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Nota di contenuto	Intro -- TABLE OF CONTENTS -- DEDICATION -- ACKNOWLEDGMENTS -- PART I-THE T'AI CHI CH'UAN WAY -- INTRODUCTION -- WHAT T'AI CHI CH'UAN IS -- BENEFITS -- CHARACTERISTICS OF THE WAY OF MOVEMENT -- STRUCTURE (YIN-YANG) -- HARMONY OF BODY AND MIND -- TWO INTRINSIC PRINCIPLES: SOFTNESS AND CIRCULAR MOVEMENT -- FIVE ESSENTIAL QUALITIES -- PART II-FUNDAMENTALS -- GENERAL REMARK -- PRINCIPLES TO BE OBSERVED -- BASIC POSITIONS -- PART III-PRELIMINARIES -- SUGGESTIONS FOR STUDY -- EXPLANATORY NOTES -- PART IV-THE PRACTICE OF T'AI CHI CH'UAN -- SERIES I -- Form 1. Beginning Form of T'ai Chi Ch'uan-T'AI CHI CH'UAN CH'I SHIH -- Form 2. Grasping the Bird's Tail-LAN CH'UAN WEI -- Form 3. Grasping the Bird's Tail-LAN CH'UAN WEI -- Form 4. Grasping the Bird's Tail-LAN CH'UAN WEI -- Form 5. The Single Whip-TAN PIEN -- Form 6. Raise Hands and Step Up-T'I SHOU SHANG SHIH -- Form 7. White Stork Flaps Its Wings-PAI HAO LIANG CH'IH -- Form 8. Brush Knee Twist Step-LOU HSI NIU PU -- Form 9. Hand Strums the Lute-SHOU HUI P'I-P'A -- Form 10. Brush Knee Twist Step-LOU HSI NIU PU -- Form 11. Hand Strums the Lute-SHOU HUI P'I-P'A -- Form 12. Step Up, Parry, and Punch-CHIN PU PAN LAN CH'UI -- Form 13. As If You Were Shutting a Door-JU FENG SZU PI -- Form 14. Carry Tiger, Push Mountain-PAO HU T'UI SHAN -- Form 15. Cross Hands-SHIH TZU SHOU -- Form 16. Oblique Brush Knee Twist Step-HSIEH LOU HSI NIU

PU -- Form 17. Grasping the Bird's Tail-LAN CHUEH WEI -- Form 18. The Single Whip-TAN PEEN -- SERIES II -- Form 19. Fist Under Elbow-CHOU TI R'AN CH'UI -- Form 20. Brush Knee Twist Step-LOU HSI NIU PU -- Form 21. Flying Oblique-HSIEH FEI SHIH -- Form 22. Raise Hands and Step Up-T'I SHOU SHANG SHIH -- Form 23. White Stork Flaps Its Wings-PAI HAO LIANG CH'IH -- Form 24. Brush Knee Twist Step-LOU HSI NIU PU -- Form 25. Hand Strums the Lute-SHOU HUI P'I-P'A. Form 26. Needle at the Bottom of the Sea-HAI TI CHEN -- Form 27. Fan Through the Back-SHAN T'UNG PEI -- Form 28. Turn Body-Throw Fist-FAN SHEN P'IEH SHEN CH'UI -- Form 29. Step Up, Parry, and Punch-CHIN PU PAN LAN CH'UI -- Form 30. Grasping the Bird's Tail-LAN CH'UEH WEI -- Form 31. The Single Whip-TAN PIEN -- Form 32. Cloud Arms-YUN SHOU -- Form 33. The Single Whip-TAN PIEN -- SERIES III -- Form 34. On Right-High Pat the Horse-KAO T'AN MA -- Form 35. On Left-Open Body-TSO P'I SHEN -- Form 36. Raise Right Leg-T'I YU CHIAO -- Form 37. On Left-High Pat the Horse-KAO T'AN MA -- Form 38. On Right-Open Body-YU P'I SHEN -- Form 39. Raise Left Leg-T'I TSO CHIAO -- Form 40. Pivot Body on Heel-Raise Leg-CHUAN SHEN TENG CHIAO -- Form 41. Brush Knee and Twist Step-LOU HSI NIU PU -- Form 42. Plant Leg and Punch Step-CHIN PU TSAI CH'UI -- Form 43. Turn Body-Throw Fist-TAN SHEN P'IEH SHEN CH'UI -- Form 44. On Right-High Pat the Horse-KAO T'AN MA -- Form 45. On Left-Open Body-TSO P'I SHEN -- Form 46. Raise Right Leg-T'I YU CHIAO -- Form 47. Retreat Step-Beat the Tiger-T'UI PU TA HU -- Form 48. Open-Extend Right Leg-YU FEN CHIAO -- Form 49. Strike Ears with Fists-SHUANG FENG KUAN ERH -- Form 50. Turn Body-Open Body-FAN SHEN YU P'I SHEN -- Form 51. Raise the Left Leg-T'I TSO CHIAO -- Form 52. Turn the Body-Open Body-FAN SHEN TSO P'I SHEN -- Form 53. Raise the Right Leg-T'I YU CHIAO -- Form 54. Step Up, Parry, and Punch-CHIN PU PAN LAN CH'UI -- Form 55. As If You Were Shutting a Door-JU FENG SZU PI -- Form 56. Carry Tiger, Push Mountain-PAO HU T'UI SHAN -- Form 57. Cross Hands-SHIEH TSU SHOU -- Form 58. Oblique Brush Knee Twist Step-HSIEH LOU-HSI NIU PU -- Form 59. Grasping the Bird's Tail-LAN CH'UEH WEI -- Form 60. The Single Whip-TAN PIEN -- SERIES IV -- Form 61. Hand Strums the Lute-SHOH HUI P'I-P'A -- Form 62. Parting the Wild Horse's Mane-YEH MA FEN TSUNG. Form 63. Hand Strums the Lute-SHOU HUI P'I-P'A -- Form 64. Parting the Wild Horse's Mane-YEH MA FEN TSUNG -- Form 65. Hand Strums the Lute-SHOU HUI P'I-P'A -- Form 66. Parting the Wild Horse's Mane-YEH MA FEN TSUNG -- Form 67. Jade Girl (Angel) Works at the Shuttle-YU NU CH'UAN SO -- Form 68. Jade Girl (Angel) Works at the Shuttle-YU NU CH'UAN SO -- Form 69. Hand Strums the Lute-SHOU HUI P'I-P'A -- Form 70. Parting the Wild Horse's Mane-YEH MA FEN TSUNG -- Form 71. Jade Girl (Angel) Works at the Shuttle-YU NU CH'UAN SO -- Form 72. Jade Girl (Angel) Works at the Shuttle-YU NU CH'UAN SO -- Form 73. Hand Strums the Lute-SHOU HUI P'I-P'A -- Form 74. Parting the Wild Horse's Mane-YEH MA FEN TSUNG -- Form 75. Grasping the Bird's Tail-LAN CH'UEH WEI -- Form 76. The Single Whip-TAN PEEN -- Form 77. Cloud Arms-YUN SHOU -- Form 78. The Single Whip-TAN PIEN -- SERIES V -- Form 79. The Snake Creeps Down-SHE SHEN HSIA SHIH -- Form 80. Golden Cockerel Stands on One Leg-CHIN CHI TU LI -- Form 81. Golden Cockerel Stands on One Leg-CHIN CHI TU LI -- Form 82. Brush Knee Twist Step-LOU HSI NIU PU -- Form 83. Flying Oblique-HSIEH FEI SHIH -- Form 84. Raise Hands and Step Up-T'I SHOU SHANG SHIH -- Form 85. White Stork Flaps Its Wings-PAI HAO LIANG CH'IH -- Form 86. Brush Knee Twist Step-LOU HSI NIU PU -- Form 87. Hand Strums the Lute-SHOU HUI P'I-P'A -- Form 88. Needle at the Bottom of the Sea-HAI TI CHEN -- Form 89. Fan Through the Back-SHAN T'UNG

FAI -- Form 90. Turn Body-Throw Fist-FAN SHEN P'IEH SHEN CH'UI --  
Form 91. Step Up, Parry, and Punch-CHIN PU PAN LAN CH'UI -- Form  
92. Grasping the Bird's Tail-LAN CH'UEH WEI -- Form 93. The Single  
Whip-TAN PIEN -- SERIES VI -- Form 94. On Right-High Pat the Horse-  
KAO T'AN MA -- Form 95. Side-Face Palm-P'I MIEN CHANG -- Form 96.  
Turn Body-Cross Leg-CHUAN SHEN SHIH-TZU T'UI -- Form 97. Straight  
Center Punch-CHIH TANG CH'UI.  
Form 98. Grasping the Bird's Tail-LAN CH'UEH WEI -- Form 99. The  
Single Whip-TAN PIEN -- Form 100. Snake Creeps Down-SHE SHEN  
HSIA SHIH -- Form 101. Step Up to Form Seven Stars-SHANG PU CH'I  
HSING -- Form 102. Retreat Step and Ride the Tiger-T'UI PU K'UA HU  
-- Form 103. Turn Around and Swing Leg (Lotus Swing)-CHUAN SHEN  
PAI LIEN -- Form 104. Curve Bow Shoot Tiger-WAN KUNG SHE HU --  
Form 105. On Right-High Pat the Horse-KAO T'AN MA -- Form 106.  
Side Face Fist-and Turn Body-P'I MIEN CH'UAN CHUAN SHEN -- Form  
107. Carry Tiger, Push Mountain-PAO HU T'UI SHAN -- Form 108.  
Closing Form of T'ai Chi Ch'uan-HE T'AI CHI -- APPENDIX --  
HISTORICAL BACKGROUND: A CONSISTENT HERITAGE -- EXCERPTS  
FROM MING DYNASTY DOCUMENTS.

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### Sommario/riassunto

The first English language book on the subject of tai chi, this book brilliantly describes in detail each movement together with easy-to-follow pictures for a learning. First published in 1961, this book remains a firm favourite amongst beginners and refreshers alike. "My intention in writing this book is to bring to the attention of Western people this ancient masterpiece of health exercise, which, ancient though it is, is supremely suitable for us all in these modern times. I wish to create an informed understanding of what is necessary, theoretically, for a vital life, and also to arouse the interest of the reader and his willingness to apply this exercise for his own use. As an exercise that demands no physical strength to begin with, it therefore is as good for the weak as for the well, for young and old, men and women. Since the techniques are adjusted to, and develop with, individual capacities, it is practical for any disposition." "Movement by movement, step by step, with its organic and intrinsic harmony, it trains both body and mind-to longer life with heightened interest and deeper understanding. The calmness that comes from harmonious physical activity and mental perception, and the composure that comes from deep feeling and comprehension are the very heart of this exercise."-The Author

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