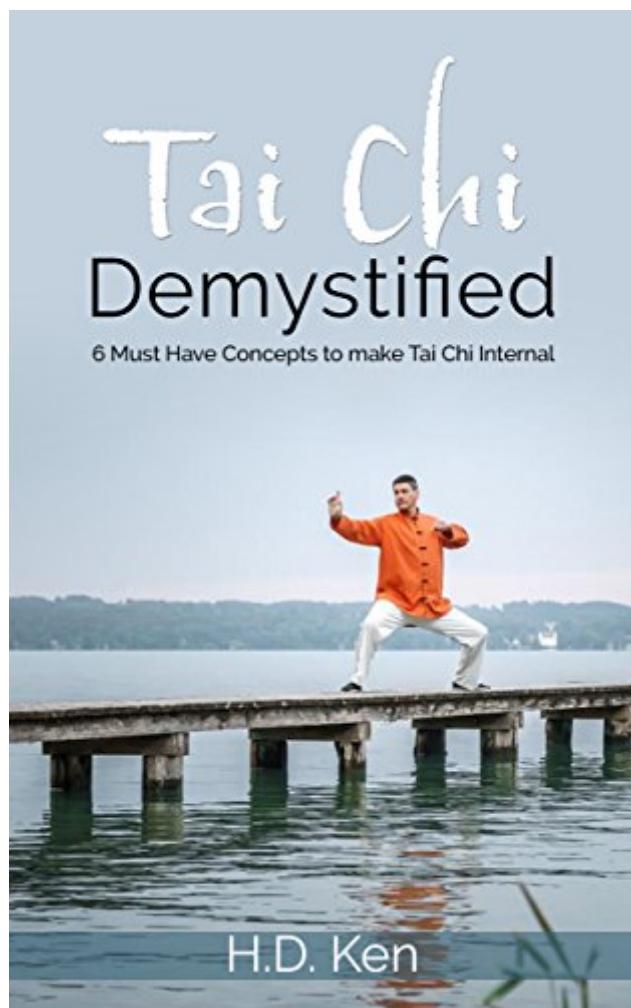


The book was found

Tai Chi Demystified: 6 Must Have Concepts To Make Tai Chi Internal



Synopsis

Tai Chi is a mystical art that promises martial power as well as good health. But sometimes it is just too abstract to know if we are doing it correctly. This book is specially written for practitioners who wishes to get on the right track. Here's what you can expect to find in the book:

1. What is Tai Chi in simplex terms
2. How to make Tai Chi Internal without the complex Chinese philosophical theories
3. How to improve Tai Chi
4. Qi in Tai Chi
5. What does it mean to be soft or relax
6. Why is Tai Chi done slowly?
7. Purpose of the stationary form

This book aims to explain Tai Chi with no abstract concepts, scientific concepts, and even styles specific concepts. Just simple daily life analogies to help practitioners understand what internal Tai Chi is all about and how to achieve it. A must have for anyone who just wants a clear and straightforward understanding on what Tai Chi is.

Book Information

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Customer Reviews

I was looking for a book on this topic since a long time and I am glad that I decided to give this book a try as this book has all the information I needed to know on the topic

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