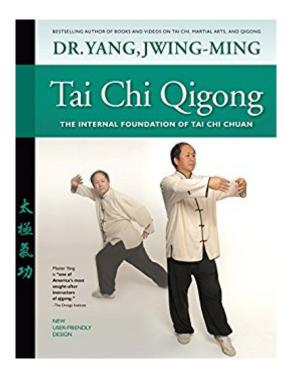
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# Tai Chi Qigong: The Internal Foundation Of Tai Chi Chuan





# Synopsis

Tai chi chuan is an internal martial art that uses soft/round movements to redirect an opponentâ <sup>™</sup>s incoming force.Qigong exercises are an internal method of increasing and circulating your bodyâ <sup>™</sup>s energy (qi).This book teaches tai chi qigong exercises that are useful for improving your tai chi skills and overall health.If you already know a tai chi form, here are a few ways you will use tai chi qigong to reach new levels of skill and ability:â ¢ To feel qiâ ¢ To regulate body, breathing, and intentionâ ¢ To learn how to use intention to lead qiâ ¢ To learn how to circulate qiâ ¢ To learn how to use qi to energize musclesâ ¢ To accelerate the health benefits of tai chilf you donâ <sup>™</sup>t know tai chi, but want to benefit from qigong exercises, here are a few ways tai chi qigong can help you:â ¢ The exercises are short and easy to learnâ ¢ They help reduce stressâ ¢ They loosen muscles and jointsâ ¢ They stimulate qi flowâ ¢ They can help develop a strong immune systemâ ¢ They sharpen concentrationâ ¢ They build a deeper awareness of breath and body coordination

## **Book Information**

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## **Customer Reviews**

I am not a practitioner of the Tai Chi or the internal arts, but I do value and appreciate the things that

I have learned from those art forms that I was able to utilize in my chosen arts of Kyokushin Karate. Tae Kwon Do (the original art form and not the modern "sport" version) and especially in Krav Maga. The most important things that I have learned are the breathing techniques and relaxation exercises. They have been a really noticeable benefit to my own health and training that I have incorporated them into my teaching curriculum. This book, as with all of Dr. Yang's books and videos, is loaded with lots of valuable and useful information for anyone interested in learning Tai Chi, and also for those of you, who like me, may be looking to improve and enhance their own health and skills by practicing some of the exercises and techniques demonstrated within these pages. From the back cover: If you already know a tai chi form, here are a few ways you will use tai chi gigong to reach new levels of skill and ability:1. To feel gi2. To regulate body, breathing, and intention3. To learn how to use intention to lead qi4. To learn how to circulate qi5. To learn how to expand gi6. To learn how to use gi to energize muscles7. To accelerate the health benefits of tai chilf you don't know tai chi, but want to benefit from gigong exercises, here are a few ways tai chi gigong can help you:1. The exercises are short and easy to learn2. They help reduce stress3. They loosen muscles and joints4. They stimulate gi flow5. They can help develop a strong immune system6. They sharpen concentration7.

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