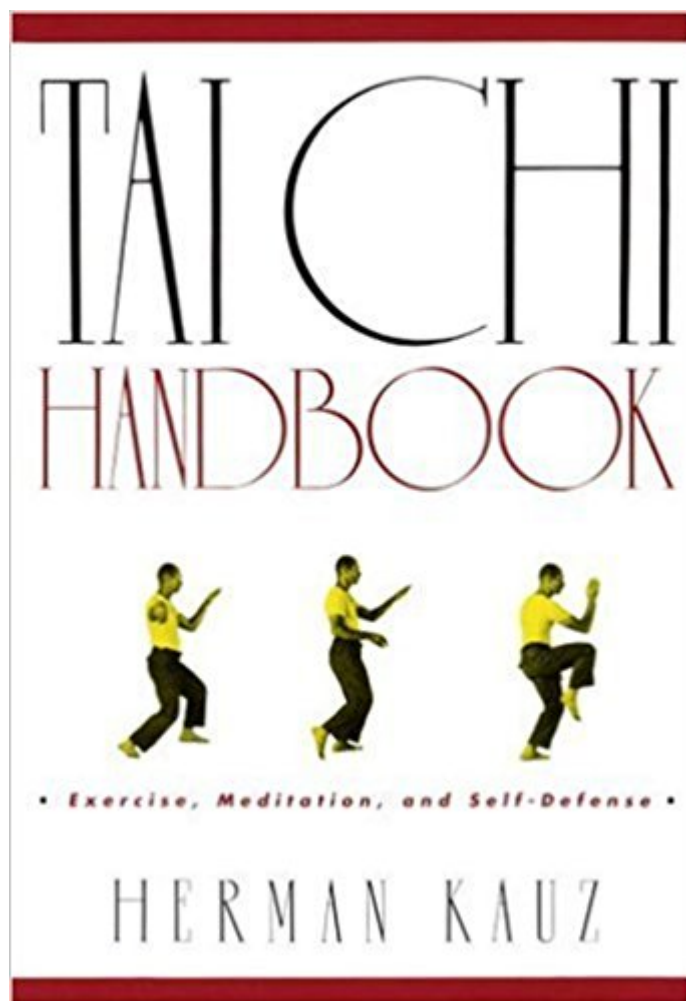


The book was found

The Tai Chi Handbook



Synopsis

The ancient Chinese art demonstrated in words and pictures -- showing the rhythmic coordination, balance, and harmony developed by dedicated practitioners of this mental-physical exercise. B & W photographs throughout

Book Information

Paperback: 192 pages

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Customer Reviews

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The ancient Chinese art demonstrated in words and pictures -- showing the rhythmic coordination, balance, and harmony developed by dedicated practitioners of this mental-physical exercise. B & W photographs throughout

As a certified instructor in Tai Chi I have taught this art to numerous years at a senior retirement community. I am always looking for books and manuals on the topic to increase the sum total of my knowledge of Tai Chi and other martial arts. I purchased this 189 page soft cover book (Tai Chi Handbook: Exercise, meditation and self-defense by Herman Kauz) on for a bargain price. I was familiar with most of the material in this book, but I still found it to be a good basic informational text of Tai Chi. The following material is covered in this text: The introduction gives a brief historical view

of Tai Chi including some of the myths surrounding this ancient Chinese art. The use of Tai Chi as a fitness exercise is then covered. The relationship of meditation and Tai Chi is also explained. The self-defense aspects of Tai Chi are also touched upon in this book. A Tai Chi form is taught step-by-step in this text. Basic push-hands practice of Tai Chi is also covered. Attitudes for further development in learning Tai Chi are also explained in this manual. The final section shows a Tai Chi form in a continuous sequence. The photographs are all black and white but are fairly clear. It is very difficult to learn any kind of martial arts form from just reading a book. The real value of this kind of "How-to-do" book is for it to be used in conjunction with actual hands-on training with a certified Tai Chi instructor. Rating: 4 Stars. Joseph J. Truncala (Author: Seated/Chair Stretching/Tai-Chi/Qigong/Yoga for seniors and the physically challenged).

This book was recommended by my excellent Tai Chi instructor. It has clear instructions and photographs helpful to those studying the Cheng Man Chin strain of Tai Chi. While every teacher may suggest slight variations, this book is a helpful reminder of each part of the form.

This handbook describes the Cheng Man Ching T'ai Chi form. This is a great book for the beginner t'ai chi student. It describes in precise detail the transitions from one posture to the next. The only problem I have with it are the pictures. I don't know if Mr Kauz was just not careful with his postures or if it was the camera angle but he appears to be leaning in many of the photos and new students should be aware that that is not correct. If you ignore the leaning this book will help one make the correct weight shifts and waist turn and foot movements in CMC T'ai Chi Ch'uan form.

Useful for all those wanting a static picture of poses for the art of Thai chi.

I recommend to my students as a good reference book. You could never learn the form from any book, but this is good for intermediate to advanced for honing their skill.

Although I bought the older edition, the photos and descriptions of the movements are very clear and the book has helped me a lot in between classes. Love Tai Chi!

For a beginner this is a masterpiece to get slowly in condition with out injuries. Progression is easy and mobility it the up most in older adults. Most anyone with a sense of wanting to feel flexibility of the younger times will in weeks notice the difference.

I am a tai chi teacher for over 22 years and use Herman Kauz's book exclusively to supplement my teaching. It is extremely lucid and easy to follow (with pictures) to help a student along in their studies. It's best used as a step-by-step reference point. Anyone interested in studying the Cheng Man-Ching form will find this book extremely helpful.

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