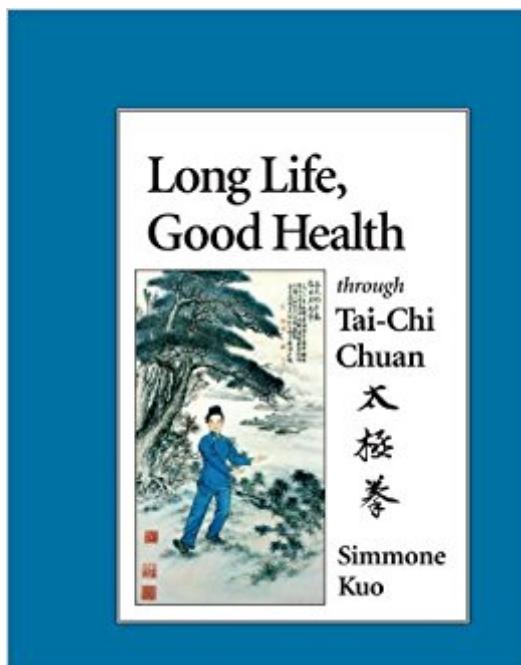


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# Long Life, Good Health Through Tai-Chi Chuan



## Synopsis

Long Life, Good Health traces the historical and philosophical development of Tai-Chi Chuan within the context of the sister martial arts from which it was created. This book includes precisely sequenced photographs, and step-by-step instructions. Though intended for beginners, Long Life, Good Health should fascinate more advanced students who want to research and compare ancient forms and lineages of Tai-Chi Chuan.

## Book Information

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Average Customer Review: 4.3 out of 5 stars 12 customer reviews

Best Sellers Rank: #160,614 in Books (See Top 100 in Books) #47 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #231 in Books > Sports & Outdoors > Individual Sports > Martial Arts

## Customer Reviews

Simmone Kuo has taught Chinese internal martial arts in San Francisco for the last two decades. She is familiar to Bay Area citizens and children from her many television and school appearances. She continues to lead classes at the academy which bears her family name and is a member of the Physical Education Department at San Francisco State University.

I had the great good fortune to learn Tai-Chi with Simmone Kuo at San Francisco State University back in 1991-'95. I practiced for about ten years, then got away from it for awhile and moved to Michigan. I bought this book to refresh my memory and have now restored my practice.

An excellent guide to a particular school/style of Tai Chi, helpful to those that follow the Shao-Lin Chuan style or want to learn it. (This style is followed by many in the San Francisco Bay Area where Kuo and other followers taught and are teaching.) The guide is extremely precise and detailed, difficult to follow if you are standing next to the book trying to copy each movement, but the equally

detailed pictures are a great help in learning to get it right. Having done this type of Tai Chi for over two years now, I still consult this guide frequently to check on moves I'm uncertain about.

Owned this book over 20 years ago, lost it, but now am very happy to own it again. Written, with poses included, to honor and pay tribute to Kuo Lien-Ying - a Tai Chi Master. If one is into or just beginning Tai Chi, this is an excellent book to purchase.

Very interesting and helpful book. Sometimes difficult to follow her moves exactly because the way the photos are explained. All in all I like it.

I bought this as a requirement for being taught by Master Simmone Kuo herself, this book goes into great detail and shows step-by-step pictures of every move. It also gives a full history of Tai-Chi Chuan and the Kuo family. Perfect for home practice.

Without this book I couldn't keep up with the classes I attended. I skipped the classes here and there but could catch up with the class.

I am using this book while training in Tai-Chi with teacher that trained with Simmone and Sifu Kuo. The book gives very thorough descriptions of the moves. Excellent resource!

Very weak and not so useful, I think I tossed it after going through the material. Live and Learn I guess.

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