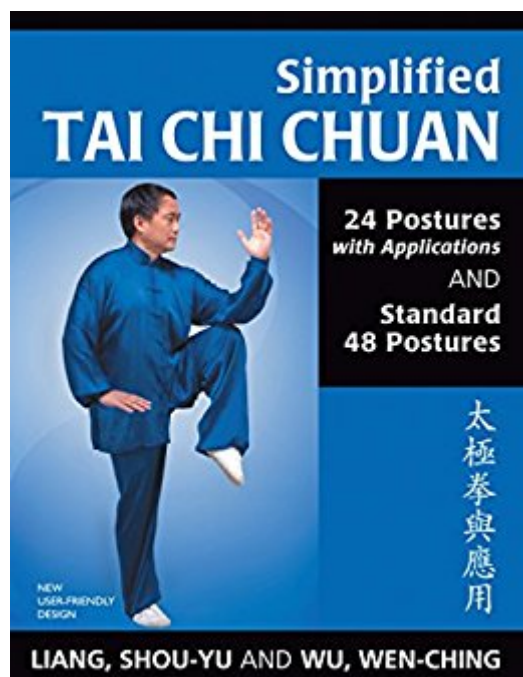


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# Simplified Tai Chi Chuan: 24 Postures With Applications And Standard 48 Postures



## Synopsis

This book is designed for self-study and can help you learn both the Simplified Tai Chi Chuan 24 Posture form and the Simplified Tai Chi Chuan 48 Posture form quickly and accurately. Simplified Tai Chi Chuan 24 Posture is one of today's most popular tai chi forms. Once learned, it can be performed in only six minutes. If you are learning tai chi in a school, a fitness club, a community or recreation center, or even the local park, this is the tai chi form you are likely to encounter. The martial arts applications for each posture are shown so you can understand that every movement has a purpose. Simplified Tai Chi Chuan 48 Posture is a popular tai chi form practiced by those who want a longer, more challenging sequence. Once learned, it can be performed in only twelve minutes. The forty-eight posture form is often the next form a student studies after learning the twenty-four posture form. Here's what is inside this book: Theory to help you understand important tai chi concepts Warm-up exercises for safe and proper tai chi practice Fundamentals so your tai chi movements will be easy and natural Foot diagrams so you will know what direction to face The complete Simplified Tai Chi Chuan 24 Posture form, step-by-step Martial applications for each movement of the twenty-four posture form The complete Simplified Tai Chi Chuan 48 Posture form, step-by-step No matter your age, tai chi chuan is a wonderful way to improve your health and well-being.

## Book Information

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## Customer Reviews

Simplified Tai Chi Chuan is a detailed and updated work providing comprehensive demonstration of the traditional 48 forms of tai chi, along with the 24 postures based on the Yang Style of Tai Chi Chuan, created by the Chinese Athletic Committee in the 1950s. The first aspect of the book covers the history of tai chi chuan, and its fundamental Taoist history, addressing the philosophical approach to explaining life's ambiguities through Yin/Yang concepts and qigong. From here, we are able to receive a full body warm-up, preparing us for our exercises and utilizing qigong. The book is very progressive in its format, offering a sequential order of applications. The black and white photos depicting all of the postures are all well done and easily viewed without confusion - good contrast for the most part, especially when two models are working together demonstrating the combative applications. The 24 postures found in this text, with their combative applications, represent the simplified version of tai chi created in 1956 by the Chinese Sports Commission, with the goal of standardizing and popularizing tai chi chuan. All of the English names with the Chinese components are listed. The combative applications provided with the simplified 24 postures retain their original combative flavor, consistent with what is utilitarian in a combative environment. The 48 postures depicted in the manual are a 1976 creation of the Chinese National Athletic Association, whereby combined components of the Yang, Chen, Wu and Sun styles of tai chi chuan were amalgamated to create this unique sequence that is still performed with the Yang Style flavor. The English and Chinese names are all listed for each of the postures.

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