

《简易太极拳养生法》

图书基本信息

书名：《简易太极拳养生法》

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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

《简易太极拳养生法(英文版)》内容简介：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

关永年先生是中国太极柔术专家，他所研创的太极拳，结构严谨，动作柔和平稳，养生、防身兼备，侧重于养生。

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书籍目录

Foreword: External Movement and Internal Peace -Health Through Taiji Internal-Power Arts
Chapter One 13-Step Taiji Exercise for Health 1.A Simplified Exercise 2.Movements and Illustrations of the 13-Step Taiji Exercise for Health
Chapter Two Ten Movements of Taiji Roushu for Fitness
Afterword: Key Points for Practice - Tapping into Natural Strengths

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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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精彩短评

- 1、相对书价，内容很少。光盘内容不适合自学，讲解不细，书皮很脏。
- 2、与我们一般看到的陈式太极拳稍有不同,是太极柔术13式,比较简单.讲解得比较详细,一式一式分解讲得,只是不知道完全没有接触过太极拳的外籍朋友是否看得懂. 附送有光盘, 起码可以照猫画虎, 有全套动作演示也有分步讲解, 遗憾的是都是字幕, 如果有配音旁白讲解就更好了.
- 3、比想象中的薄，也简单，比较适合没有基础的老外~
- 4、作为礼物送给老外的。中国功夫，他们很喜欢。这本书印刷比较一般，但可贵的是有光盘。起码可以依葫芦画瓢吧。
- 5、第二次买了，送给外国客户的。感觉还不错
- 6、书的印刷和纸张都很不错，翻译很地道，书不厚但是表达很明晰。国外客人很喜欢

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