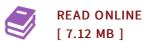




## Circling the Square: Observations on the Dynamics of Tai Chi Chuan

By Late Visiting Fellow Christopher Dow

Phosphene Publishing Company, United States, 2015. Paperback. Book Condition: New. 235 x 191 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Tai chi chuan is many things: a martial art, a superlative exercise, a mode of meditation, and a method to build internal vitality, strength, and power and to improve health. But what exactly is tai chi? How does it function? What makes it work? In Circling the Square, Christopher Dow draws on a variety of fields to examine this fascinating movement art, beginning with an analysis of is basic physical structure. From there, he delves into how chi, the energy behind tai chi s legendary power, is generated and then manifested through the movements of the tai chi form to create a gestalt that is greater than the sum of its parts. Along the way, he evaluates the distinct characteristics of the Thirteen Postures, breathing techniques, the concept and physiology of the tai chi bow, power emission, and a number of other topics of interest to the serious student of tai chi. The lessons of Circling the Square can apply to any tai chi style, and the book will appeal to anyone-beginner and more experienced practitioner...



## Reviews

This composed book is excellent. This really is for all who statte that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.

## -- Cheyanne Barrows

The book is fantastic and great. I have go through and i also am certain that i will planning to read through once more once more down the road. Its been printed in an exceedingly simple way and is particularly simply after i finished reading through this publication through which really changed me, change the way i think.

-- Hank Powlowski