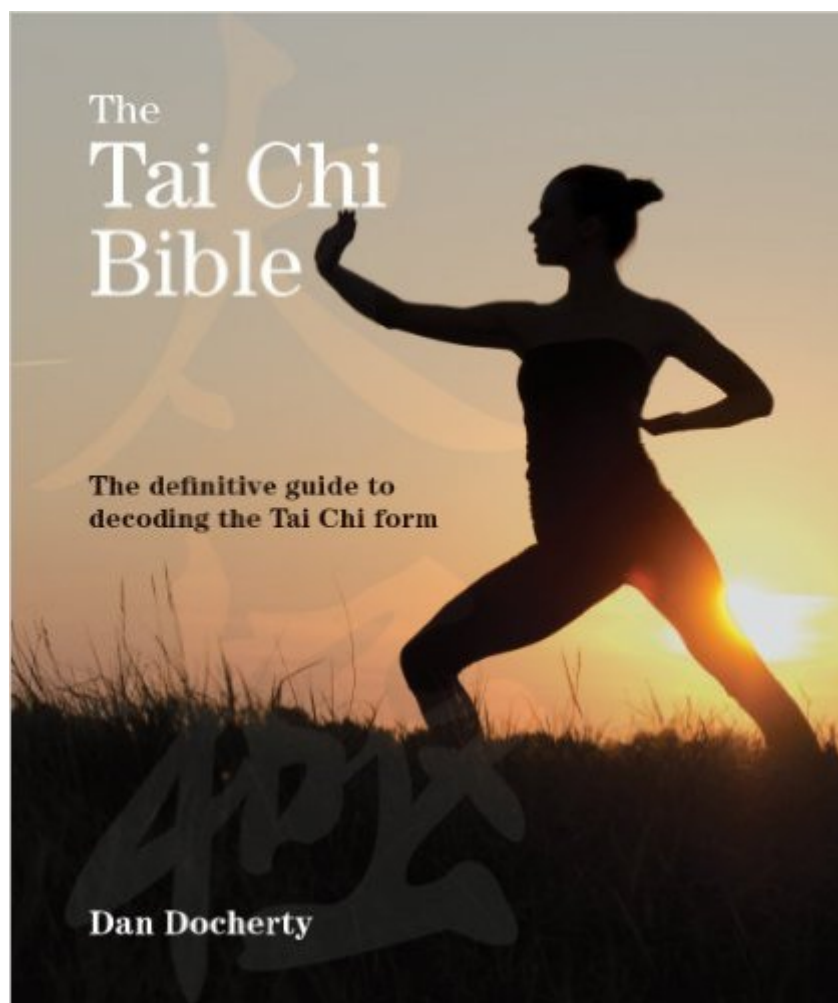


The book was found

# The Tai Chi Bible: The Definitive Guide To Decoding The Tai Chi Form (Subject Bible)



## Synopsis

A practical guide to Tai Chi Chuan, the most common of Tai Chi techniques. In *The Tai Chi Bible*, Dan Docherty explains the form of Tai Chi Chuan with reference to the Ming dynasty book, *The Tai-Chi Boxing Chronicle*, the text left behind by the Orthodox Masters who developed the Tai Chi system. Suitable for people of all ages, Tai Chi requires little or no special equipment and can be practiced indoors or out, earning it an enthusiastic reception worldwide. It can help people improve their physical health, equip them with skills in personal defense, and sharpen their powers of meditation. The *Tai Chi Bible* gives down-to-earth advice and provides enough detail that beginners can try Tai Chi for themselves and benefit from practicing the postures. Experienced students and teachers will gain greater insight into their regular practice. For the greatest benefit for all students, the book includes information not readily available elsewhere, such as the Traditional Tai Chi Chuan Syllabus and the five Tai Chi Chuan Classics, which govern the practice of all styles of Tai Chi. He also references Chinese myth and legend. Features include: All forms and techniques demonstrated in color sequence photographs Pushing hands, hand forms and major form techniques Inner form techniques ("every movement has its function") Weapons Expert practice tips Romanized Chinese names and terminology Tai Chi's development as a Chinese martial art Tales of Tai Chi masters from the past. The *Tai Chi Bible's* down-to-earth advice will be of use to the novice and adept alike. Its compact size makes it an excellent portable guide.

## Book Information

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[Individual Sports > Martial Arts](#)

## Customer Reviews

When I heard about the "Bible" title, I thought it had to be presumptuous. It isn't. In every respect this book (even shaped like a Bible) has the feel and look of being Bible-like. Right down to the multiple cross references to various sections. It's a treasure for any serious tai chi person who wants context and clarity. In a time when anyone and everyone can and does call all kinds of things "tai chi" with impunity, it's refreshing to have a text that speaks with real authority and from real experience. Tai chi doesn't lend itself to sound bite answers; here you can find that connections that make sense of endless individual pieces of tai chi practice and theory. Future tai chi scholars and historians will list this book as one of the Classics.

Why buy a book when you can gather up facts on the internet for free? Bible? not quite. A fair book at best in my opinion. Sorry - I get more out of reading internet websites and watching YouTube videos. Seriously.

Lot's of pictures.

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