

Traditional Sun Style Taijiquan Course



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LSC CPSU (SADDLEBACK COLLEGE) KNES 29: TAI CHI Tim Cartmell, Troyce Thome, 2012-08-02 Traditional Sun Style Taijiquan is the most complete and comprehensive text to date on the Sun style The book includes chapters on the history of the style the benefits of practice the important principles of the style basic exercises a complete breakdown of each movement in the traditional form with thorough explanations of all relevant details as well as methods of testing the form for accurate execution All exercises and form movements are illustrated with photos accompanying the text When practiced as originally designed Sun style Taijiquan provides a profound study into correct methods of postural alignment unified body use and coordinated movement as well as a coherent method of building the health while uniting the mind and body **LSC Tai Chi: In the Classroom and Beyond** Duane Crider, John Kerecz, 1999-05-15 The text provides a healthy description of personal defense and provides a basic introduction and application of selected personal defense skills Each student should be able to complete an assessment inventory of personal awareness and safety attitudes upon course completion The author is in the Health and Physical Education Department at Kutztown University and the co author is a Tai Chi master

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