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The Tai Chi Code: An Exploration Of The Science Behind The Internal Arts



Synopsis

Have you ever wondered what the underlying concepts of the internal arts are? What makes them so good for health, vitality and wellness? Where do the unique methods stem from and how do they create unusual strength and power? The Tai Chi Code aims to explore some of these questions. Dealing into the authors life long study of the martial arts and his analysis of the techniques found in these systems we will be taken on a journey through the major attributes of the 'Internal Martial Artist'. Covering everything from how movement affects our Lymphatic system, to the utilisation of Fascia for connection we will look into how these various systems are drawn together in the internal arts to create a unique and powerful health method. Join the author on his journey, with amusing and enlightening stories from his training and the struggle of a young man seeking truth within a world of myth. The Tai Chi Code is a refreshing mix of practical scientific research and its relationship to the ancient internal arts.

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Customer Reviews

The book made a lot of good points and did include some good scientific research, but on the whole it felt like vital information was assumed to be understood by the reader. On several occasions through the book, I read a passage hoping for several more pages explaining a concept only to find

a single paragraph was all that was offered. Sadly the book was also rife with minor editing issues that, ironically, interrupted the flow of the reading.

An excellent book for both Tai Chi instructors, practitioners and students. Departing from most Tai Chi books, this one doesn't spin too much around the concept of "Qi," and rather it explains in terms from our modern knowledge and understanding of our body, how we function and how we can make the most efficient use of our body. I wish there was a paper edition available. I'd have it full of tags and highlighted paragraphs. jab (a taichí instructor in northern virginia)

Martial artists should bring this book to the attention of those of their acquaintance in the medical field. This book supports the Harvard Medical School book on Tao Chi Chuan.

This is an excellent book, and I highly recommend this for anyone who practices any style of tai chi because it's just packed with useful information.

Fine and clarifying explanations of taijiquan principles and exercises based on Western biomechanics, physiology and kinesiology.

Enough to encourage beginners to look deeper. A lot of theory but not fact or proof.

Great book about the bodymechanics of tai chi.

Great book, it is not about Tai Chi per se, but a story about the authors journey into the many styles of Tai Chi and what he learned from his master. With that being said it is very well written and entertaining as well. You would not know you are reading a book about martial arts more than you are getting a valuable lesson on how Tai Chi can benefit your life.

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