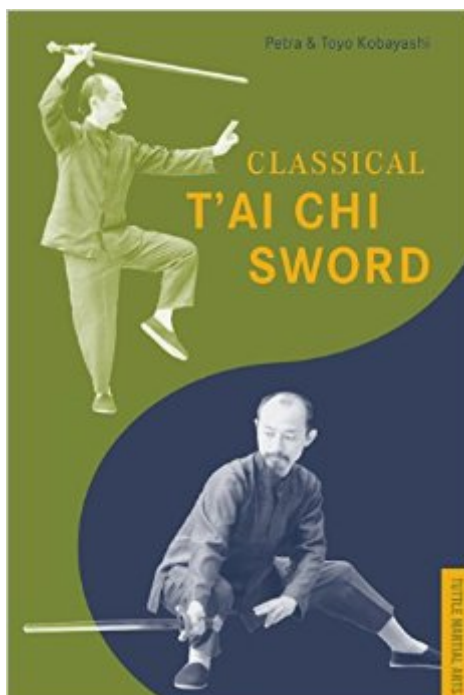


The book was found

Classical T'ai Chi Sword (Tuttle Martial Arts)



Synopsis

Learn the art of T'ai Chi swordsmanship with this illustrated martial arts book. In T'ai Chi Ch'uan, exercising with a sword has developed into an important art. In accordance with the principles of T'ai Chi Ch'uan, the sword practice is an exercise for good health and meditation in motion as well as a method of self-defense. It promotes the development and the application of the inner energy ch'i. The study of the T'ai Chi sword is regarded as its own path which does not necessarily require the knowledge of the other forms of T'ai Chi. It offers a valuable source of concepts and new ideas for students of other martial arts, too, regardless of their backgrounds or current practice. Classical T'ai Chi Sword presents a clearly illustrated introduction into the sword practice complete with photographs, diagrams, and step-by-step instructions. This Tai Chi book is the first basic work on this subject covering all its important aspects. Classical T'ai Chi Sword features:

- A Brief History of the Chinese Sword
- Aspects of T'ai Chi Sword
- The History of Tai Chi Sword
- The Taoist Background
- Important Principles of Tai Chi Chuan
- Practicing Sword as an Exercise for Good Health
- Meditation; Posture; How to Move
- Energyâ "Ch'i Development; The Movement of Energy by Practicing the Sword Form
- Holding the Sword
- The Techniques in the Sword Form
- Sequence
- Remarks about Sword Fighting
- Individual and Partner Exercises with the Sword
- Steps to Learningâ "Difficulties Faced by Beginners in Practicing the Sword
- Comparison of Sword Forms
- List of the Positions in the Sword Form
- The Presentation of the Sword Form
- And more!

Book Information

Series: Tuttle Martial Arts

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Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ Â See all reviewsÂ (15 customer reviews)

Best Sellers Rank: #358,148 in Books (See Top 100 in Books) #180 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #929 inÂ Books > Sports & Outdoors > Individual Sports > Martial Arts #7486 inÂ Books > Self-Help > Personal Transformation

Customer Reviews

I gave this the high rating because it's very helpful in a few ways.1. The pictures for the form are large and clear (black and white).2. The instructions for each posture are clear and systematic.3. The authors have incorporated a simple system under each picture that gives crucial information on such things as weight distribution of the feet, angle of the sword blade, and position of the torso. This is relayed through simplified illustrations under the large pictures of the posture, and follows the directions.4. There are a few interesting historical anecdotes.5. There is an introductory discussion of the basic cuts used throughout the form. It's true that other TCC sword books tend to have more historical info, more thorough discussions of basic cuts, more in-depth considerations of the sword's characteristics, etc., but this book does do one thing really well, and that is teach the form. It's difficult to portray 3D movement in a photo, but because of the points I mentioned above, the authors of this book have succeeded. In addition, every posture picture includes a system of arrows moving from each hand and each foot, to the next picture. Subsequent pictures begin where the last left off. Other books tend to include an occasional arrow here and there, but nothing as systematic as this book. In short, when you turn a page in Kobayashi's book, the picture you see will be where you find yourself if you followed the directions of the previous picture, and so on. I didn't give 5 stars because the book omits an in-depth presentation of solo drills, partner exercises and applications. Other books do include these things. But if you want learn a good basic form, this book will make the process enjoyable.

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