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Stickman Yang Style Tai Chi - 24 Movement Form: Really Simplified Tai Chi



Synopsis

Tai Chi originated in China thousands of years ago. Originally it was created as a martial art by the Shaolin monks to protect them and their temple from invaders. In today's world, Tai Chi is better known as a gentle type of exercise, although there are reminders of its martial art roots in the advanced Forms that use weapons and in partner Forms. (A Tai Chi Form is a choreographed series of movements.) The most common Form for beginning students first learning Tai Chi is the 24 Movement Form. This basic Form contains the foundational movements that are in all other Forms, including the weapons and partner Forms. There is much to learn about Tai Chi and many levels of knowledge before a student may move on to more advanced levels and Forms. This Stickman 24 Movement Form is the beginning. Although Tai Chi looks easy and simple, it is quite complex and can be quite difficult to learn. In a light-hearted manner, this Stickman 24 Movement Form ebook teaches in the simplest manner the basics of beginning Tai Chi. It is designed to be as simple as possible in order to make learning easy for the beginning student with their first experience of Tai Chi while still offering deeper learning, such as: Yin and Yang legs turning on the hip track the martial art applications Unlike other "how-to" Tai chi books with grainy black and white photos, in this Stickman Tai Chi 24 Form ebook, the images clearly illustrate each step of the movements. The accompanying text descriptions are clear, complete, and concise. Subjects covered include: Muscle memory – what it is and how to use it to your benefit Foot positions and proper stances Tai Chi stepping The fists of Tai Chi Commencement and Conclusion movements The importance of Grasp Bird's Tail A body position checklist to use each time you begin the Form

IMPORTANT NOTE: It is important to note here that optimally you should learn any Form of Tai Chi with a teacher, and especially when you're just beginning to learn Tai Chi. Books and DVDs are wonderful as support for learning Tai Chi forms from an instructor, but they are not a substitute for live classes and workshops with a teacher. This ebook was created as a very basic introduction to Tai Chi and to support the in-person teaching during an on-going class taught by a Tai Chi Master. There are many reasons why attending a live class is optimum, the most important of which is that an instructor can spot how you may be incorrectly performing a movement. It's far easier and much wiser to learn the movements correctly the first time.

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contains much useful information often left out in other manuals

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