



Taiji Yangsheng Zhang: Taiji Stick Qigong (Chinese Health Qigong)

Chinese Health Qigong Association

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A set of exciting and unusual Taiji Stick qigong exercises is presented in this accessible introduction. Embodying the concepts of taiji, the movements emphasise the harmony of yin and yang, man and nature.

Appropriate for all levels of experience and for all age groups, this new set of easy-to-learn exercises distils the essence of traditional stick practice, guides body movements and the movement of the stick, and coordinates directed breathing and imagination. The book provides step-by-step, fully-illustrated instruction, and includes an account of the origins of the movements and guidance for practice. Also included are helpful learning tips for each movement, and details of the health benefits. An accompanying DVD features a video demonstrating the form and additional information on its history and origins, and a CD provides options for verbal instructions to lead the practitioner through the exercises, or music to accompany them.

The book is an authoritative resource that will help students and practitioners of taiji, qigong, martial arts and Chinese medicine perfect and deepen their practice. It is also an excellent practical introduction for anyone with an interest in the ancient health and martial practices of China.

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