



Tai Chi Dynamics: Principles of Natural Movement, Health and Self-Development (Paperback)

By Robert Chuckrow

YMAA Publication Center, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book. Winner - 2009 Eric Hoffer Award Finalist - 2009 IP S Highlighted Title Award Finalist - 2008 Book of the Year Award by ForeWord Magazine Finalist - 2008 USA Best Book Award Tai Chi Dynamics is intended for intermediate and advanced tai chi students. The author Robert Chuckrow, PhD, is a tai chi practitioner of more than forty years and holds a Ph.D. in experimental physics. He applies logic and basic scientific principles* Anatomy* Physiology* Physics In order to create a deeper understand of * Muscular action* Breathing* Alignment in tai chi movement and push-hands He clarifies, in depth, many perplexing concepts such as correct force by utilizing detailed explanations, illustrations, and photographs. * Sayings from the tai chi classics are quoted throughout, and exercises are provided to give readers a chance to confirm their understanding.* Over a dozen self-defense applications of the basic Taiji movements are illustrated* The effectiveness and completeness of Taiji as a martial art today is candidly analyzed. * A chapter on Zheng Manqing (Cheng Man-ch ing) sheds light on Zheng and his students. One chapter deals extensively with aspects of self development from a...



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