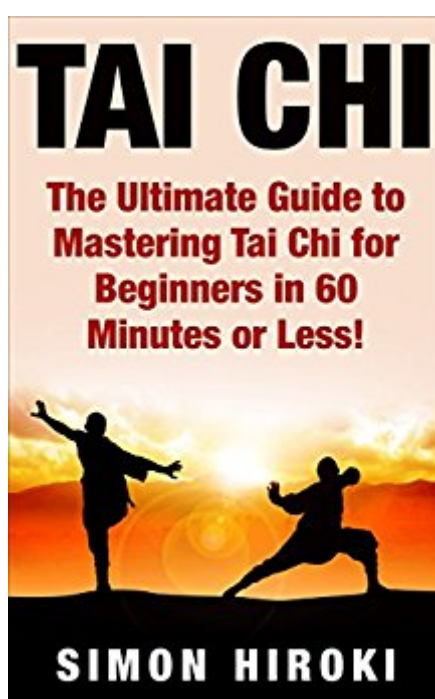


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# Tai Chi: The Ultimate Guide To Mastering Tai Chi For Beginners In 60 Minutes Or Less! (Tai Chi - Tai Chi For Beginners - Martial Arts - Fighting Styles - How To Fight - Chakras - Reiki)



## Synopsis

Learn the Mastering the basics of Tai chi For the beginner Learn Everything You Need to Know About Tai Chi Today! Learn everything you need to know about the essence of Tai chi and practical steps to master This book is for the Tai chi beginner. You will learn the essential concepts of Tai chi, the fundamental steps, postures and exercises. Whether you want to learn Tai chi for health promoting reasons or if you want to master Tai chi martial art, this ebook will teach you what you need to know in order to grasp the philosophy on which Tai chi is founded, and how to execute various postures in order to start practicing this ancient Chinese art form. • Learn the fundamentals of Tai chi • also offers insight as to how to optimize your breathing in order to use it properly during practice and last but not least; how to build your inner strength and energy, also known as chi. By the time you finish reading this book you are going to be able to completely understand the essence of Tai chi, the philosophy behind it, why the breathing is a crucial part when it comes to truly mastering Tai chi, the • Pushing Hand • postures, the numerous health promoting benefits that are associated with Tai chi, and how to execute the core practices for self-defense situations. Why You Must Have This Book! > In this book you will learn how to practice the ancient art Tai chi > This book will teach you the steps and techniques taught by the great masters of Tai chi > In this book you will learn how to find and develop your inner energy > This book will guide you through the 12 steps of Qiqong- breathing > This book will teach you the philosophy behind Tai chi > In this book you will learn the basics of Tai chi. > This book teaches you the fundamentals of Tai chi. > This book, and teaches you the essential practical steps. > In this book you will learn how to improve your inner energy, strengthen your core and release stress and tension. What You Will Discover from the Book • Mastering the basics of Tai Chi For the beginner • This book is a must have if you are unfamiliar with Tai chi! Further it opens up to a whole different way of beliefs. An ancient philosophy from the Far East, proving that slow movements will make you quick, that control of your breath controls, gives you better control of your movements, finding your inner chi promotes your strength, health and spirits! \*\* Why you should practice Tai chi \*\* How to execute Tai chi postures \*\* Step by step instructions on practicing Tai chi \*\* The importance of mastering Tai chi \*\* What to focus on when executing Tai chi \*\* How to execute the postures and exercises

Want to Know More? Hurry! For a limited time you can download • Mastering the basics of Tai chi For the beginner • for a special discounted price of only \$2.99 Download Your Copy Right Now Before It's Too Late! Just Scroll to the top of the page and select the Buy Button. • • • • • "

TAGS: Tai Chi, Tai Chi for Beginners, Martial Arts, Kung Fu, kendo, hapkido, sparring gear, brazilian jiu jitsu

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## Customer Reviews

This was a good book to help you get the understanding of Tai Chi fighting is the book has an easy to follow a guide , just wish it would show some pictures. the book explains all the power point of the moves this book is a great book for anyone to learn to master Tai Chi.

This is an ultimate book to learn the techniques of Tai Chi. It is a very accurate and well defined art and about 5000 years old art. In this book you will learn the fundamentals of Tai Chi. You can use this technique for self-defense and also for stress relief.

This is a good book for beginners like myself. Hiroki, shares some very useful techniques and skills that I am sure I will be bringing to my own practices. I believe that this is truly a good start for anyone who is looking to start the art of Tai Chi!

Great book, I knew Tai Chi was a Matial Art but didn't realize it helped with posture and meditation

as well. Great to find out the origins as well. Great practical exercises and wonderful to find out how it all links together with meditation and Taoism

This book helped me to better understand what Tai Chi is and how it will benefit someone. It did not simply stress the health benefits but really explained benefits I hadn't thought about. It also includes several beginning exercises. Thank you!

This really is extremely effective information for understanding the basic principles of Tai Chi. It's truly interesting and thrilling to understand Tai Chi. But also for a beginner much like me requires a simple understanding of this.

Tai Chi is very intriguing to me. Never really knew what it was until I got this little kindle for free!  
Pretty impressive

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