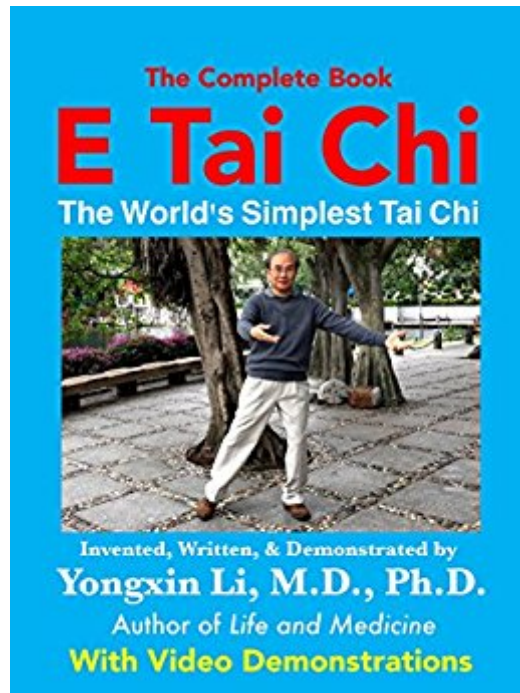




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E Tai Chi (The Complete Book): The World's Simplest Tai Chi



Synopsis

This e-book contains 302 pages with 900 photos and 50-minute videos. The E Tai Chi sequences demonstrated by the author can be watched on YouTube.

(<https://www.youtube.com/watch?v=Medo50cBNEc>;

<https://www.youtube.com/watch?v=QjbVILwHwCY&t=42s>;

<https://www.youtube.com/watch?v=8SpGNjAtxPw&t=12s>) E Tai Chi (Ease or Easy Tai Chi) is the world's simplest and safest Tai Chi exercise, which is invented by Dr. Yongxin Li, a practicing physician with a Ph. D. degree in physiology. It consists of sequences of simple and gentle circular hand/arm movements performed with natural walking or standing. E Tai Chi is unique, original, scientific, effective, and infinite! It is for your personal health only, not for fighting or competition. Its characteristics can be summarized by Five S's: Simplicity, Science, Safety, Strength, and Serenity. Simplicity. E Tai Chi is the ultimate simplest Tai Chi, which cannot be simplified any more. Besides regular standing or walking, E Tai Chi is made of only one circular hand/arm movement, which gives rise to six basic movements readily. Science. E Tai Chi is an entirely brand-new Tai Chi exercise system that is scientifically created for the purpose of simplicity, safety, and efficacy. It is not the rearrangement or modification of existing Tai Chi Forms. E Tai Chi is the essence of Tai Chi extracted from traditional Tai Chi and maintains the beauty of Tai Chi without its shortcomings such as being difficult to learn and causing joint injuries. Safety. The typical Tai Chi walk, the curved footwork, has been replaced by regular walking or slowed natural walking in E Tai Chi. You always face forward without making turns, squatting, or kicking. Because you walk sideways in most of the E Tai Chi postures, you can avoid over-flexion of the knees and maintain optimal knee/foot alignment. Strength. In the E Tai Chi sequence, the majority of the postures involve walking sideways. E Tai Chi provides an efficient physical workout because sideways walking consumes over three times more energy than forward walking. Serenity. E Tai Chi combines Tai Chi with Qigong, a Chinese style body-mind exercise. This integration will enhance the efficacy of Tai Chi exercises. You can create your own E Tai Chi sequence by using the six basic hand movements and different ways of walking or standing. The six hand/arm movements can be transformed further into any movements of existing Tai Chi styles. Therefore, E Tai Chi has laid a solid foundation for you if you wish to pursue traditional Tai Chi forms in the future. E Tai Chi relaxes your body, reduces stress, promotes physical fitness, and cultivates the sensation of feeling good. Since E Tai Chi is simple and safe, you can easily incorporate it into your day to day life. If you want to practice Tai Chi and Qigong to improve your health, then E Tai Chi is the only Tai Chi and Qigong you need for the rest of your life. I have written three books on E Tai Chi: 1. E Tai Chi (The Basic

Book) at .com. The basic book introduces the basics of E Tai Chi and the basic sequence. It has 170 pages with over 400 photos. 2.E Tai Chi (The Complete Book) at .com. The complete book has 302 pages with over 900 photos and includes all the E Tai Chi sequences.3.E Tai Chi (The Science Book) coming soon. The book describes E Tai Chi's scientific foundation, medical applications, various ways of practicing it, etc.

Book Information

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