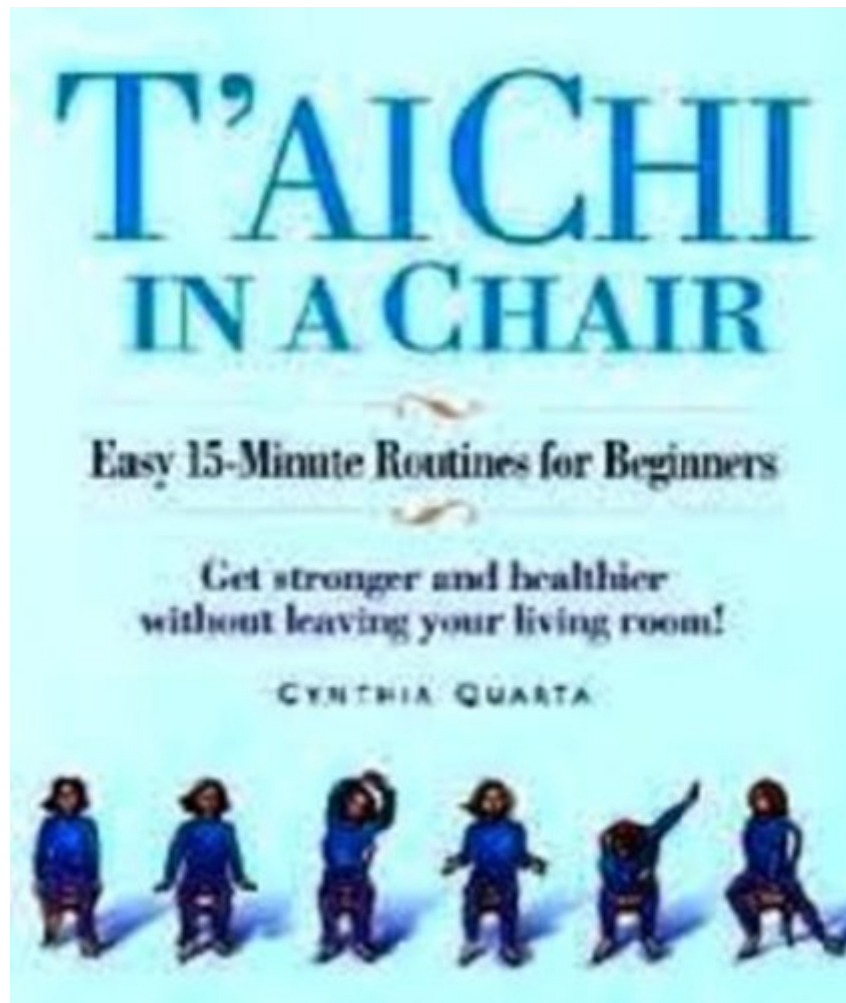




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# Tai Chi In A Chair



## Synopsis

No more braving the bad weather or trying to squeeze gym work-outs into your busy schedule. Now you can get fit in the comfort of your own home, at your own pace! Adapting the popular, hugely beneficial T'ai Chi exercise to a seated form, T'ai Chi in a Chair allows you to get fit at your desk, while watching TV, or even before you get out of bed in the morning. The exercises are GENTLE, EFFECTIVE, EASY and FAST. This unique book combines the proven routines of T'ai Chi with an innovative format that makes it easy to achieve health and fitness.

## Book Information

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## Customer Reviews

With all the 5 star reviews on this book, I was a little disappointed that the most important part of the book - the description of the exercises themselves - was the weakest part. This is really the fault of the editor, not the author, as it is the editor's job to make sure that the writer's intent is expressed in the best way possible. The instructions are generally OK, but some have outright errors in them (i.e., telling you to move your left hand again when it's clear it's time to move the right hand) or poorly clarifying the direction of movement. The instructions for "Repulse Monkey" were so vague -

what do you mean when you say "swing your arm back," do you mean vertically or horizontally? - that I finally looked up "Repulse Monkey" on the Internet and found a video of it. Wow. The written description does not explain that exercise well at all! The illustrations don't help that much either. The illustrations are \*nice\*, but I'd frankly prefer less shading and detail and have more actual movement shown. Seriously, stick figures would have been better! The other odd thing is that each exercise has a second description in a different format in the "15-minute exercises" section. Sometimes, in reading both descriptions, you can get a better idea of what the exercise does. (But not all, as in the case of "Repulse Monkey.") The problem with this duplication is that it's not easy to just flip through and get a list of the exercises for the shorter sets. Still, this is a useful, if flawed resource for teachers and students alike. I would have given it 5 stars if the directions were better. I do plan on using some of these exercises in my chair yoga class. But just be aware that if you buy this book you may need to look some things up on the Internet to understand how everything really works.

Fourteen years ago, I taught myself Taijiquan (over 3 years) from multiple books of exercise, theory, poems, and whatnot. I used Taiji in daily life, working out for 2 hours 5-7x/week. Then I got married and had kids. Needless to say, I fell out of practice like a bird that stops flapping falls out of the sky. Recently I have been looking for a "primer" to get me back in the swing of Taiji, since I miss it and its effects (I'm 36 now). I saw this, and for \$4 it was a good bargain. This is excellent. The author discusses an appropriate amount of theory, conceptualization, visualization, and practice, with examples and proof of Taiji's effectiveness. What you get: 1) Intro to concepts, yin/yang and energy theory, and how Seated T'ai Chi began, 2) The complete set of Taiji, 3) The set broken up into 15-minute "workouts", 4) Centering exercises, 5) Breathing exercises, 6) Healing accupressure points on the body's major energy streams (meridians). She also includes suggested readings and music at the end of the book. I rated this book \*\*\*\*\* because, if I had had access to this book 14 years ago, I would have been able to cut short my study time by at least a year and a half, for she is American who translated these concepts to an older American culture, one I am more ready to identify with than a Chinese native translating into English (by which my previous collection of Taiji books are authored). CAVEAT: she uses the traditional language words for the various energy pathways, and does not include pictures for these; also, she strings them together in her introductory explanations. Because I am strangely familiar with the terms, I was able to put together what she meant easily, but a new-comer to Taiji (T'ai Chi) might be dazzled by the onslaught of terminology. Other than that, the book was excellent. I am using it to relearn what I have forgotten! If you are interested in Taiji

(Tai Chi) at all, get this. If anything, it will help you put the pieces together.

I wholeheartedly agree with On The Path's critique of this book. As a Tai Chi instructor, I am always looking for more resources and teaching techniques. The write up on this book sounded good and the price was very inexpensive. Regardless of the price, I found the content and illustrations were wrong. Not just in one or two instances, but throughout the book. I've added a picture of one of the pages, to give an idea of what I mean. Just working through the exercises, as they are described; then referring to the illustration, created so much confusion and frustration for me, that I could not use it as a resource.

Tai Chi in a Chair offers people of all physical abilities the tools they need to rebuild their bodies from the inside out. Being a disabled person myself who used to be active in the martial arts as a young person, I have long been looking for a system of exercise that would help me hang onto the physical abilities I still had. While I have only just begun the first series of movements, I have already experienced a dramatic improvement in my ability to get around and increasing flexibility making it easier to care for myself without assistance. All of the exercises are doable for anyone who can sit upright in a straight-backed chair. None of them are complicated. The introduction to self-applied acupressure is a wonderful extra that makes this book a must-have for everyone interested in natural healing.

The content is good, and will be useful to anyone who studies the book carefully and takes the time to do the exercises. This, however, will not be easy, because the exposition is poor. It is often difficult to tell what the instructions intend for you to do, and hard to tell what constitutes a recommended routine. These difficulties can be overcome if you study it patiently, have an alternative source for description or presentation of Tai Chi movements, and use your imagination. But it's tiresome.

great for practices at work always looking for ways to keep in practicew when i cant get up during the working hours

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