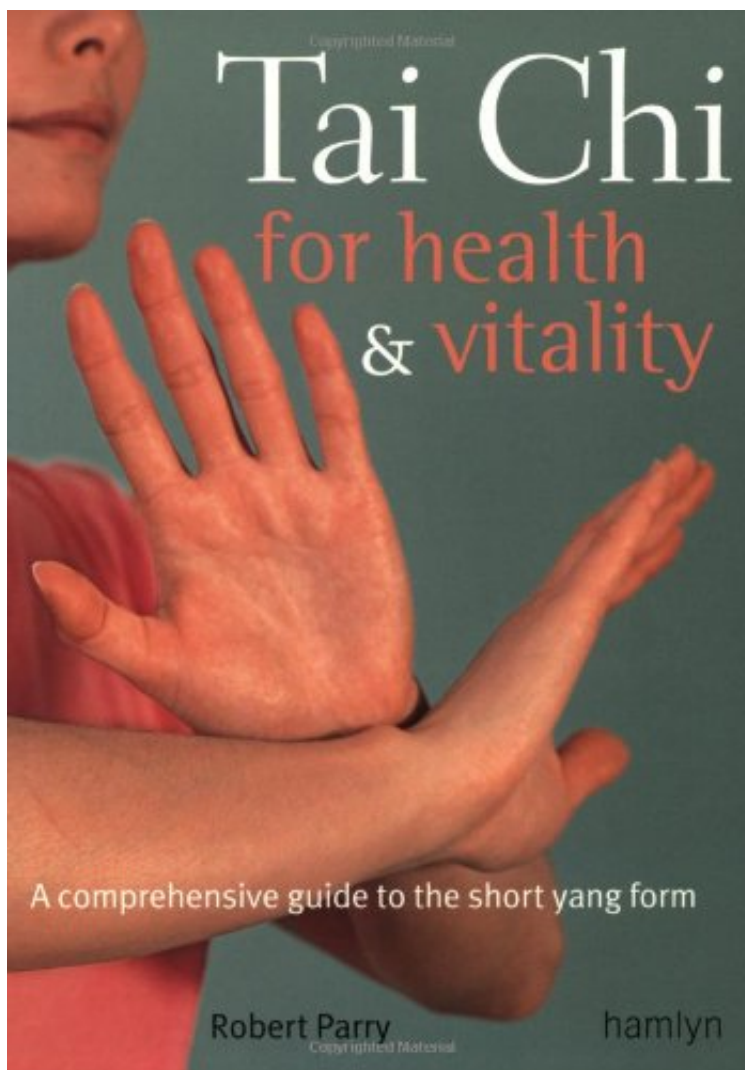


Tai Chi for Health Vitality: A Comprehensive Guide to the Short Yang Form

Robert Parry

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Robert Parry : Tai Chi for Health Vitality: A Comprehensive Guide to the Short Yang Form before purchasing it in order to gauge whether or not it would be worth my time, and all praised Tai Chi for Health Vitality: A Comprehensive Guide to the Short Yang Form:

0 of 0 people found the following review helpful. Very useful supplement to Tai Chi group instruction and/or online videos By RB Very useful supplement to Tai Chi group instruction and/or online videos. The book helps learn detailed parts of the hand-arm-body-foot-breathing movements at the reader's pace in a way that forestalls bad habits. The only reason it's a four-star, not a five, is that there are a few movements in the sequence used by my local group that are not

covered in the book, e.g., Paqua, striking tiger.0 of 0 people found the following review helpful. This is the best instruction book for the Yang short form currently availableBy Peter InsabellaThis is the best instruction book for the Yang short form currently available.Although it's very difficult to learn Tai Chi from a book, this is the one book to have if you want to learn the Yang short form. If you really want to learn Tai Chi, you have to find a good instructor who will demonstrate the moves for you and then critique the way you're doing them. But it's also very helpful to have a good book to supplement your in-person classes and remind you of what goes after what, and this is the book to have.Good photographs of all the moves that allow you to follow the sequence visually.12 of 13 people found the following review helpful. Not bad for a bookBy Mini DriverI am taking a beginning Tai Chi class, in which we are learning the Yang Short form. I bought this book to help me practice and learn the moves in between my once-a-week classes. The book is very well illustrated and the moves are explained clearly. There's also a most helpful visual review of the entire sequence at the end of the book. I also really like the explanations of the health benefits of each move and posture.I gave it 4 stars instead of 5 for two reasons, both limitations of the book form itself. First, it would be nice if this book had the kind of binding where it would stay open to a page so that you could look at the pictures at the same time you're practicing the moves. Second, I find it just very difficult to learn movement from a book. Far more helpful to me is the DVD: T'ai Chi for Health/Yang Short Form by Terence Dunn.I recommend this book as an accompaniment to a class. I think it would be close to impossible to teach yourself the Tai Chi Yang short form using this book by itself.

Tai chi is good for everyone, of any age or fitness level. An experienced tai chi teacher presents one of the most popular styles--the Short Yang form--and shows complete beginners how they too can enjoy its many health benefits. These richly illustrated and information-filled pages make it amazingly easy to follow every move. Generously sized photographs with numbered, comprehensive instructions show all the positions in every sequence. Inset close-ups focus in on details. There's also guidance on shifting body weight and notations on when to inhale and exhale. Begin with a warm-up, and then try narrow stances, diagonal steps, steps that go backwards and sideways, rotations and turns, and closing movements. For easy reference, a summary of movements features 160 mini-photos.

About the AuthorRobert Parry is a tai chi teacher and practitioner of oriental medicine, specializing in acupuncture and shiatsu. He has been actively involved in Eastern systems of exercise for over 30 years. He is the author of a number of books on tai chi.