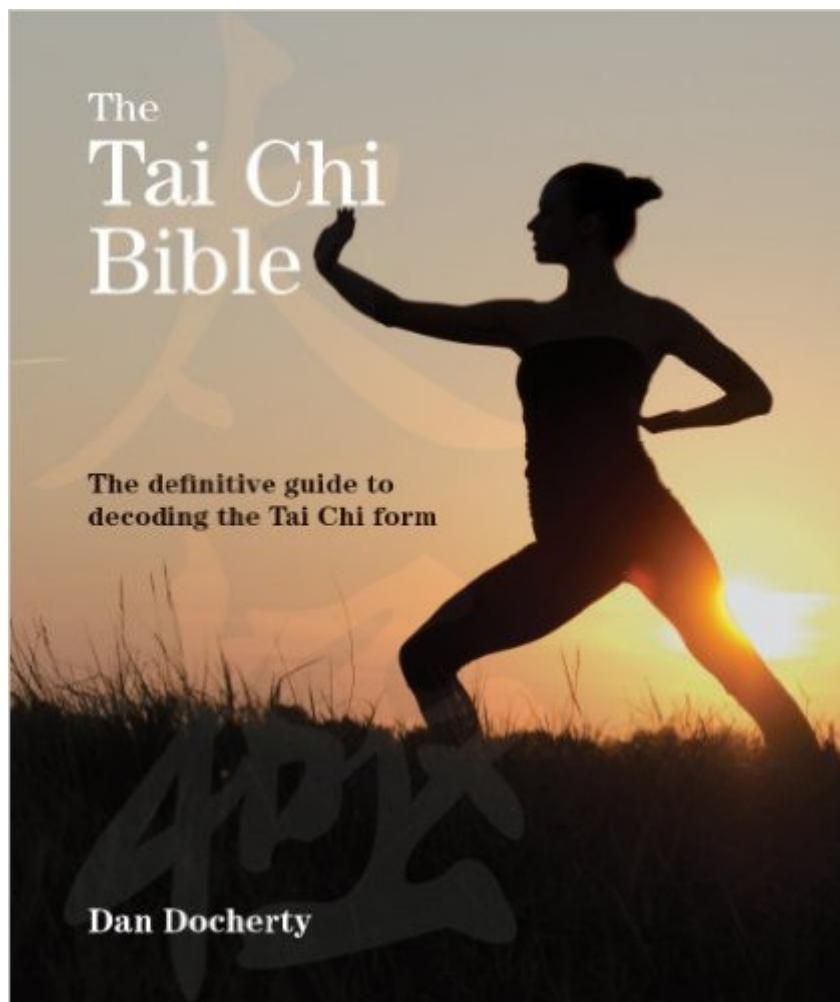


The book was found

# The Tai Chi Bible: The Definitive Guide To Decoding The Tai Chi Form (Subject Bible)



## Synopsis

A practical guide to Tai Chi Chuan, the most common of Tai Chi techniques. In The Tai Chi Bible, Dan Docherty explains the form of Tai Chi Chuan with reference to the Ming dynasty book, The Tai-Chi Boxing Chronicle, the text left behind by the Orthodox Masters who developed the Tai Chi system. Suitable for people of all ages, Tai Chi requires little or no special equipment and can be practiced indoors or out, earning it an enthusiastic reception worldwide. It can help people improve their physical health, equip them with skills in personal defense, and sharpen their powers of meditation. The Tai Chi Bible gives down-to-earth advice and provides enough detail that beginners can try Tai Chi for themselves and benefit from practicing the postures. Experienced students and teachers will gain greater insight into their regular practice. For the greatest benefit for all students, the book includes information not readily available elsewhere, such as the Traditional Tai Chi Chuan Syllabus and the five Tai Chi Chuan Classics, which govern the practice of all styles of Tai Chi. He also references Chinese myth and legend. Features include: All forms and techniques demonstrated in color sequence photographs Pushing hands, hand forms and major form techniques Inner form techniques ("every movement has its function") Weapons Expert practice tips Romanized Chinese names and terminology Tai Chi's development as a Chinese martial art Tales of Tai Chi masters from the past. The Tai Chi Bible's down-to-earth advice will be of use to the novice and adept alike. Its compact size makes it an excellent portable guide.

## Book Information

Series: Subject Bible

Paperback: 400 pages

Publisher: Firefly Books (June 1, 2014)

Language: English

ISBN-10: 177085410X

ISBN-13: 978-1770854109

Product Dimensions: 5.5 x 1 x 6.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.2 out of 5 starsÂ See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #1,175,535 in Books (See Top 100 in Books) #575 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #2852 inÂ Books > Sports & Outdoors > Individual Sports > Martial Arts

## Customer Reviews

When I heard about the "Bible" title, I thought it had to be presumptuous. It isn't. In every respect this book (even shaped like a Bible) has the feel and look of being Bible-like. Right down to the multiple cross references to various sections. It's a treasure for any serious tai chi person who wants context and clarity. In a time when anyone and everyone can and does call all kinds of things "tai chi" with impunity, it's refreshing to have a text that speaks with real authority and from real experience. Tai chi doesn't lend itself to sound bite answers; here you can find that connections that make sense of endless individual pieces of tai chi practice and theory. Future tai chi scholars and historians will list this book as one of the Classics.

Why buy a book when you can gather up facts on the internet for free? Bible? not quite. A fair book at best in my opinion. Sorry - I get more out of reading internet websites and watching YouTube videos. Seriously.

Lot's of pictures.

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

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 - 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) T. T. Liang's Tai Chi Chuan: The Tai Chi Solo Form with Rhythm (Volume 1) Chen Taiji Self Defense - Fighting Applications of the Chen Family Tai Chi 19 Form (Chen Taijiquan 19 Form Book 2) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan Tai Chi Essentials: The Simplified 24 Form The Mind Inside Yang Style Tai Chi: Lao Liu Lu 22-Posture Short Form Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, And Applications, Revised The Bible: The Complete Guide to Reading the Bible, Bible Study, and Scriptures (bible, religion, spirituality, holy bible, christian, christian books, understanding the bible) HTML & XHTML: The Definitive Guide: The Definitive Guide (Definitive Guides) The Tai Chi Healing Bible: Improve Your Energy, Coordination and Effectiveness by Embracing the Movements, Culture and Philosophy of this Ancient Practice Two-Dimensional Sonata Form: Form and Cycle in Single-Movement Instrumental Works by Liszt, Strauss, Schoenberg, and Zemlinsky Anatomy & Physiology: The Unity of Form and Function: Anatomy & Physiology: The Unity of Form and Function 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) The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) The Complete Book of Tai Chi Chuan: A Comprehensive Guide to the Principles and Practice (Tuttle Martial Arts) The Dao of Taijiquan: Way to Rejuvenation (Tai Chi)

[Dmca](#)