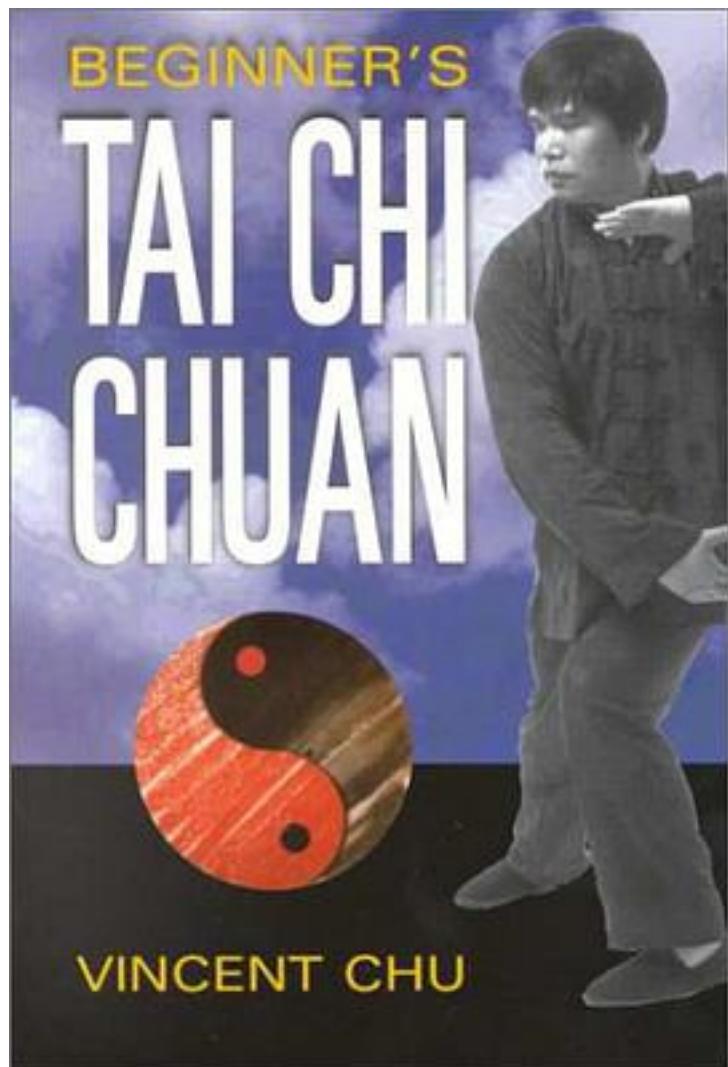


Beginner's Tai Chi Chuan



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The tai chi chuan routine presented in this book is written with the novice in mind. As such, the traditional Yang family long form has been abbreviated, and those movements which are difficult to perform have been removed, thus making it easy to learn and enjoyable to practice while providing all of the health benefits of the original form. Illustrated with hundreds of step-by-step photographs, Beginner's Tai Chi Chuan is the only book the newcomer to this great art will ever need.

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