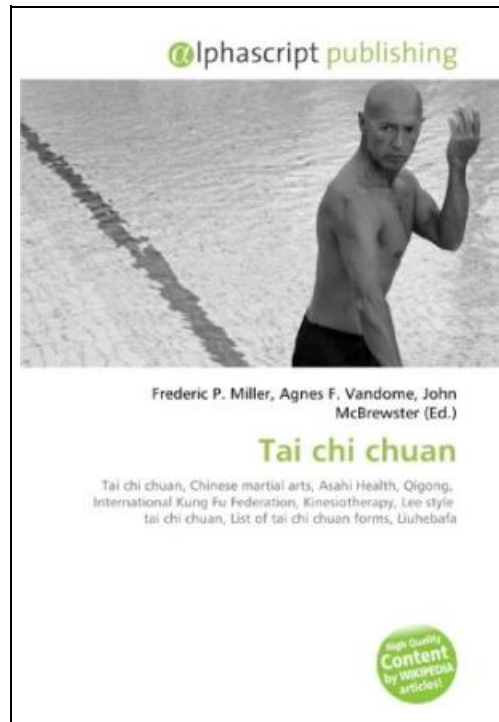


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Alphascript Publishing Nov 2009, 2009. Taschenbuch. Condition: Neu. Neuware - Tai chi chuan (simplified Chinese: ; traditional Chinese: ; pinyin: tàijíquán; Wade-Giles: t'ai4 chi2 ch'üan2) is an internal Chinese martial art often practiced for health reasons. Tai chi is typically practiced for a variety of other personal reasons: its hard and soft martial art technique, demonstration competitions, health and longevity. Consequently, a multitude of training forms exist, both traditional and modern, which correspond to those aims. Some of tai chi chuan's training forms are well known to Westerners as the slow motion routines that groups of people practice together every morning in parks around the world, particularly in China. Today, tai chi has spread worldwide. Most modern styles of tai chi trace their development to at least one of the five traditional schools: Chen, Yang, Wu/Hao, Wu and Sun. 72 pp. Englisch.



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