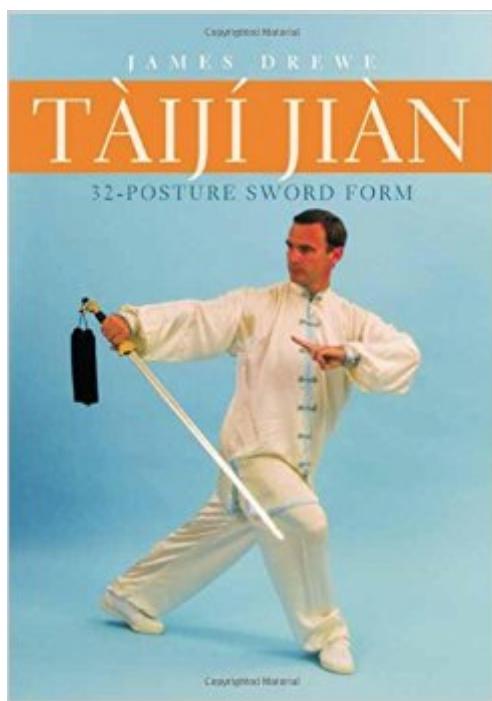


The book was found

Taiji Jian 32-Posture Sword Form



Synopsis

The Sword Form is an important aspect of the popular Chinese martial art, Tāijí- quan. The 32-Posture Sword Form, from the point of view of the physical movements only, is not complex, but there is a significant amount of other information, relating to the applications, that is open to interpretation. Written by an experienced teacher of Tāijí- quan, this book provides a detailed description of the Jian (the sword), its parts and how it should be held. Using photographs and illustrations, the author gives step-by-step instructions for the main 13 applications including sword strokes, stances and footwork techniques. This book contains a wealth of information on Sword Form technique and is an ideal resource for students of martial arts, experienced practitioners or anyone interested in learning about Tāijí- quan.

Book Information

Paperback: 240 pages

Publisher: Jessica Kingsley Pub; paperback / softback edition (November 15, 2008)

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Product Dimensions: 6.9 x 0.6 x 9.8 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #1,605,905 in Books (See Top 100 in Books) #764 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #3764 inÂ Books > Sports & Outdoors > Individual Sports > Martial Arts

Customer Reviews

Lots of details help convey the moves. Great for someone with some experience with short weapons. Novice students found the descriptions confusing and overwhelming. Perhaps a companion video?

This is an in deep description of the form. Good for those who already have some knowledge or practical experience.

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Taiji Jian 32-Posture Sword Form How to Improve Posture: Achieve Perfect Posture with These 20

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