

<<简易太极拳养生法>>

图书基本信息

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### 前言

The Taiji Internal-power Arts, aimed to maintain or improve physical health, combines Taiji exercises, the theories of Yin and Yang and the Five Elements, and TCM ( traditional Chinese medicine ) meridian theory, drawing strength widely from various exercise forms of the Internal School of Taijiquan, a discipline that emphasizes inner work and strength. Therefore, this form of Taijiquan can help to remove obstructions in meridians and collaterals, and regulate qi ( the flow of energy ) and blood circulation. This will help to regulate the functions of the human body, adjust internal imbalances, achieve peace of mind, and cure illness. At the same time, it also adapts the defensive art of “ borrowing an opponent's force ” found in the Internal School of Taijiquan.

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### 内容概要

This book deals with the 13-Step Taiji Exercise for Health and the Ten Movements of Taiji Roushu for Fitness. The 13-Step Taiji Exercise for Health is a simplified form of the 248-Step Taiji Internal-power Exercise for Health. This simplified approach uses fewer movements, and is thus well-suited to beginners. The ten forms of fitness-related Taijiquan, integrating meditation and exercise, were developed by Guan Yongnian on the basis of the Taiji Exercise Manuals' written by Taiji master Zhao Zhongdao who lived to the age of 119. The Ten Movements of Taiji Roushu for Fitness is easy to learn and helps to boost energy and prevent illness.

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### 作者简介

关永年， is a Taiji expert on Roushu ( lit. gentle skills ) , a softer form of Taijiquan aimed to make one relaxed and natural. Born in Beijing in 1937, he is of the Manchu ethnic group and is related by marriage to the last Chinese emperor. Mr. Guan began studying wushu as a child and soon acquired the basic skills. He apprenticed himself to Grand Master Zhao Zhongdao, and from him learned the authentic internal-power g skills of Taijiquan. Some years later he developed his own school of Taijiquan, combining the wisdom gained from many other wushu masters and his own years of experience. He has taught thousands of eager practitioners and continued to refine his own understanding of Taijiquan.

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章节摘录

插图：Step Two Belting the Robe Continue from the above step. Shift the body weight slightly to the left, turn the waist slightly to the left, and turn the right hand outward, palm up. Move the left hand back to beside the right hand, palm down and left fingers forward to the right. Shift the body weight to the right, turn the waist to the right, and move both hands from in front of the left lower abdomen upward to the right; do this in an arc, stopping at the right shoulder ( fig. 4 ) . Turn the waist further to the right, and move both hands further to the right in an arc to the right side of the body ( fig. 5 ) . Turn the waist to the right and then slightly to the left; shift the body weight to the left leg, bend the left leg, with the body weight entirely on the left leg, the chest forward to the left, right toes outward to the right. Move the hands to draw a small arc to the right with the right turn of the body and draw them back to before the chest, right palm down ( fig. 6 ) .

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### 编辑推荐

《简易太极拳养生法(英文版)》：The two methods listed in the book developed by Taiji Roushu expert Guan Yongnian are well-knit in structure and their movements are simple and flowing. Both can be used for health preservation and self-defense, especially the former.

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