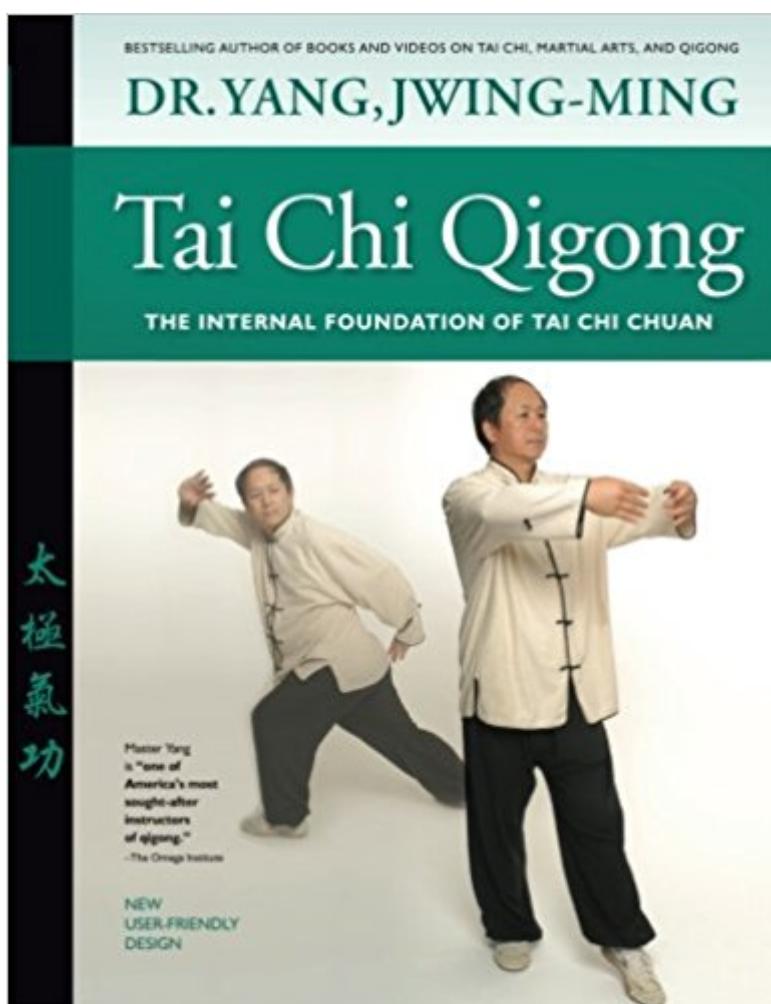


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Tai Chi Qigong: The Internal Foundation Of Tai Chi Chuan



Synopsis

This revised edition of our best-selling beginner Tai Chi Qigong book includes a new and modern easy-to-follow layout. Every movement is presented with large photographs and clear instructions, followed by a discussion of how the movements aid in improving Tai Chi practice. Tai Chi Qigong is a foundation for good tai chi practice. It is also popular with people who only want to obtain the health benefits without having to learn a traditional tai chi form.

Book Information

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Customer Reviews

Text: English, Chinese --This text refers to an out of print or unavailable edition of this title.

Dr. Yang, Jwing-Ming, PhD, is a world-renowned author, scholar, and teacher of Tai chi chuan. He has been involved in Chinese martial arts since 1961 and maintains over 55 schools in 18 countries. His writing and teaching include the subjects of kung fu, tai chi chuan, massage, meditation, chin na, and he is a leading authority on qigong. He is the author of over 35 books and 80 videos. Dr. Yang, Jwing-Ming resides at his California Retreat Center near Eureka, California.

Not only qigong. Taiji.I took 2 years to work through this book, 1999-2001. When I began learning Taiji Chuan, I knew many of the core practices already, including sensing, bumping, attaching and press/push.This has it all. It's down to you to do the work.

This is a very informative book but it is not primarily a manual on how to do Qigong. It is a work that explains the history of the development of Qigong, its relationships to Tai Chi Chuan, and many other fascinating relationships, applications, and observations. There is approximately 1/3 of the book devoted to how to do Yang style Tai Chi Qigong. A vastly superior instructive tool for the same ideas for me was his DVD "Simple Qigong Exercises for Back Pain Relief."

This book gives an insight in the development of internal energy and strength and how it may be developed in the proper study of Tai Chi Chuan, after extensive training and study of the martial art.

The physical book is great the ebook sucks. The entire ebook is in bold type and centered text. Buy the physical book but if you are picky about format bypass the ebook

Still reading it. To be honest I expected something more technical. am not sure why they spent so much time and so many pages on all the historical milestones of Tai Chi. I do respect the art and its history but may be it should be done in a separate book. Internal foundation sounds more into the art itself to me. But good book!

Overall satisfactory. The pictures were hard to follow in this book. This was a required text for a Taiji class I had so between the book and the professor the forms were not too hard to learn. I wouldn't recommend this book for someone to learn Taiji without the help of a teacher to accompany it :)

Very thorough with a lot of good information.

This book gets to the core of everything you can learn about the ancient martial arts of Tai Chi and Chi Gung. Thorough explanations of history, techniques, purpose of motion, chi energy movement, chi/body/mind interconnectivity, proper breathing, postures, etc. Well illustrated with plenty of exercise "sets" including a nice warm-up. This book will be a great help with your training and an important reference in your library.

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