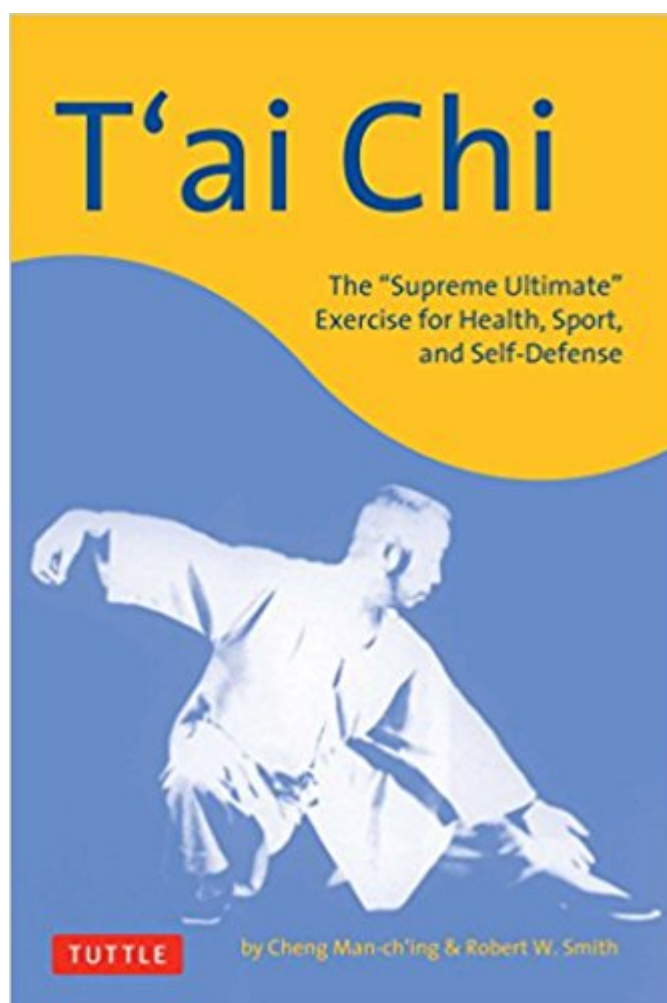




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# T'ai Chi: The "Supreme Ultimate" Exercise For Health, Sport, And Self-Defense



## Synopsis

Master the Chinese martial art of T'ai Chi with this accessible, illustrated guide. T'ai-chi (Tai Chi) is an effortless and rhythmical art that stresses slow breathing, balanced and relaxed postures, and absolute calmness of mind. It requires no special equipment or place to practice, and takes no more than ten minutes a day. This book, from renowned Tai Chi master, Cheng Man-Ch'ing, introduces T'ai-chi as a means to a healthier life, as a sport and as a method of self defense. It is a complete step-by-step manual for the beginner. With conscientious practice, readers will master the sequence of thirty-seven postures that will make up the T'ai-chi solo exercise. Students will learn how to progress from exercise to sport to self defense with maximum efficiency. The instructions are clear and easy to follow, and more than 275 photographs and 122 foot-weighting diagrams guarantee an understanding of the correct form. A history of T'ai-chi, including thumbnail sketches of famous masters, and the first English translation of the basic T'ai-chi document, known as the T'ai-chi Ch'uan Classics, are also included.

## Book Information

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## Customer Reviews

"Tai chi helps reduce stress and anxiety. And it also helps increase flexibility and balance. If you are looking for a way to reduce stress, consider tai chi. Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements." —[Mayo Clinic](#)

The late Cheng Man-ch'ing was an international authority on T'ai Chi and wrote two earlier books on the topic. Robert W. Smith is also the author of The Secrets of Shaolin Temple Boxing and A Complete Guide to Judo. He lives in Hendersonville, North Carolina.

When people read a book, usually during the first reading you may only understand "a little".. I read this book in the 70's.. During that time I remember only "trying to learn the movements", and the "relaxation instructions"... Honestly...I did not learn anything... with the years and a lot, a lot of more reading about Taiji and learning directly from experts, and seen daily the amount of "youtube"'s information...then you one start to "understand" Taiji a little... and when you can find so many different versions and "styles" of ONE ART.... then you understand that most of them had not grasp the real true meaning of taiji... there may be not one true but many... Then one open his eyes and start 'understanding" it... it will take time to UNDERSTAND Taiji... This is an excellent book! But understand that this is just a book... even a good one... but **YOU WILL NEVER LEARN TAICHI WITH A BOOK!!**

I practice this specific style of Tai Chi. This book is the one that I have used for 20 years to remind me what I am supposed to be doing. There are pictures with each posture, though in the e-book mode, often they are on the next page or the previous page - not the author's fault, just a casualty of the e-book age. The steps of the Yang Style, short form, are here. The exact steps are here. Do this. Then do that. Then put your hand here. This is, often, what I need to be reminded what I learned, or what I should have learned. There are other books about the various styles of Tai Chi, there are videos on YouTube, DVD's galore: For me, this book is a must-have for my Tai Chi e-bookshelf: I do this form. He wrote the book! All I have to do, is do it!

This is the book I first used to learn this form. Although its not the easiest to learn from it does have photos of Cheng Man -Ching doing the postures so you know they are correct!

Outstanding Tai Chi book for the someone wanting to learn the short form of Ch'eng Man-ching. Has foot positions you can copy to put up on wall and is an excellent reference for the serious student.

This is an excellent reference and supplement. Suggest that a teacher is a requirement to teach

feel. Just watching or reading may not be sufficient to master this ancient sport.

The explanations of each posture are great, as well as the outlines of the foot positions for each posture. However, the reversed photos make it more difficult for me to learn the sequence, rather than helping. The publisher/translator states the photos are intentionally reversed, but they really add a distracting challenge to the learning process.

This book is really comprehensive. It has many pictures and descriptions of them to help you along with the forms. I'm taking a Tai Chi class at my college, and this book is the perfect companion. It is very well layed out and can be easily followed. Of course it is always necessary to have an actual master, but this book is probably the best on the market. Many Tai Chi books are confusing and poorly made, but this is one of the few that is not. Learning Tai Chi straight from a book is a little silly, at least look for classes or a video. But this is the perfect companion piece to perfecting your Tai Chi. If you want to buy the best, this is the one - no question about it.

a great guid to zheng manqing form

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