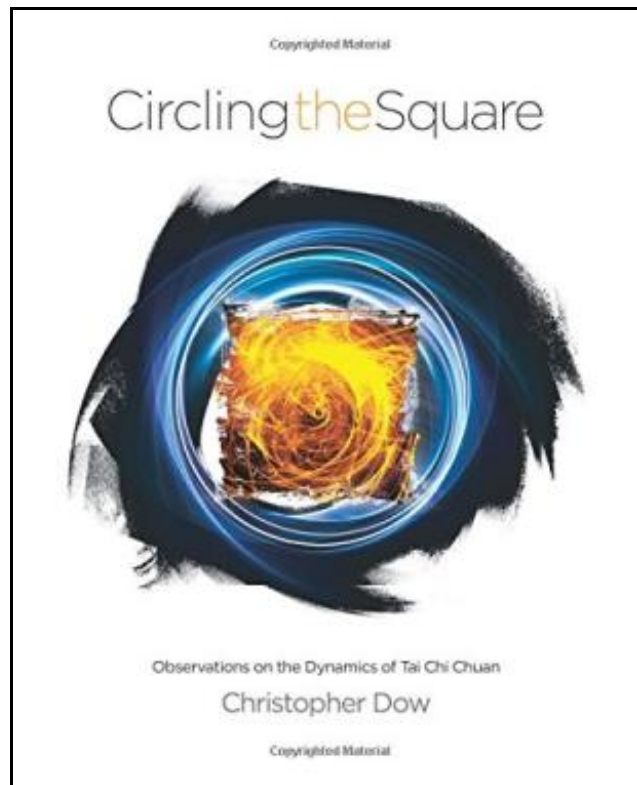


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Phosphene Publishing Company, United States, 2015. Paperback. Book Condition: New. 235 x 191 mm. Language: English . Brand New Book ***** Print on Demand *****.Tai chi chuan is many things: a martial art, a superlative exercise, a mode of meditation, and a method to build internal vitality, strength, and power and to improve health. But what exactly is tai chi? How does it function? What makes it work? In *Circling the Square*, Christopher Dow draws on a variety of fields to examine this fascinating movement art, beginning with an analysis of its basic physical structure. From there, he delves into how chi, the energy behind tai chi's legendary power, is generated and then manifested through the movements of the tai chi form to create a gestalt that is greater than the sum of its parts. Along the way, he evaluates the distinct characteristics of the Thirteen Postures, breathing techniques, the concept and physiology of the tai chi bow, power emission, and a number of other topics of interest to the serious student of tai chi. The lessons of *Circling the Square* can apply to any tai chi style, and the book will appeal to anyone—beginner and more experienced practitioner alike—who wishes to deepen their understanding of this fascinating and timeless martial art.



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