

Heikki Nousiainen



Tai Chi Chuan

Health, self-defence and
philosophy



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Acknowledgements

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Wudang Tai Chi Chuan

This book introduces a very tiny, basic part of a whole phenomenon, called tai chi. We are also talking about a pure teaching/learning tool, squareform. I hope that students who are beginning learning the art of tai chi can get some help when Your teacher or tai chi brothers are not available.

For those of You who are instructors, or becoming one, squareform is a very good tool to analyze what You are doing. It is a conscious choice not to talk about tai chi theory, classics, philosophy, history, principles, Nei Kung etc. The pics about tai chi sword, saber and spear is the only way the reader can get an idea about what more there is to find, in the fascinating world of tai chi chuan.

For further reading, in depth, I can warmly recommend one of my main teachers, Dan Docherty. Thank You Dan!



Tai chi at rest
Stand naturally and raise your fingers so that they point forward



Ready style
Let the fingers sink down naturally



1. The tai chi beginning style

- a) Keep your arms straight and lift them up just under shoulders
- b) Bend your elbows and take the elbows near your own body
- c) Let Your arms sink down
- a) Sink Your bodyweight down by bending Your knees
- b) Move Your body weight to right foot and step forward with left foot
- c) In a circular path move Your right hand in front of Your chest





Tai Chi Chuan handform, short form. Step by step instruction and pictures. Easy to follow.

Heikki Nousiainen has taught in many European countries. He has been teaching top athletes and people with special needs. He has won pushing hands competitions but his main interests in tai chi are self-defence, health and self development. For seminars, private tuition, books, wellness training in companies and Bicycling and walking/tai chi tours in Italy contact Heikki Nousiainen.

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