



Chen's Taichi for Health & Wellness

Chen Zhenglei

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This is the first book in a new and important series on **Chen style Taichi Chuan**, laying the foundation for mastering Taichi with a great series of simple but crucial movements. This introductory volume gives general principles, warm ups, Chen Taichi style key movements, some special exercises for Taichi, followed by four methods of Qigong training. It ends with a nicely constructed 18 move short set of selected postures.

Every one of these exercises shows the flavor and elegance of Chen Taichi. Even if you have some experience, this first book is a great place to start, though each volume stands alone. Tai Chi would be considerably higher standard if people started by learning these fundamental actions and concepts. Chen Zhenglei (yes, it's no accident that his family name is that of the creators of Taichi) is a **19th generation descendant of the Chen family and an 11th generation direct line inheritor of Chen's Taichi**. His Taichi studio in China is one of the most visited in the world. He has disciples in many countries.

The entire series of books is a major contribution from Chen Zhenglei and Jack Yan. It is, at its core, a very detailed description of Taiji health movements, the two key routines of Old style and the two beautiful forms created by Chen Fa Ke of the New style, then a volume with four major weapons sets explained. The translation is literate and intelligent and very clear. Jack Yan resolves translation problems that have been stumbling blocks for a long time.

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Exactly why? Because this Chen's Taichi for Health & Wellness is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will shock you with the secret that inside. Reading this book next to it was fantastic author who also write the book in such incredible way makes the content inside easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of advantages than the other book include such as help improving your skill and your critical thinking approach. So , still want to hesitate having that book? If I were being you I will go to the e-book store hurriedly.

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