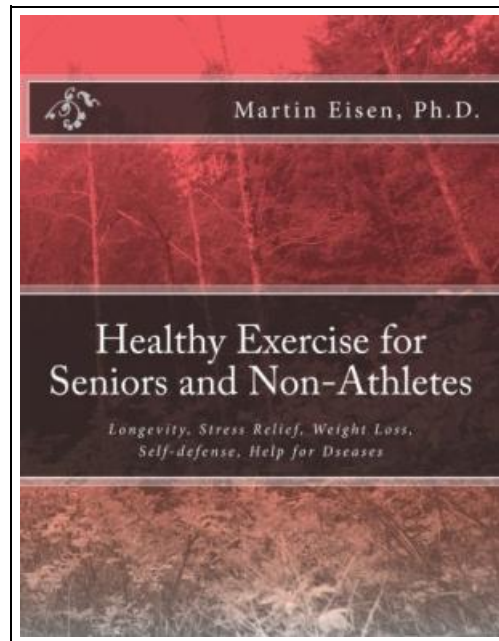


## Healthy Exercise for Seniors and Non-Athletes (Paperback)



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English. Brand new Book. For over sixty years, I have taught and studied Shotokan Karate, Aikido, Kwong Sai Jook Lum Mantis Kung Fu, Yang Tai Chi; Qigong and helped teach Yoga. During this time these arts have become mere shells of their original system, simplified and mixed, like chop suey. One reason is that in modern times few people have the time, interest or perseverance to study a classical art. Another is that to make a profit, you cannot criticize students, make them perform many boring repetitions, but must amuse them, Even prestigious medical centers, hospitals and universities offer these simplified activities for health, like Yoga, Tai Chi and Qigong (pronounced Chi Kung). They seem to have little knowledge of these original arts or know how to find genuine masters for teachers. Many teachers are well-meaning and follow their teacher's methodology, not realizing that their teachers really have little knowledge of their art. One purpose of this book is to describe classical Yoga, Tai Chi and Qigong to encourage interested teachers to further their knowledge in order to preserve these systems and prevent further degradation. Medical professionals should read this book in to learn about Yoga, Tai Chi and Qigong not only to be able to find competent teachers, but also to know which art to recommend. For example, few Yoga teachers are versed in anatomy and physiology and so a physical therapist rather than a Yoga teacher should be recommended. Also, modern Yoga is not suitable for many seniors. A Medical Qigong Doctor should be recommended for serious illnesses and not the feel good Qigong class conducted at many hospitals. Finally, seniors and non-athletes will learn that vigorous and long duration exercises are not necessary for health. There...

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