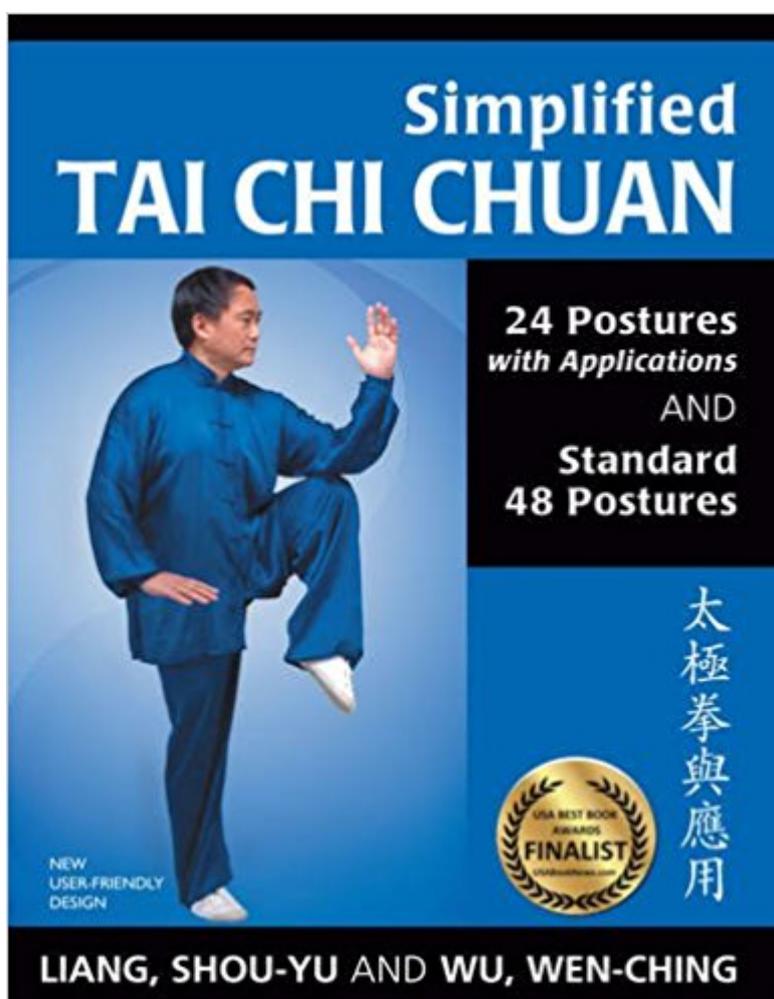


The book was found

Simplified Tai Chi Chuan: 24 Postures With Applications & Standard 48 Postures (Revised)



Synopsis

Finalist - 2015 USA Best Book Awards
Learn today's most popular tai chi forms! 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 Posture is one of today's most popular tai chi forms. Once learned, it can be performed in only six minutes. If you are learning tai chi in school, a fitness club, a community or recreation center, or even the local park, this is the tai chi form you are likely to encounter. The martial arts applications for each posture are shown so you can understand that every movement has a purpose. Simplified Tai Chi Chuan 48 Posture is a popular tai chi form practiced by those who want a longer, more challenging sequence. Once learned, it can be performed in only twelve minutes. The forty-eight posture form is often the next form a student studies after learning the twenty-four posture form. Here's what is inside this book: Theory to help you understand important tai chi concepts
Warm-up exercises for safe and proper tai chi practice
Fundamentals so your tai chi movements will be easy and natural
Foot diagrams so you will know what direction to face
The complete Simplified Tai chi Chuan 24 Posture form, step-by-step
Martial applications for each movement of the twenty-four posture form
The complete Simplified Tai Chi Chuan 48 Posture form, step-by-step
No matter your age, tai chi chuan is a wonderful way to improve your health and well-being.

Book Information

Paperback: 336 pages

Publisher: Ymaa Publication Center; 2nd Revised ed. edition (May 7, 2014)

Language: English

ISBN-10: 1594392781

ISBN-13: 978-1594392788

Product Dimensions: 7.3 x 0.8 x 9.4 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (38 customer reviews)

Best Sellers Rank: #94,620 in Books (See Top 100 in Books) [#36 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong](#) [#180 in Books > Sports & Outdoors > Individual Sports > Martial Arts](#)

Customer Reviews

Simplified Tai Chi Chuan is a detailed and updated work providing comprehensive demonstration of

the traditional 48 forms of tai chi, along with the 24 postures based on the Yang Style of Tai Chi Chuan, created by the Chinese Athletic Committee in the 1950s. The first aspect of the book covers the history of tai chi chuan, and its fundamental Taoist history, addressing the philosophical approach to explaining life's ambiguities through Yin/Yang concepts and qigong. From here, we are able to receive a full body warm-up, preparing us for our exercises and utilizing qigong. The book is very progressive in its format, offering a sequential order of applications. The black and white photos depicting all of the postures are all well done and easily viewed without confusion a good contrast for the most part, especially when two models are working together demonstrating the combative applications. The 24 postures found in this text, with their combative applications, represent the simplified version of tai chi created in 1956 by the Chinese Sports Commission, with the goal of standardizing and popularizing tai chi chuan. All of the English names with the Chinese components are listed. The combative applications provided with the simplified 24 postures retain their original combative flavor, consistent with what is utilitarian in a combative environment. The 48 postures depicted in the manual are a 1976 creation of the Chinese National Athletic Association, whereby combined components of the Yang, Chen, Wu and Sun styles of tai chi chuan were amalgamated to create this unique sequence that is still performed with the Yang Style flavor. The English and Chinese names are all listed for each of the postures.

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

Simplified Tai Chi Chuan: 24 Postures with Applications & Standard 48 Postures (Revised)
Simplified Tai Chi Chuan: 24 Postures with Applications and Standard 48 Postures 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 for Beginners: The Ultimate Guide to Supercharge Your Mind, Increase Your Energy & Feel Amazing By Unlocking the Power of Tai Chi (Tai Chi - Tai ... How to Fight - Martial Arts for Beginners) Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan T. T. Liang's Tai Chi Chuan: The Tai Chi Solo Form with Rhythm (Volume 1) The Tai Chi Bible: The Definitive Guide to Decoding the Tai Chi Form (Subject Bible) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! Tai Chi Chuan Martial Applications: Advanced Yang Style The Complete Book of Tai Chi Chuan: A Comprehensive Guide to the Principles and Practice (Tuttle Martial Arts) The Mind Inside Tai Chi Chuan: Sustaining a Joyful Heart Tai Chi Essentials: The Simplified 24 Form Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, And Applications, Revised There Are No Secrets: Professor Cheng Man Ch'ing and His T'ai Chi Chuan Chen Taiji Self Defense - Fighting Applications of the Chen Family Tai Chi 19 Form (Chen Taijiquan 19 Form Book 2) The Dao of

Taijiquan: Way to Rejuvenation (Tai Chi) The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) (Paperback) - Common The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind by Wayne, Peter (4/9/2013) Rising UP!: My Recovery from Multiple Sclerosis, Disability and Despair, including Western and Chinese Medicine, Tai Chi, Qigong, diet, neurological exercise, meditation--and much more! The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)