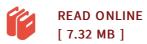




## TAi Chi Chuan: A Simplified Method of Calisthenics for Health and Self-Defense

By Cheng Man-Ch'ing

Blue Snake Books. Paperback. Book Condition: New. Paperback. 159 pages. Dimensions: 8.3in. x 5.5in. x 0.5in.This is the original classic about Short Form, the most popular and widespread form of Tai Chi in the West. Tai Chi Chuan is a must-read for every serious Tai Chi student. This book is not meant to teach Tai Chi Chuan, but meant to expound upon its meaning to the earnest practitioner; to offer the layperson a glimpse into this ancient art; and to communicate the authors unique perceptions and experiences that only a lifetime of practice can cultivate. Taken in this context, this is a most valuable book. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



## Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS

This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- Justus Hettinger