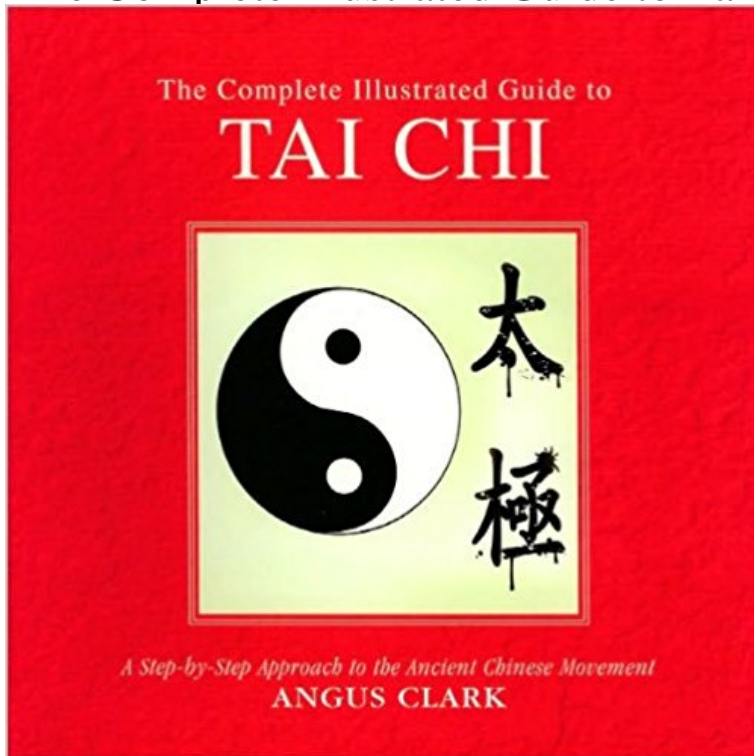


The Complete Illustrated Guide to Tai Chi



From Amazon review: Beautifully illustrated, broad in scope, encouraging intro, July 8, 2000 By jimjacobs (Fort Wayne, IN United States) If you wish to learn Tai Chi, any book alone is probably insufficient. That said, an introductory reference and overview is equally likely essential. Angus Clark has drawn from his broad experience and deep understanding of the history, forms, and practical benefits of this art in crafting this lovely book. The book begins with a very helpful historical perspective of Tai Chi and articulates well its relationship to other Chinese martial arts. The presentation of the Short Form (a variation of the Cheng Man-Ching short form) is quite well done with additional material on useful variations. Throughout the book the breadth of Tai Chi's value is constantly reinforced. From relaxation and exercise, through general health and fitness, to defense and martial forms, Clark nicely opens the door to the cosmos of Tai Chi. Of particular value are a collection of short notes from Westerners who have taken up this art for a variety of reasons and for varying lengths of time. I found these particularly encouraging. As a newcomer to Tai Chi, I will be supplementing this book with videos and probably local courses. Clark's work is superbly supported with that of the numerous talented illustrators. The result is a lovely book to enjoy, share, and reread often.

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