



New Martial Art Book on 'Tai Chi Chuan' - eBook & paperback formats

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URL: <http://www.pr9.net/health/resources/3485february.html>

Tai Chi is a truly graceful Martial Art. With this book as a guide, you can explore the complete set of Tai Chi Chuan in 24 Forms along with the many positive Health Benefits and Self-Defence Applications through easy to understand pictures and descriptions.

PR9.NET February 14, 2006 - Hong Kong, China, Tai Chi Chuan has been developing in China for over 300 years and is considered one of the most fundamental of the Chinese Martial Arts.

After consulting with experts in the Chinese Martial Arts, the Chinese Government in 1956 presented to the public "Tai Chi Chuan in 24-Forms" (also called "Simplified Tai Chi Chuan") based on the Yang Style of Tai Chi.

The form included movements based on simple and intricate techniques, which could be followed easily by beginner and advanced practitioners.

After several decades, the form became popular and well received by Tai Chi practitioners not just only in China, but also in countries all over the world.

Tai Chi is not limited to be practiced in specific places, but it can be practiced almost anywhere there is enough space, also it can be practiced by either male or female and older or younger practitioners alike.

If Tai Chi is practiced on a regular basis, it can provide many positive benefits such as; improved health, reducing stress, helping to prevent many types of illness, increased longevity, improved vitality and endurance as well as better balance and flexibility.

Our book was developed with the beginning practitioner in mind by clearly describing the various techniques of Tai Chi Chuan as well as showing the complete 24-Forms through easy to follow photos and descriptions.

This book has four Chapters:

Chapter One explains about some of the positive health benefits of Tai Chi Chuan. Chapter Two explains about some of the important techniques and details of Tai Chi Chuan. Chapter Three is Tai Chi Chuan in 24-Forms describing each form through a series of pictures and detailed explanations. Chapter Four will demonstrate some examples of Tai Chi Chuan used in self-defense applications.

For more information and a free preview on this book in "PDF" format, please visit: <http://www.lulu.com/content/228578>

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About Cheng & Don Ltd.

Dedicated Martial-Artists, who are also published book authors, want to help improve people's lives by sharing their knowledge.

Phone: (852) 61049558
Website: <http://www.lulu.com/content/228578>
E-Mail: webmaster@bushidokai.ca
Address: Donald M. Mcpherson
10B, Oceanview Court
43 Mody Road
Kowloon, TST, 00000
Hong Kong