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#### The Tai Chi Book

Apart from being easy to read, you can plunge in at almost any part and still find something thoughtful and well presented. This book is Ideal if you are a student of Tai Chi and find the average Tao Te Ching just too vague. Link: John Lash: The Tai Chi Journey It's always available in digital form.

#### Best Books On Taichi, Taoism and Chinese Philosophy

The Art Of Taoist Tai Chi: Cultivating Mind And Body - L'art Du Tai Chi Taoiste: Pour Développer Le Corps Et L'esprit. by John Panter (2004-01-01) 1 Jan 1656 Spiral-bound

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The book includes chapters on the history of the style, the benefits of practice, the important principles of the style, basic exercises, a complete breakdown of each movement in the traditional form with thorough explanations of all relevant details, as well as methods of testing the form for accurate execution.

#### Traditional Sun Style Course Book - Tai Chi for Health

Sophia Delza, a professional dancer and student of Ma Yueiliang, performed the first known public demonstration of tai chi in the United States at the Museum of Modern Art in New York City in 1954. She also wrote the first English language book on t'ai-chi, "T'ai-chi ch'üan: Body and Mind in Harmony", in 1961.

#### Tai chi - Wikipedia

Tai chi chuan is an internal martial art that uses soft/round movements to redirect an opponent's incoming force. Qigong exercises are an internal method of increasing and circulating your body's energy (qi). This book teaches tai chi qigong exercises that are useful for improving your tai chi skills and overall health.

#### Tai Chi Qigong - YMAA

This book is designed for self-study and can help you learn both the Simplified Tai Chi Chuan 24 Posture form and the Simplified Tai Chi Chuan 48 Posture form quickly and accurately. Simplified Tai Chi Chuan 24 Postureis one of today's most popular tai chi forms. Once learned, it can be performed in only six minutes.

#### LIANG, SHOU-YU NEW USER-FRIENDLY DESIGN

Gold Winner - 2011 IP's Living Now AwardsGold Winner - 2011 eLit AwardFinalist - 2011 Eric Hoffer AwardFinalist - 2011 USA Best Book AwardTaijiquan (Tai Chi Chuan) is a slow and relaxed moving meditation. It is also a sophisticated martial arts system.

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