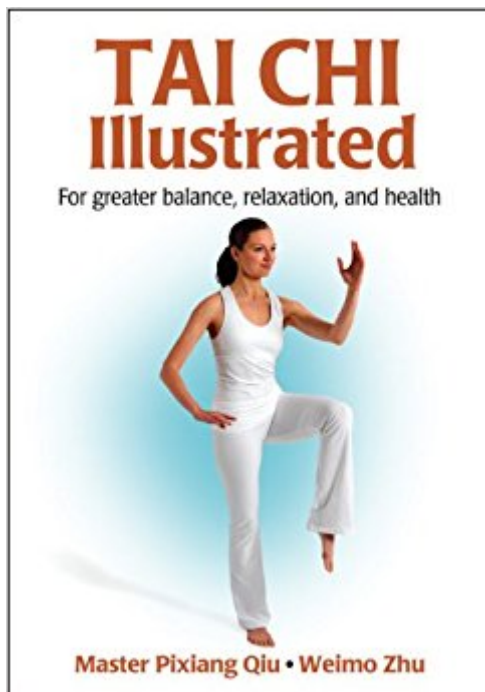


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Tai Chi Illustrated



Synopsis

Increase muscle strength, improve flexibility, and reduce pain and stiffness. Each year, millions of people worldwide discover the incredible physical and mental benefits of tai chi. Now, with *Tai Chi Illustrated*, you can, too. Internationally renowned instructor Master Pixiang Qiu and mindâ “body exercise expert Weimo Zhu demonstrate the most effective forms for harnessing the healing power of chi, or energy. Follow their lead and improve balance and coordination, relieve stress, and reduce pain and muscle stiffness. *Tai Chi Illustrated* is a step-by-step guide complete with detailed instructions and full-color photo sequences for the basic movements and popular forms, such as Grasp Sparrowâ™s Tail and Part the Wild Horseâ™s Mane. You will connect the forms to follow the yang-style sample routines, or create your own to address your health and fitness needs. Whether you are completely new to tai chi or have practiced for years, *Tai Chi Illustrated* will be your guide to the path of better health and self-awareness.

Book Information

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Customer Reviews

“*Tai Chi Illustrated* is one of the first books by a ninth-duan master to be available in English. It is an unprecedented contribution to the field and a landmark achievement for Professor Qiu.”
Gene Ching-- Associate Publisher, Kung Fu Tai Chi

Master Pixiang Qiu is director of the Chinese Wushu (martial arts) Research Center of Shanghai University of Sports. A veteran tai chi instructor, Qiu was named a national master of traditional

exercise by the Chinese government. The International Wushu Federation also elected him the first international referee in 1990, named him as one of China's famous wushu professors in 1995, and rated him as a Chinese wushu ninth dan, the highest level in wushu, in 2003. He was the wushu chief judge for the 11th, 12th, 13th, and 14th Asian Games and the chief judge for the 2nd, 4th, and 7th World Wushu Championships. He was designated as an excellent national sports referee and has been ranked as a national top 10 wushu referee. Professor Qiu has published multiple books in Chinese on tai chi and wushu and has lectured worldwide. He gave the keynote address on tai chi at the 2009 American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) convention and, based on his tai chi teaching and contribution to the promotion of culture exchange, was made an honorary citizen of the city of Dallas in 2009. Weimo Zhu, PhD, is an internationally known scholar in physical activity and health research at the University of Illinois at Urbana-Champaign, where he regularly teaches mind-body exercise classes at both the university and community levels. He has practiced Chinese mind-body exercises, including tai chi and qi gong, for more than 25 years and has been instrumental in introducing them in the United States and around the world. He has given demonstrations and lectures on Chinese mind-body exercises in the United States, China, South Korea, and the Czech Republic. He was awarded a NIH grant to study the effect of long-term mind-body exercise on cancer survivors and presented the research findings at the American College of Sports Medicine (ACSM) annual meetings in 2009.

If you're curious about Tai Chi, read this book before you sign up for a class. Master Pixiang Qiu and Weimo Zhu, the authors, provide a basic history of the practice, along with beginner-level exercises, and descriptions of which forms are best for which potential or actual health problems. The adepts who model the movements have plausible rather than superhero bodies (hooray!). One especially important point that Qiu and Zhu emphasize is that Tai Chi is made up of body movements melded into a sequence, and that the student needs to master the individual movements before attempting the complete sequence. I suspect many Tai Chi instructors could benefit from this advice, as well as the beginning students for whom the book is primarily intended.

I am very impressed. The book is very well written. Directions concise and the illustrations are excellent! Kudos. Have they published a book on Qi Gong? I would certainly be interested in that as well.

Perfect to study the movements outside of class. I highly recommend the book. Prompt shipping !

I like the way the pictures are laid out and how they show each move with an explanation and then again with smaller pictures and no explanation.

The illustrations were excellent. It did not portray it as just calisthenics but as a discipline and a healthy one.

Appears to be well written with a ton of illustrations on how to make the movements

This book explains the logic and history behind the practice of tai chi, explaining its relationship to traditional Chinese medicine and the meridians used in acupressure and acupuncture.

Understanding this foundation makes the practice of tai chi more meaningful as the forms are described and demonstrated in detail. There is an abundance of useful information in this book for students of tai chi.

Great Product and Great Service

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