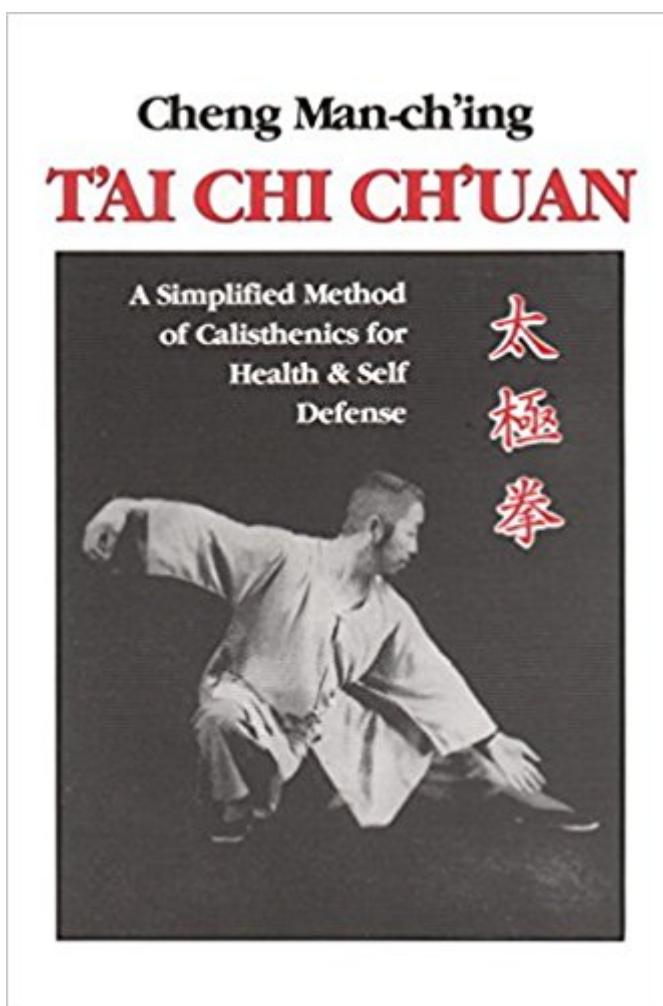


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# T'ai Chi Ch'uan: A Simplified Method Of Calisthenics For Health & Self Defense



## 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

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## 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.

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