



The Complete Book of Tai Chi Chuan (Revised Edition): A Comprehensive Guide to the Principles and Practice

Kiew Kit Wong

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Modern life is stressful but the ancient martial art of Tai Chi Chuan is one of the most effective stressbusters available. In China it is used extensively for the prevention and treatment of illnesses, and its beneficial effects for health and fitness are now widely recognised in the West.

This wonderful book is a complete guide to the oriental wisdom of Tai Chi Chuan, explaining all its important aspects and styles, as well as its practical benefits for emotional, mental and spiritual development.

Expertly and clearly written and complemented by a collection of informative illustrations, this comprehensive book covers everything you would want to know about Tai Chi Chuan – from the background of its philosophy to the practical exercises necessary for balance, internal force and self-defence. It is the ideal guide to introduce you to Tai Chi Chuan or to remind you of what you may have missed in your classes.

The book includes:

- The philosophy of Tai Chi Chuan and the historical development of the various styles.
- The Concept of Yin-yang in Tai Chi Chuan.
- The basic Tai Chi Chuan movements and Pushing Hands.
- The various Tai Chi Chuan styles set.
- Tai Chi Chuan combat sequences and tactics.
- The physical and mental benefits of Tai Chi Chuan.
- Tai Chi Chuan weapons.
- The relationship of Tai Chi Chuan and Taoism.

(Wong Kiew Kit)

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