

The book was found

The Tai Chi Code: An Exploration Of The Science Behind The Internal Arts



Synopsis

Have you ever wondered what the underlying concepts of the internal arts are? What makes them so good for health, vitality and wellness? Where do the unique methods stem from and how do they create unusual strength and power? The Tai Chi Code aims to explore some of these questions. Dealing into the authors life long study of the martial arts and his analysis of the techniques found in these systems we will be taken on a journey through the major attributes of the 'Internal Martial Artist'. Covering everything from how movement affects our Lymphatic system, to the utilisation of Fascia for connection we will look into how these various systems are drawn together in the internal arts to create a unique and powerful health method. Join the author on his journey, with amusing and enlightening stories from his training and the struggle of a young man seeking truth within a world of myth. The Tai Chi Code is a refreshing mix of practical scientific research and its relationship to the ancient internal arts.

Book Information

File Size: 3451 KB

Print Length: 189 pages

Publication Date: September 7, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B0152ZMF8M

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #61,696 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9

in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #23

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Martial Arts

#78 in Books > Sports & Outdoors > Individual Sports > Martial Arts

Customer Reviews

The book made a lot of good points and did include some good scientific research, but on the whole it felt like vital information was assumed to be understood by the reader. On several occasions through the book, I read a passage hoping for several more pages explaining a concept only to find

a single paragraph was all that was offered. Sadly the book was also rife with minor editing issues that, ironically, interrupted the flow of the reading.

An excellent book for both Tai Chi instructors, practitioners and students. Departing from most Tai Chi books, this one doesn't spin too much around the concept of "Qi," and rather it explains in terms from our modern knowledge and understanding of our body, how we function and how we can make the most efficient use of our body. I wish there was a paper edition available. I'd have it full of tags and highlighted paragraphs. jab (a taichÃƒfÂ- instructor in northern virginia)

Martial artists should bring this book to the attention of those of their acquaintance in the medical field. This book supports the Harvard Medical School book on Tao Chi Chuan.

This is an excellent book, and I highly recommend this for anyone who practices any style of tai chi because it's just packed with useful information.

Fine and clarifying explanations of taijiquan principles and exercises based on Western biomechanics, physiology and kinesiology.

Enough to encourage beginners to look deeper. A lot of theory but not fact or proof.

Great book about the bodymechanics of tai chi.

Great book, it is not about Tai Chi per se, but a story about the authors journey into the many styles of Tai Chi and what he learned from his master. With that being said it is very well written and entertaining as well. You would not know you are reading a book about martial arts more than you are getting a valuable lesson on how Tai Chi can benefit your life.

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

Tai Chi: Tai Chi for Beginners - Your Guide to Achieving Inner Peace, Mental, and Physical Balance (TAI CHI for BEGINNERS): Tai Chi (Martial Arts, Alternative ... Living, Baha'i, Religion and Spirituality) 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) The Tai Chi Code: An exploration of the science behind the Internal Arts Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan Tai Chi Demystified: 6 Must Have Concepts to make Tai Chi Internal

Therapeutic Tai Chi: My Journey with Multiple Sclerosis My Path with Tai Chi E Tai Chi (The Complete Book): The World's Simplest Tai Chi Stickman Yang Style Tai Chi - 24 Movement Form: Really Simplified Tai Chi Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! Healing from Within with Chi Nei Tsang: Applied Chi Kung in Internal Organs Treatment The Complete Book of Tai Chi Chuan: A Comprehensive Guide to the Principles and Practice (Tuttle Martial Arts) Tai Chi Ball Qigong: For Health and Martial Arts Beijing Tai Tai: Life, laughter and motherhood in China's capital The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) Tai Chi Chuan Classical Yang Style: the Complete Form and Qigong Tai Chi for Beginners and the 24 Forms Tai Chi in a Chair Answers to Common Tai Chi and Qigong Questions Simplified Tai Chi Chuan: 24 Postures with Applications & Standard 48 Postures (Revised)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)