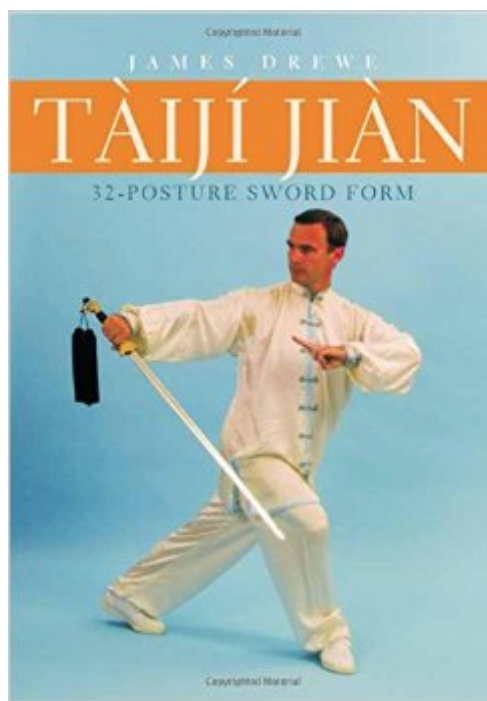


The book was found

Taiji Jian 32-Posture Sword Form



Synopsis

The Sword Form is an important aspect of the popular Chinese martial art, Taijiquan. The 32-Posture Sword Form, from the point of view of the physical movements only, is not complex, but there is a significant amount of other information, relating to the applications, that is open to interpretation. Written by an experienced teacher of Taijiquan, this book provides a detailed description of the Jian (the sword), its parts and how it should be held. Using photographs and illustrations, the author gives step-by-step instructions for the main 13 applications including sword strokes, stances and footwork techniques. This book contains a wealth of information on Sword Form technique and is an ideal resource for students of martial arts, experienced practitioners or anyone interested in learning about Taijiquan.

Book Information

Paperback: 240 pages

Publisher: Jessica Kingsley Pub; paperback / softback edition (November 15, 2008)

Language: English

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Product Dimensions: 6.9 x 0.6 x 9.8 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (2 customer reviews)

Best Sellers Rank: #1,605,905 in Books (See Top 100 in Books) #764 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #3764 in Books > Sports & Outdoors > Individual Sports > Martial Arts

Customer Reviews

Lots of details help convey the moves. Great for someone with some experience with short weapons. Novice students found the descriptions confusing and overwhelming. Perhaps a companion video?

This is an in deep description of the form. Good for those who already have some knowledge or practical experience.

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Taiji Jian 32-Posture Sword Form How to Improve Posture: Achieve Perfect Posture with These 20

Easy Posture Correction Tips Chen Taiji Self Defense - Fighting Applications of the Chen Family Tai Chi 19 Form (Chen Taijiquan 19 Form Book 2) The Mind Inside Yang Style Tai Chi: Lao Liu Lu 22-Posture Short Form Advanced Mathematics for Engineers with Applications in Stochastic Processes. Aliakbar Montazer Haghighi, Jian-Ao Lian, Dimitar P. Mishev (Mathematics Research Developments) Two-Dimensional Sonata Form: Form and Cycle in Single-Movement Instrumental Works by Liszt, Strauss, Schoenberg, and Zemlinsky Anatomy & Physiology: The Unity of Form and Function: Anatomy & Physiology: The Unity of Form and Function Tai Chi Sword Classical Yang Style: The Complete Form, Qigong, And Applications, Revised Tai Chi Thirteen Sword: A Sword Master's Manual 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Help Yourself Natural Remedies 3 Book Bible: Pro Immunity Anti Inflammatory - Sleep Better Without Meds - Change Your Posture Naturally (Transform Your Life Naturally) Pain-Free Posture Handbook: 40 Dynamic Easy Exercises to Look and Feel Your Best Natural Posture for Pain-Free Living: The Practice of Mindful Alignment Inversion Therapy: Relieve lower back and sciatica pain, improve posture, and revolutionize your health Exercises for Osteoporosis, Third Edition: A Safe and Effective Way to Build Bone Density and Muscle Strength and Improve Posture and Flexibility Somatics: Somatics 101: Somatics - For: Flexibility, Posture, Pain Management & Movement (Posterior Chain, Hips, Chi Kung, Craniosacral, Neurosculpting, Self Adjusting, Chronic Pain) Awareness Through Movement: Easy-to-Do Health Exercises to Improve Your Posture, Vision, Imagination, and Personal Awareness Personalizing Pilates: Posture Improvement The Alexander Technique Manual: Take Control of Your Posture and Your Life Posture, Get It Straight! Look Ten Years Younger, Ten Pounds Thinner and Feel Better Than Ever

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