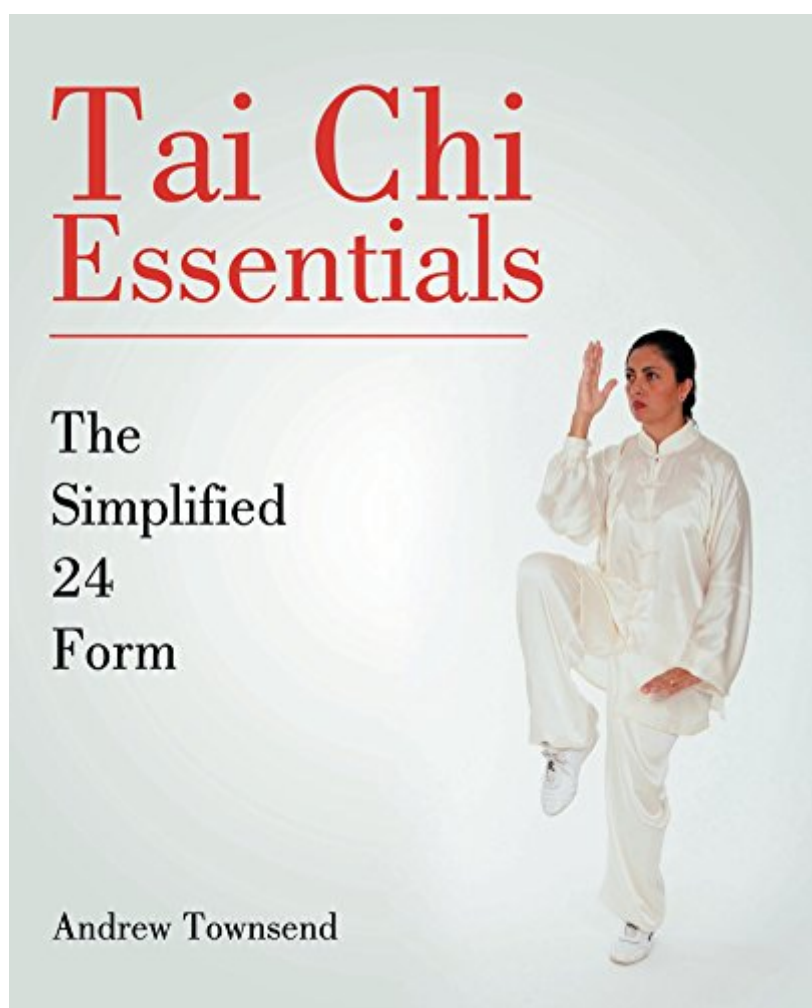


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# Tai Chi Essentials: The Simplified 24 Form



## Synopsis

This book is a complete guide for anyone who practices the Simplified 24 Tai Chi Form. Unlike other, more general books on the subject of Tai Chi, this book is written specifically for the millions of individuals who regularly practice this universal Form. Written by an author with over twenty-five years of experience in the art of Tai Chi and more than ten years of experience teaching the Simplified 24 Form, *Tai Chi Essentials- The Simplified 24 Form* is comprehensive in its coverage and precise in the detailed descriptions and numerous photographs depicting each posture in the Form. "As a Tai Chi player for 12 years, I found *Tai Chi Essentials - The Simplified 24 Form*, to be purposefully written. This book covers the 24 Form in a concise manner, while answering many of the questions that arise when learning Tai Chi. I will use it regularly in teaching and learning."

-Theresa Chase, *White Tortoise Qi Gong & Tai Chi* "An invaluable resource for those in the early stages of the practice of Tai Chi. Clear, concise and thoughtfully written, Andrew Townsend conveys his vast knowledge of this ancient art in a manner that accelerates learning and promotes an understanding of its origins." •Dr. Zelda Zeleski, Ed.D. "This book is a treasure trove of information. Written with a historian's eye for detail, it is accessible (and useful!) to beginners, while offering substance that more advanced practitioners will appreciate. Among the many books that have been written on tai chi, this volume stands out." •Damian Bonazolli, Jd

## Book Information

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## Customer Reviews

As a taiji player of some experience, I enjoyed this book immensely. It is a book I will refer to again and again. Taijiquan is a very simple exercise system (anyone will benefit from it) and at the same time an immensely deep practice. You can learn simple taiji breathing and form fairly quickly, but it takes a lifetime to master. In other words, there is always more to learn, new depths to plumb.

Townsend's book mirrors the art. It is written in good, simple prose that anyone will benefit from, yet the book demonstrates the author's deep understanding of the art. This is a very rich book. Though the book focusses on the Simplified 24 Form (the most popular entry to taiji for many people) the first half of the book is one of the best explanations of the art that I have read. Townsend clearly has a grasp of the fundamental principles of taiji and explains the art well. There are detailed photos of each posture, and a clearly written explanation. Where Townsend goes further than other introductory taiji books is in his explanation for each posture of the proper breathing, the circulation of chi (qi) and important points that link the principles of taiji with each form. I learned a great deal, and will as I return to the book in the future. I will be recommending this book to my students.[This review is of the Kindle edition]

Very helpful. Nice illustration and precise description.

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