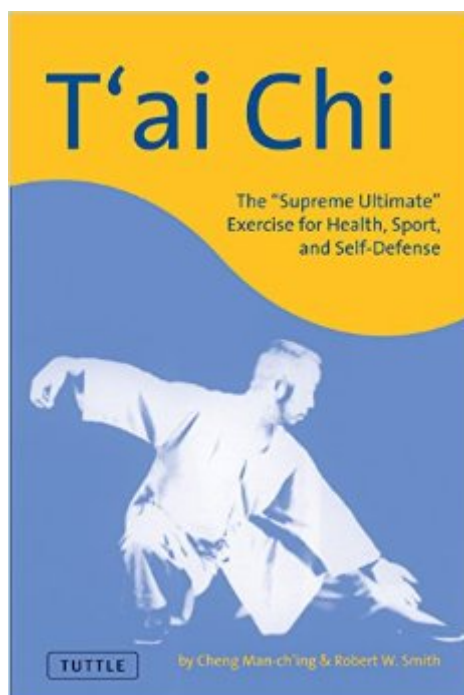


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# T'ai Chi: The "Supreme Ultimate" Exercise For Health, Sport, And Self-Defense



## Synopsis

Master the Chinese martial art of T'ai Chi with this accessible, illustrated guide. T'ai-chi (Tai Chi) is an effortless and rhythmical art that stresses slow breathing, balanced and relaxed postures, and absolute calmness of mind. It requires no special equipment or place to practice, and takes no more than ten minutes a day. This book, from renowned Tai Chi master, Cheng Man-Ch'ing, introduces T'ai-chi as a means to a healthier life, as a sport and as a method of self defense. It is a complete step-by-step manual for the beginner. With conscientious practice, readers will master the sequence of thirty-seven postures that will make up the T'ai-chi solo exercise. Students will learn how to progress from exercise to sport to self defense with maximum efficiency. The instructions are clear and easy to follow, and more than 275 photographs and 122 foot-weighting diagrams guarantee an understanding of the correct form. A history of T'ai-chi, including thumbnail sketches of famous masters, and the first English translation of the basic T'ai-chi document, known as the T'ai-chi Ch'uan Classics, are also included.

## Book Information

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## Customer Reviews

This might have been the first work in English on tai chi, and Smith was Cheng Man Ching's first western or American student. It's still one of the best introductory tai chi books out there. The photos of Cheng's form are worth the price of the book by themselves, his form being impeccable as usual and a high benchmark we should all strive to attain. One caution, which is that the photos of Cheng are from two other previous books and some are reversed from what they are in the actual form; for

example, single whip is shown on the left side when it is actually done on the right side. You can tell they're from different books since some photos show Cheng in a white jacket, and others show him in a dark jacket. Smith includes the best brief, several-page summary of tai chi history and its origins I've seen, giving you essential details and facts without getting into an overly meticulous recounting of its origins, the lineage, and other controversial issues, which are still unresolved, anyway. But if you become more of an advanced student you'll want to learn all about that later. For an introductory text this is enough information for now. A nice chapter on the martial arts applications is also included, something neglected too often in present day tai chi texts. Also, some good information and instruction on pushing hands techniques. By the way, pushing hands was a skill added to tai chi much later, it being originally a dim mak or point striking art, which most practitioners aren't aware of. One minor quip. The pictures for the photo sequences of Cheng's form are a little small and sometimes a bit dark by present reproduction standards, but one has to remember these plates are now almost 40 years old.

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