



## Simplified Tai Chi Chuan: 24 Postures with Applications Standard 48 Postures (Revised) (Paperback)

By Liang Shou-Yu, Wu Wen-Ching

YMAA Publication Center, United States, 2014. Paperback. Condition: New. Revised edition. Language: English . Brand New Book. This revised edition of our best selling beginner Tai Chi Chuan book includes a new and modern easy-to-follow layout. Every tai chi movement is presented in 2-4 large photographs with clear instructions, followed by key points to help you learn properly. In 1956, the Chinese Athletic Committee created the Simplified 24 Posture Tai Chi form from the Yang style. The movements in this simplified form are easy to learn and the postures are standardized to the Yang style. Simplified Tai Chi Chuan 24 Posture is the most popular beginner tai chi form practiced today. It takes about 10 hours to learn and can be performed in 6 minutes. In 1976, the Chinese Athletic Committee created the 48 Posture Tai Chi form from Yang, Wu, Chen, and Sun styles. This allows an intermediate practitioner to experience these traditional styles in one short form. This tai chi form can be performed in 12 minutes. Inside this book: \* A general introduction to tai chi chuan. \* A theoretical foundation of tai chi chuan. \* Tai chi history. \* Guidelines for good practice including fundamental stances,...



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