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TAI CHI CHUAN

Conceptos básicos y aplicaciones

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Tai Chi Chuan Conceptos Basicos Recopilacion Tcdp

C. K. Chu



Tai Chi Chuan Conceptos Basicos Recopilacion Tcdp:

TAI-CHI CHUAN. Los ejercicios básicos Shing Yen-Ling,2008-05-15 Actualmente se comprenden mejor los efectos de tai chi chuan en la mejora y el restablecimiento de la salud Practicando los ejercicios del tai chi chuan las personas sedentarias pueden mejorar su forma física y los enfermos crónicos pueden liberarse del sufrimiento El tai chi chuan puede ser también beneficioso en la convalecencia de una enfermedad Además el tai chi chuan favorece que cultivemos nuestro espíritu así como que logremos un físico fuerte mediante la práctica regular con lo cual podemos moldear nuestro temperamento y promover cualidades personales positivas tales como la calma la sobriedad y la represión de la impetuosidad y de la ira Cuando el entrenamiento ha alcanzado un grado técnico suficientemente alto se pueden empezar a desarrollar técnicas de defensa y ataque para la autoprotección Este libro presenta elementos básicos de Tai chi chuan mediante secuencias fotográficas claras y explicaciones sucintas de los movimientos haciendo que al lector le sea más fácil aprender por imitación Con sencillez resume también las características las funciones y las normas básicas del tai chi chuan así como el modo de practicarlo con el objetivo de que este libro se convierta en una guía y en un manual de referencia para los principiantes y para los practicantes de tai chi chuan que aprenden por sí mismos El libro nos enseña el modo de practicar tai chi chuan las posiciones corporales básicas los beneficios del tai chi chuan los puntos en los que hay que prestar atención el entrenamiento básico los movimientos básicos los veinticuatro movimientos simplificados y los cuarenta y ocho movimientos de tai chi chuan La autora Shing Yen Ling es experta en muy diversas artes marciales y en la actualidad trabaja en la facultad de Educación Física de la Universidad de Gakugei de Tokio

The Complete Book of Tai Chi Chuan Kiew Kit Wong,2001 Tai Chi Chuan is an effective stressbuster in China it is also used for the prevention and treatment of illnesses with its beneficial health and fitness effects now being recognized in the West This book is a comprehensive guide to the practical application and potential benefits of Tai Chi Chuan It includes step by step illustrations for practise at home and it covers everything you need to know about this ancient art

Tai Chi Chuan Yen-Ling Shing,1995 *Tai Chi* ,1999 Learn the basics of Tai Chi discover its history and benefits and learn how to avoid common mistakes Includes a guide to necessary equipment and clothing

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