



## The Tai Chi Bible: The Definitive Guide to Decoding the Tai Chi Form

By Dan Docherty

Firefly Books. Paperback. Book Condition: New. Paperback. 400 pages. Dimensions: 6.5in. x 5.5in. x 1.1in. 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...



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