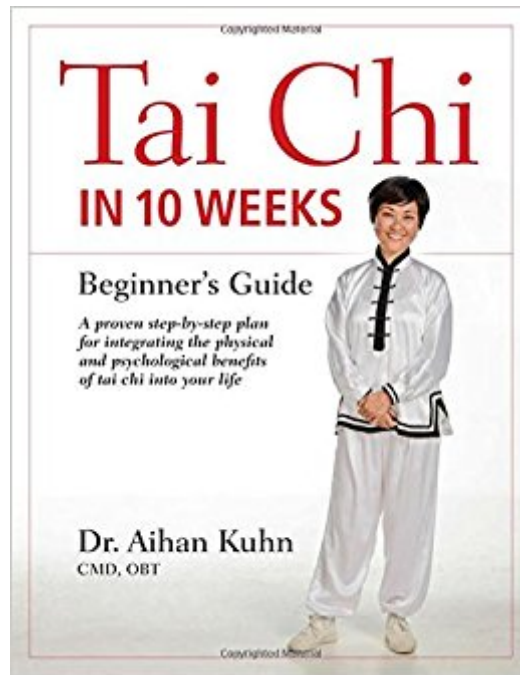




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# Tai Chi In 10 Weeks: A Beginner's Guide



## Synopsis

Access FREE course video to get you started learning tai chi. This book is designed to guide beginning students through the fundamentals of tai chi in ten weeks. Dr. Aihan Kuhn teaches readers the twenty-four-step Yang-style form. She shares insight on warming up, healing, and avoiding injury. But tai chi is more than just a physical exercise. It is a way of life. Dr. Kuhn shows readers how this art helps us cultivate health, balance, and qi (energy). Each day millions of people around the world practice tai chi for wellness, focus, and self-defense. This is a lifelong path. For the novice, that idea can be exciting but also daunting. With all the books, videos, and websites on tai chi, where do you begin? Tai Chi in 10 Weeks is the answer. Dr. Aihan Kuhn is a master instructor of tai chi and qigong. In this book she shares the lessons she's learned in a lifetime of studying and teaching. She is warm and encouraging, making readers of all ages and backgrounds feel welcome. This book features A ten-week calendar to guide you through your introduction to tai chi Over 200 beautiful full-color photos Access to the online 10-week companion video course Warm, welcoming instruction from a master of tai chi and qigong With this book you will Learn the twenty-four-step Yang-style form Understand the fundamentals of tai chi Discover not just the physical postures of tai chi, but also its psychological, emotional, and spiritual benefits Access online video for all 10-week courses that you can follow along • Tai chi is a life journey, • Dr. Kuhn writes. "Part of my success is from my patients and students that understand that prevention requires participation. They practice tai chi and qigong on a regular basis, which is key to their healing. That brings me to the title of this book. Can you really learn tai chi in 10 weeks? You cannot become a master, of course, but you can learn the fundamentals of this art. You can build the foundation for this life-changing journey. Tai Chi in 10 Weeks is your roadmap."

## Book Information

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## Customer Reviews

Dr. Aihan Kuhn, C.M.D. DIPL. OBT. is an internationally recognized expert instructor of tai chi, qigong, and tui na. She is a medical doctor trained in both Western medicine and traditional Chinese medicine. Dr. Kuhn graduated from Hunan Medical University in Changsha, China, and served as an OB-GYN in Chinese hospitals. She has studied tai chi and qigong since 1978. Her previous books are Natural Healing with Qigong (2004) and Simple Chinese Medicine (2009), both available from YMAA Publication Center. Dr. Kuhn is president of the Tai Chi Qigong Healing Institute. She lives and teaches in Sarasota, Florida.

Very informative!

This is a perfect workbook beginners guide to learn Standard 24 Yang Style Tai Chi. The first thing my own new students usually ask is, "Is there a list of the movements and what are their names?" You will find the list and names on page 134 of this book, along with photographs of Dr. Aihan Kuhn performing each move. Before you practice any tai chi form, it is important to warm up. Chapter 4 addresses the entire warm up routine, step by step. This chapter alone is worth the price of the book. Another useful tool that is provided for easy learning, is the weekly break down of the exercises, stepping, stances and movement from the form to be practiced. Each week reviews the one before and adds a few more steps. For those of you who like to keep notes and don't mind writing in a book, there is a 10 week check off chart for your daily practice. It is very nicely done, with the new material for each week coded in red. The drawback of learning any tai chi via a book is that there is no instructor to oversee and correct your form. If you are lucky enough to find a teacher and a class to practice with, use this book as a helpful guide.

If you find getting to a Tai Chi class difficult or non-existent in your town, this may be just the guidebook for you. Dr. Aihan Kuhn, instructor in tai chi, qigong and tui na and president of Tai Chi & Qi Gong Healing Institute, has authored an easy to read and simple to follow manual that is crisp, clear and coherent; the 224 glossy pages of *Tai Chi in 10 Weeks: Beginner's Guide*. This work is meant to help students, instructors, and practitioners understand taiji theory

and technique, as well as help them to have a better experience with learning and practicing, both in a group and as individuals. (xiii). Tai Chi in 10 Weeks explains, in three chapters, the value of taiji and how it is related to, but differs from, qigong. Dr. Kuhn explains what jing, qi and shen are, and how they work together. She also gives some of the history of taiji and the five styles. The author's knowledge of traditional Chinese medicine, along with her western medical training, noticeably turn up throughout these three chapters. The bulk of the book brings the learner, by way of simple lessons and clean pictures, through the various levels of warm-up, foundation practice, qigong form, thirteen movement taiji, until finally arriving at the twenty-four step Yang style taijiquan form. The build up to the twenty-four step form is meant to prepare and condition a practitioner to be able to move into the twenty-four step form with some confidence. When the reader arrives at the twenty-four steps, Dr. Kuhn has masterfully broken the learning process down into 10 week packages, with pictures and instructions for each week. As an aid to staying motivated in practice, there is even a taiji 10-week plan checklist at the back of the book. This checklist was a brilliant inclusion in the book, as it shows the student at a glance where they are, how much they have succeeded at and how close they are to their short-term goal of becoming proficient at taiji! Tai Chi in 10 Weeks is encouraging because it shows an easy-to-accomplish way for beginners to actually learn taiji in a doable timeframe and manner. There will still need to be, at some point, expert instruction, as Dr. Kuhn notes; "Eventually, however, you will need a good teacher who can guide you to deeper learning and practicing" (133). Nevertheless, Dr. Kuhn has placed learning grasping taiji within reach of the interested. I highly recommend the book. Thanks to YMAA for providing, upon my request, the free copy of the book used for this review. The assessments are mine given without restrictions or requirements (as per Federal Trade Commission's 16 CFR, Part 255).

I ordered this book from .ca . Here is my

review.[https://www..ca/gp/customer-reviews/RY065RUB301N7/ref=cm\\_cr\\_arp\\_d\\_rvw\\_ttl?ie=UTF8&ASIN=1594395055](https://www..ca/gp/customer-reviews/RY065RUB301N7/ref=cm_cr_arp_d_rvw_ttl?ie=UTF8&ASIN=1594395055) Excellent guide to learn Tai Chi - for students and teacher alike, June 4 2017 I anticipated the arrival of Tai Chi In 10 Weeks: A Beginner's Guide since I pre-ordered the book back in March. It was worth the wait. This is an excellent book for beginners learning Yang Style 24-form AND for those who teach it. The book covers Taiji theory and philosophy and then gets right in to the essence of the subject. Everything is broken down into easy-to-follow, well-explained, and well-illustrated steps. The end of the book has a great chart that lists new moves that you are learning and reviewing - a great tool to pace yourself and to see your progress. If you're an

instructor, you will pick up on some of the nuances and fine points that will help your teaching. Definitely worth the price of the book (and more) and the time it takes to read it.

Another excellent book by Dr. Aihan Kuhn ( and the YMAA publishers) who is an internationally acknowledged expert instructor in Tai Chi and Qigong. This book is another excellent introduction to Tai Chi for beginners. The discussions are clear and the colored photographs are excellent. The explanation of each movement with its corresponding photograph should make it easy for a beginner to follow and learn movements one at a time. It is highly recommended that the available DVD be purchased to supplement the text, The program is not strenuous but enjoyable for anyone in any physical condition. A great benefit is that Tai Chi can be practiced at home and only a small amount of space is required. The health benefits will become apparent to each student with time and this provides an excellent introduction for anyone who wants to pursue Tai Chi in depth and enroll in a class. This book also provides additional insights for instructors who teach basic classes in Tai Chi. Highly Recommended.

I thought this was a great book with lots of valuable information for beginners. Dr. Kuhn explains to beginners what Tai Chi is, how Tai Chi and Qigong work in human healing, explains the difference between Tai Chi and Qigong, and shows the beginner how to progress from the foundation level warmup exercises to a full Tai Chi program through a 10 Week plan. Dr. Kuhn explains all of this information in a very easy to read and understand manner, and she manages to do so in a concise manner too. Beginners will love this book...and those who are advanced in Tai Chi will love it too.

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