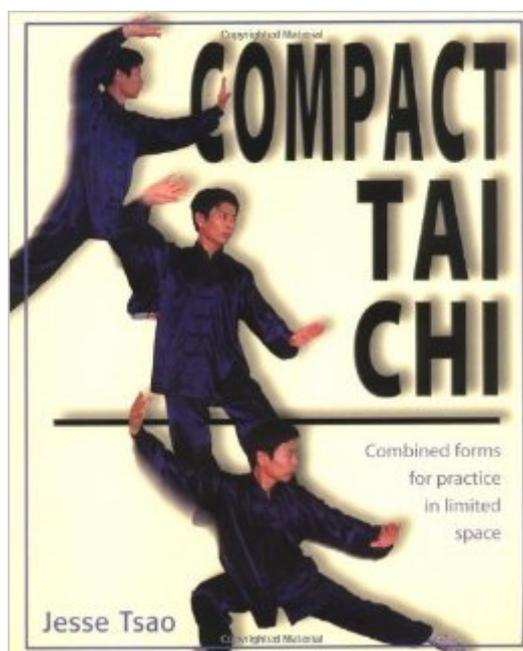


The book was found

# Compact Tai Chi: Combined Forms To Practice In A Limited Space



## Synopsis

Many homes do not have enough space to practice conventional Tai Chi. Tai Chi master Jesse Tsao explains his spaceless mini Tai Chi, a form combining five major styles in one comprehensive form, which takes only three to five minutes to practice in less than 40 square feet of space.

## Book Information

Paperback: 240 pages

Publisher: Weiser Books; 1st edition (January 1, 2000)

Language: English

ISBN-10: 1578631262

ISBN-13: 978-1578631261

Product Dimensions: 8 x 0.6 x 10 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #1,280,875 in Books (See Top 100 in Books) #618 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong](#) #1829 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#) #3080 in [Books > Sports & Outdoors > Individual Sports > Martial Arts](#)

## Customer Reviews

This book presents an unusual but practical approach to the tai chi form, turning it into a circular stepping pattern instead of the traditional pattern in order to save space, so you can do it at home or in a limited space. Although I know the traditional long Yang form, I have no problems with this and find it an excellent approach and of value. However, what the author has done is basically create four short forms. If you are a student of a more conservative, traditional teacher, you probably know that they don't think much of the short forms, regarding them as of limited health and medical value. In fact, the great master who invented the original Yang short form after WWII at the behest of the Communist Party, said it was worthless and didn't practice it himself. However, this depends to a great deal on whether you subscribe to the traditional Chinese medical theories as well. But if you are a serious student of tai chi, you should seek out a teacher and learn the original long form of your style just for your own education, whichever of the many tai chi styles you practice. They are really not that difficult to learn, because many of the main moves and sequences repeat themselves several times, such as grasping the sparrow's tail, the signature and most important sequence in the Yang form. By the way, there is actually a 300-move long Yang form which is the original, not the

108-move form. Having learned it, I would say it's more like the 108-move form with more complex transitional movements between the major moves, but if you can find a teacher that offers that, I would definitely learn it. Otherwise, the more commonly available 108-move form would be fine.

[Download to continue reading...](#)

Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki) Compact Tai Chi: Combined Forms to Practice in a Limited Space Tai Chi for Beginners: The Ultimate Guide to Supercharge Your Mind, Increase Your Energy & Feel Amazing By Unlocking the Power of Tai Chi (Tai Chi - Tai ... How to Fight - Martial Arts for Beginners) The Tai Chi Bible: The Definitive Guide to Decoding the Tai Chi Form (Subject Bible) Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan T. T. Liang's Tai Chi Chuan: The Tai Chi Solo Form with Rhythm (Volume 1) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! Tai Chi for Beginners and the 24 Forms Meditative Flute: Learn how to play the Native American flute to enhance your Yoga, Meditation, Biking, Walk/Run, Pilates, Tai Chi, Workout, or Feldenkrais practice The Complete Book of Tai Chi Chuan: A Comprehensive Guide to the Principles and Practice (Tuttle Martial Arts) The Tai Chi Healing Bible: Improve Your Energy, Coordination and Effectiveness by Embracing the Movements, Culture and Philosophy of this Ancient Practice THE COMPACT, NO-NONSENSE GUIDE TO BADMINTON (COMPACT, NO-NONSENSE GUIDES Book 1) The Dao of Taijiquan: Way to Rejuvenation (Tai Chi) The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) (Paperback) - Common The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind by Wayne, Peter (4/9/2013) Rising UP!: My Recovery from Multiple Sclerosis, Disability and Despair, including Western and Chinese Medicine, Tai Chi, Qigong, diet, neurological exercise, meditation--and much more! The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi Step-By-Step Tai Chi Simplified Tai Chi Chuan: 24 Postures with Applications & Standard 48 Postures (Revised)

[Dmca](#)