



Classical T'AI CHI SWORD (Tuttle Martial Arts)

Petra Kobayashi, Toyo Kobayashi

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In T'ai Chi Ch'uan, exercising with a sword has developed into an important art. In accordance with the principles of T'ai Chi Ch'uan, the sword practice is an exercise for good health and meditation in motion as well as a method of self-defense. It promotes the development and the application of the inner energy ch'i. The study of the T'ai Chi sword is regarded as its own path which does not necessarily require the knowledge of the other forms of T'ai Chi. It offers a valuable source of concepts and new ideas for students of other martial arts, too, regardless of their backgrounds or current practice.

Classical Tai Chi Sword presents a clearly illustrated introduction into the sword practice complete with photographs, diagrams, and step-by-step instructions. This Tai Chi book is the first basic work on this subject covering all its important aspects.

- A Brief History of the Chinese Sword
- Aspects of T'ai Chi Sword
- The History of Tai Chi Sword
- The Taoist Background
- Important Principles of Tai Chi Chuan
- Practicing Sword as an Exercise for Good Health
- Meditation; Posture; How to Move
- Energy—Ch'i Development; The Movement of Energy by Practicing the Sword Form
- Holding the Sword

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