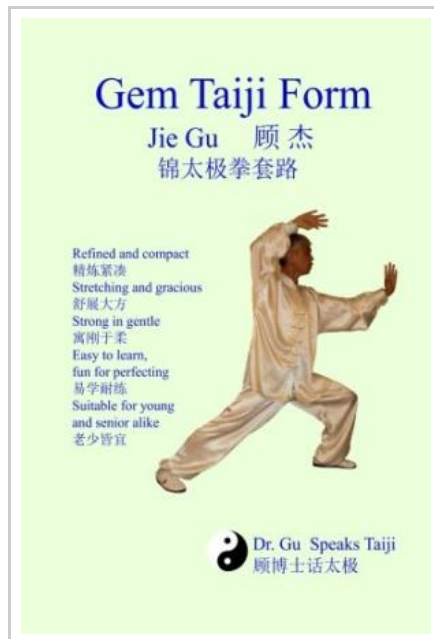




Gem Taiji Form

By Jie Gu

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 222 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Gem Taijiquan contains the refined moves of the traditional Yangs routine. Its steps are compacted and can be performed indoor or outdoor. The gesture graciously stretches the limbs of the body. The martial art techniques in Gem Taijiquan are strong but embedded in gentleness. The routine is easy to learn, and fun to perfect. The solo portion is suitable for young and senior alike. Regularly practicing Gem Taijiquan helps to meditate the mind, relaxes the body, maintains balance, promotes qi, therefore prolong life, curing sickness, amplifying health, and self-cultivating the practitioner. Deep breathing massages the inner organs, generates qi, and qi overflow meridian and whole body. Breathing can be synchronized with the moves. The combination of inner organ massaging and physical body motion multiplies the benefit of the exercise. Focus the mind to the implementation of the moves. Visualize the moves before and during the action, while imagining the defensive and offensive mechanisms during the moves. Doing this will help coordinate spirit to the mind, the mind guides qi, and qi matches the force of the delivery. This...



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