



## TAi Chi Chuan: A Simplified Method of Calisthenics for Health and Self-Defense

By Cheng Man-Ch'ing

Blue Snake Books. Paperback. Book Condition: New. Paperback. 159 pages. Dimensions: 8.3in. x 5.5in. x 0.5in. This is the original classic about Short Form, the most popular and widespread form of Tai Chi in the West. Tai Chi Chuan is a must-read for every serious Tai Chi student. This book is not meant to teach Tai Chi Chuan, but meant to expound upon its meaning to the earnest practitioner; to offer the layperson a glimpse into this ancient art; and to communicate the authors unique perceptions and experiences that only a lifetime of practice can cultivate. Taken in this context, this is a most valuable book. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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