



Tai Chi Illustrated: Enhanced Edition

Master Pixiang Qiu

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The Chinese have recognized the benefits of tai chi since the 12th century AD, and now Western science is acknowledging the health benefits associated with what many call “moving meditation.” Tai chi is one of the fastest-growing fitness activities (over 2.3 million participants in the United States alone) and has been credited with a variety of health benefits, including improved muscle strength, coordination, flexibility, balance, and sleep. Tai Chi Illustrated-Enhanced Edition offers a comprehensive look at the mind–body exercise with full-color photo sequences and 13 video clips demonstrating the most popular tai chi routines. Photos are accompanied by numbered steps that explain how to execute each move, making the exercises accessible for beginning and intermediate audiences alike. The book and video clips focus on the most popular yang-style routines, including Grasp Sparrow’s Tail and Part the Wild Horse’s Mane, all of which can be performed in limited space with minimal training. It also provides a clear demonstration of the push hands techniques for practicing with a partner. Written by Master Pixiang Qiu and Weimo Zhu, PhD, Tai Chi Illustrated-Enhanced Edition offers the expertise of two of the foremost authorities on tai chi who are internationally known for their teaching. Master Qiu is the director of the Chinese Wushu Research Center of Shanghai University of Sports and was named a national master of traditional exercise by the Chinese government. Dr. Zhu is a scholar in physical activity and health research at the University of Illinois and has done extensive research on the long-term effects of tai chi on cancer survivors. Tai Chi Illustrated-Enhanced Edition makes it easy to learn tai chi and harness the healing power of chi, or energy, and get on the path to better health and self-awareness.

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