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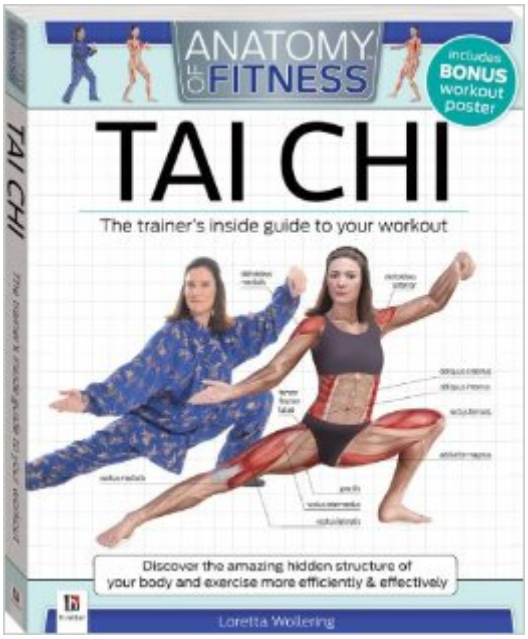
Anatomy Of Fitness: Tai Chi



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Synopsis

Tai Chi is more than just an excellent form of exercise. It allows you to relax, heal, and rejuvenate your mind and body. Increase your strength, coordination, an d flexibility with Tai Chi.

Book Information

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Customer Reviews

I have been working at Tai Chi seriously for over seven years. If this book had been available when I started I would not have had to search so many other sources for basic information and inspiration. I would never recommend learning Tai Chi only from books or DVDs, but if someone insisted that I had to recommend such a book I would suggest this one. The author has explained history, basic concepts, and the traditional "24 form" so clearly that this book would be an invaluable supplement to any introductory training.And for myself, I am always looking for ways to refine my Tai Chi movements, and get more out of Tai Chi. "Anatomy of Fitness: Tai Chi" has so much information and is so well written that I will always keep it handy as a reference. The muscle illustrations in the book are well drawn and well documented. Right now they contain more information than I need to know, but they are not a distraction. In the future I am sure they will help in dealing with some of the pain issues that I am faced with.So, if you are looking for a book on Tai Chi that will serve you at the beginning of your Tai Chi journey, and continue to serve you during that journey, this is it!

A great book that details what muscles should be used when executing the movements in Tai Chi Yang and Chen styles. The book does discuss the history of tai chi but don’t expect a dissertation

on it. The goal of the book is quite simple: to show the anatomy of the muscular system during the routines.I struggled with a move (Snake Creeps Down for those who know Tai Chi already), and this book showed me the primary and secondary muscles that should be used. Also, each move comes complete with tips, hints, and warnings (i.e. don’t sink too low for particular moves if you have knee issues).In short, I recommend this book.

Okay, lets start by saying that this was purchased believing it covered the movements of a whole old style say Chen, Wu or Yang and as such muscle groups would roughly overlap different styles postures...this doesn`t, it focuses on a modern, reduced form and as such is a promoter for this form. Here`s the problem, it limits the anatomical info being presented. Then there are bite size statements around food, breathing,etc as well as a wall chart-okay but hey, thought I was buying a book of anatomy and then horrors of horrors, you are advised to make your own form up out of the moves.....that is when you know this so-called expert sadly has no understanding of her subject. The diagrams are okay however I felt certain muscle groups were missed and the nature of the book`s remit via it`s title, totally missed. Personally, I`d stay clear of this book in particular and probably any other publications on Taiji by the lady as a whole. I`ve no doubt she means well but a little misplaced knowledge can do a world of hurt

This book is very informative on health through TaiChi with the emphasis on proper body position and structure for the postures. I found it very helpful in my own practice to do what I can to my level and also challenge myself to make improvements gradually so not to cause joint problems. I highly recommend it so you can get the most out of your TaiChi practice.

This book, Anatomy of Fitness, Tai Chi, is the real thing. It’s all about structure and principal. And for those who seek deep mental engagement in exercise, it will always be a reference on your bookshelf.On the subject of "making up sequences", yes, at one time I’d have thought that to be pretty strange, myself. I guess working with tai chi for a long time gave me the flexibility in my soul to understand this most subtle idea. Find a teacher to learn a form, first. Use this book to understand what’s going on; I’m sure it will deepen the understanding. I wish I’d had it years ago. I’m no fighting monk, but I know a few of them who say if you’re interested in the martial applications of tai chi, you’d better be able to make up sequences... and in a hurry!

I’ve been looking for a book like this for a few weeks. I have Fibromyalgia and started meditation to

help with relaxation. This book teaches how to relax so that my body can heal especially after a stressful day. I use the techniques and incorporated them with my daily work outs since exercising really helps my Fibromyalgia flare ups. I highly recommend this book if you're looking for a new way to relax and start a fitness program tailored to your needs. It has really helped me tremendously.

I've been a Tai Chi instructor for about 20 years now, and I'm also a Fitness Instructor and Personal Trainer for over 10 years. I've been looking for a book that describes what muscle groups are used in Tai Chi, and voila! here it is! Great illustrations! This is very traditional 24 Form Yang Style, which is refreshing, and the images of the author very nicely done with very nice posture and form. I think this is a great crossover book for Tai Chi and Fitness!!! Well done!

I have been taking Tai Chi for several years now. This is an excellent book that illustrates the muscle groups used for each movement. Helps to understand exactly what should be happening.

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