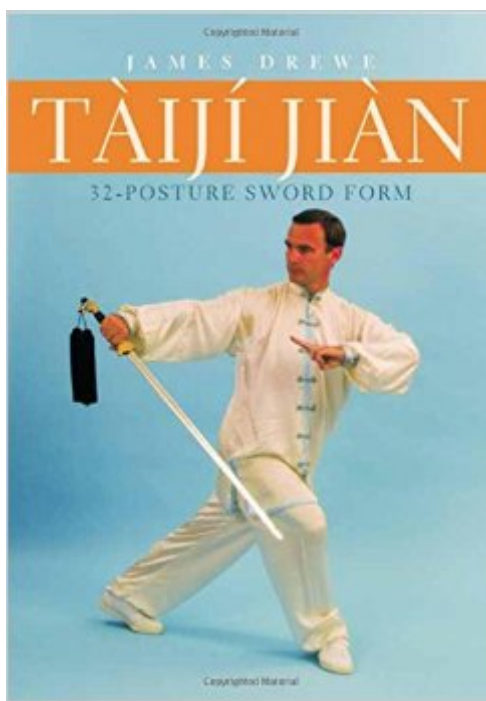


The book was found

Taiji Jian 32-Posture Sword Form



Synopsis

The Sword Form is an important aspect of the popular Chinese martial art, Tǎijíquán. 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 Tǎijíquán, 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 Tǎijíquán.

Book Information

Paperback: 240 pages

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

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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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