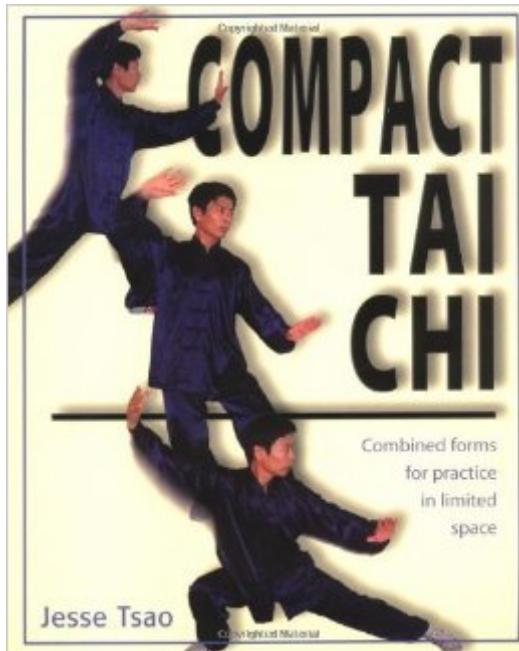


The book was found

Compact Tai Chi: Combined Forms To Practice In A Limited Space



Synopsis

Many homes do not have enough space to practice conventional Tai Chi. Tai Chi master Jesse Tsao explains his spaceless mini Tai Chi, a form combining five major styles in one comprehensive form, which takes only three to five minutes to practice in less than 40 square feet of space.

Book Information

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Customer Reviews

This book presents an unusual but practical approach to the tai chi form, turning it into a circular stepping pattern instead of the traditional pattern in order to save space, so you can do it at home or in a limited space. Although I know the traditional long Yang form, I have no problems with this and find it an excellent approach and of value. However, what the author has done is basically create four short forms. If you are a student of a more conservative, traditional teacher, you probably know that they don't think much of the short forms, regarding them as of limited health and medical value. In fact, the great master who invented the original Yang short form after WWII at the behest of the Communist Party, said it was worthless and didn't practice it himself. However, this depends to a great deal on whether you subscribe to the traditional Chinese medical theories as well. But if you are a serious student of tai chi, you should seek out a teacher and learn the original long form of your style just for your own education, whichever of the many tai chi styles you practice. They are really not that difficult to learn, because many of the main moves and sequences repeat themselves several times, such as grasping the sparrow's tail, the signature and most important sequence in the Yang form. By the way, there is actually a 300-move long Yang form which is the original, not the

108-move form. Having learned it, I would say it's more like the 108-move form with more complex transitional movements between the major moves, but if you can find a teacher that offers that, I would definitely learn it. Otherwise, the more commonly available 108-move form would be fine.

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