



Beginning T'ai Chi

Tri Thong Dang

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Beginning T'ai Chi Tri Thong Dang **A perfect introduction to Tai Chi for beginners!**

More than a martial art, T'ai Chi is a holistic method of self-healing, a form of moving meditation and a philosophical way of life. Health, relaxation, and self-defense are but a few of the many reasons cited for practicing this traditional exercise, which was created by a Taoist sage eight centuries ago. Now a recreational activity practiced by millions of people worldwide, T'ai Chi, with its physical, psychological, and spiritual benefits widely recognized and praised, is one of the fastest-growing Chinese martial arts in the world today.

In this handy tai chi book, Master Tri Thong Dang, who has been an instructor of the Chen, Yang, Zhao, and T'ai-Mantis systems of T'ai Chi Ch'uan for over three decades, describes the "Simplified Tai Chi" form, a set of movements specifically designed for beginners by China's Ministry of Physical Culture and Sports. Master Tri's concise but lucid descriptions highlight the spiritual essence of the form and at the same time display its graceful simplicity. With over 160 clear, easy-to-understand illustrations, this excellent volume is the ultimate introduction to the world of T'ai Chi.

Contents include:

- Why Tai Chi?
- A Glimpse into the History of Tai Chi
- The Basic Movements
- Tai Chi Forms; including: Part the Horses's Mane, White Crane Spreads Its Wings, Hands Strum the Lute, Wingle Whip, Kick with the Right Heel, Needle at the Bottom of the Sea, Cross Hands, and more!

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