



Tai Chi 24 Form

By Ziren Meng

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Do you want to learn tai chi chuan very much? But there is no teacher to teach, or you can't understand the taichi books?

This book mainly introduces the precise movements of tai chi 24 form and the matters needed attention when you are practising. With Illustrated description, the teacher will demonstrate the tai chi 24 form move-by-move just like face to face teaching. Instead of making an arduous journey to China you can begin your taiji lessons at home by this tai chi 24 form. Come on, and begin your journey of learning taiji now!

CHAPTER

- 1? From The Potential6
- 2? Left And Right Horse Mane9
- 3? Baihe Liang Wings16
- 4? Brush Knee Twist Step18
- 5? Waving Lute26
- 6? Left And Right Brachial Rewind29
- 7? The Left Embrace Bird Tail36
- 8?Right Embrace Bird Tail43
- 9?Single Whip51
- 10? Cloud Hands55
- 11? Single Whip63
- 12?High Spies66
- 13? The Right Kick68
- 14? Bimodal Ears72
- 15?Turn Left Kick74
- 16?Left Lower Potential Iindependent78
- 17?Right Lower Potential Independent82
- 18?So The Shuttle86
- 19?Sea Needle92
- 20?Flash Through The Back93
- 21?Turned Aand Stopped Moving Hammer96
- 22?Such As Closing Off Like101
- 23?Cross Hands104
- 24?Income Potential107
- Appendix109

- 1.1 The origin and development of Taijiquan109
- 1.1.1 Chen Style Taijiquan110
- 1.1.2 Yang style Taijiquan111
- 1.1.3 Wu style Taijiquan111
- 1.2 Shadow Boxing112
- 1.3 On boxing112
- 1.4 Thugs song113
- 1.5 Fist song by total113
- 1.6 13 potential songs114
- 1.7 13 potential line of work solution115
- 1.8 The spectrum of Taijiquan115
- 1.9 On Taijiquan Fameng Silk Reeling117
- 1.10 Taijiquan Push Original Solution117
- 1.11 Taijiquan General118
- 1.12 Use Force To Speak118
- 1.13 To Be On The Top Ten Taijiquan121
- 1.14 Five tactics126
- 1.15 Taijiquan say ten to127
- 1.16 More quality recommended:129

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