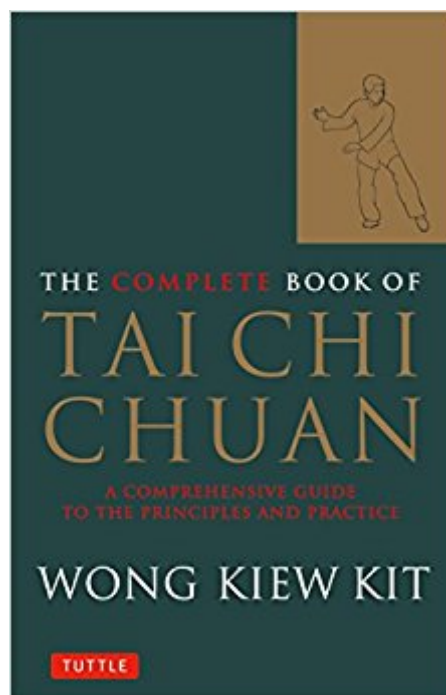




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# The Complete Book Of Tai Chi Chuan: A Comprehensive Guide To The Principles And Practice (Tuttle Martial Arts)



## Synopsis

Master the ancient Chinese art of Tai Chi Chuan with this informative guide. One of the most popular Chinese martial arts, Tai Chi Chuan is also one of the most effective stress relievers available. In China it is also used extensively for the prevention and treatment of illnesses, and its beneficial effects for health and fitness are now widely recognized in the West. The Complete Book of Tai Chi Chuan is a comprehensive and fascinating guide to the practical application and potential benefits of Tai Chi Chuan. Packed with step-by-step illustrations for practice at home, this tai chi guide covers everything you would want to know about this ancient art, including its benefits for mental, spiritual and emotional development. This tai chi book is both an ideal introductory guide and an invaluable reminder for those who have already taken classes. Topics in The Complete Book of Tai Chi Chuan include: Tai Chi Chuan as a Martial Art, The Concept of Yin-Yang and Tai Chi Chuan, The Historical Development of the Various Styles, Advice from the Great Masters, Techniques and Skills of Pushing Hands, Specific Techniques for Combat Situations, Taoism and Spiritual Development in Tai Chi Chuan, And many more.

## Book Information

Paperback: 336 pages

Publisher: Tuttle Publishing; 1st US - 1st Printing edition (November 15, 2002)

Language: English

ISBN-10: 0804834407

ISBN-13: 978-0804834407

Product Dimensions: 6 x 0.9 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 57 customer reviews

Best Sellers Rank: #249,031 in Books (See Top 100 in Books) #81 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong](#) #446 in [Books > Sports & Outdoors > Individual Sports > Martial Arts](#) #1903 in [Books > Politics & Social Sciences > Philosophy > Eastern](#)

## Customer Reviews

Wong Kiew Kit has practiced and taught Shaolin kung fu, chi kung, and meditation for more than 30 years and has over 2,000 students. He is the fourth generation successor of Monk Jiang Nan of the Shaolin Monastery and Grandmaster of Shaolin Wahnam Kung Fu and Chi Kung Institute. He is the author of many books on Eastern wisdom.

Bought this as a gift for my brother. He was looking into yoga, but wanted something more spiritual. He said this book is perfect. It gives the history of tai chi and explains how to do each step correctly.

...this book may just be able to pull it off. This book begins with the history and evolution of Tai Chi Chuan and goes into a very good explanation of yin and yang and how it applies to Tai Chi. Numerous, detailed illustrations show the correct foot and hand movements. As someone who, long ago, was a martial arts practitioner, it was a little easier to use than for one who has never tried martial arts. That being said, I think everyone with an interest in Tai Chi would gain from Master Wong's book

I think I mistook it for another book I was looking for. Not an easy book to follow if you're using it for exercise directions.

In depth and easy to understand. Good for a beginner but full of information so that even an experienced person can learn something. Surprised at the depth of instruction and explanatory descriptions. Many pages of diagrams, photos, and illustrations. Jealous that I gave it as a gift and didn't keep it for myself.

This book is very thorough from explaining the roots of tai chi, to the different styles practiced now and why. I agree with others that this may not be for rank beginners. Basic knowledge of stances and postures are needed, and best critiqued by competent instructor. It's very thorough and a joy to read so you can place your learning level at the appropriate place for your ability. Would highly recommend for anyone with basic knowledge of any of the other styles. Dropping my blood pressure and centering chi.

I think I like it, but it's really wordy and lost me at several points.

Aside from WKK's typical need for a better editor with a more daring hand, this is a worthy addition to any Taiji practitioner's library. As for the one reviewer's comments about WKK's honest modesty on his Taiji lineage status, I would just add the following consideration: Taiji comes from Shaolin inasmuch as it was developed there much the same as all other Chinese martial arts can be said to have been developed at Shaolin Temple. So, to quip at his lack of a lineage in Taiji OUTSIDE of the

supreme martial arts college throughout all of Buddhist China's history makes little sense to me. I have a Shaolin master and I know that he was trained in Taiji and his Taiji is very good and very particular, in fact. So to have had a good Shaolin master is to a large extent to have had a good Taiji master. Taiji is a major course of study within the Shaolin warrior monk's curriculum. So, to have actually had a Shaolin master teach you Taiji is a supreme bit of good fortune, indeed. WKK merely states that his Shaolin master was not of a distinguished Taiji lineage, which is not much of a detraction given that the master in question teaching WKK WAS a Shaolin master, which typically should by all reasoning be better than a master of of Taiji that is removed completely from the Shaolin system for several generations. Also, WKK does not say that you should learn Taiji without an instructor, period. He says his book is a self-teaching device for those who are already under the instruction of a qualified teacher, or for someone who otherwise would have no instruction whatsoever. Though WKK obviously is well-versed in terminology and applications of Taiji, that is not the sole purpose of this book. He goes into historical background and explication of theory behind the techniques in Taiji combat and other areas. The areas on direct instruction on application seem pretty darned good, nonetheless. Most Tai Chi instructors these days will be exceptional if they have familiarity in Tai Chi combat beyond the basics of elementary push hands. The bottom line is, yes of course you need an instructor if you can find one. He never contradicts this truth, he merely is providing good knowledge on Taiji for those who need it. Teachers invariably don't teach one-on-one exclusively, they teach a whole room full of students for about 2 hours or so. This book helps you to find out things you may never get the opportunity to even ask your sifu. If you can get past a few boring moralistic/sentimental-sounding sections here and there, and a characteristically dry presentation style overall, WKK is an extremely respectable resource on Taiji for most of us. He means well when he is boring, and he is informative and helpful most of the rest of the time. Most importantly, his information tends to be accurate, and is consistent with the Shaolin understanding of martial arts, which for most mainland Chinese experts is paramount mark of distinction.

excellent book even for self teaching though a prior martial arts experience helps much

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