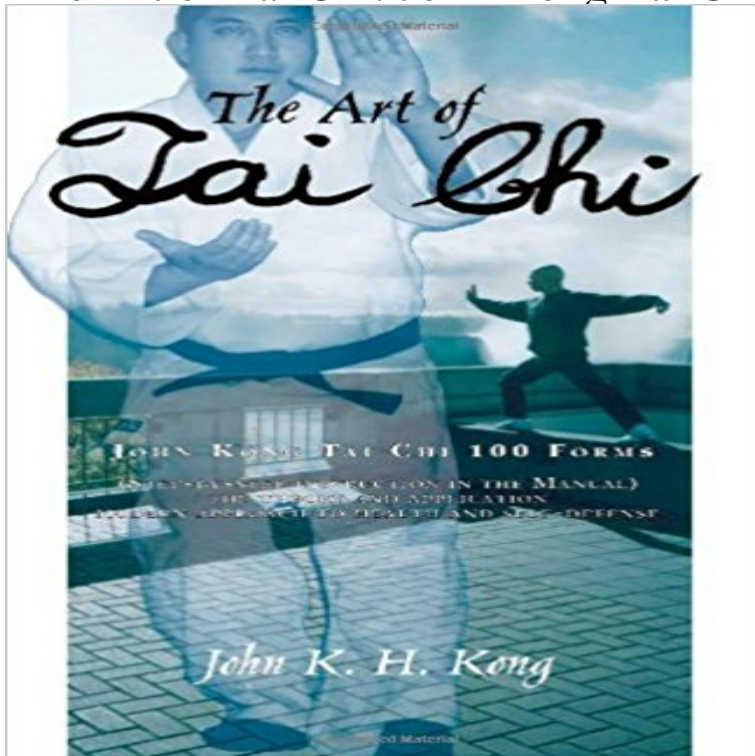


# The Art of Tai Chi: John Kong Tai Chi 100 Forms



This book is a manual for individual human to maintain and improve health and to develop self-defense techniques. In Chapter One, the writer presents to the readers and Tai Chi does the step-by-step instructions to complete the whole sequence of 100 postures in 100 days. TIME is the main factor in doing Tai Chi. Tai Chi is an exercise for people to make, collect, and conserve energy, Chi, the vital energy of life. Tai Chi is an individual who needs Tai Chi, the exercise, to refill the energy to fulfill daily activities. In Chapter Two, Energy, the readers will understand Chi. The Mind and Body are examined in Chapter Three. The theory in psychology is applied to the Tai Chi theory explaining that the mind leads the body (movement) in order to make, to collect and conserve energy. The interrelations of Mind, Body and Energy are fully illustrated. In Chapter Four, The Experience, the writer states his experience in doing Tai Chi. The yard stick is set for the doer to measure his/her level without examination, which is unnecessary in the process of Tai Chi. Health is the primary goal in doing Tai Chi. Without health one can hardly develop self-defense techniques. Health is a very individual matter and should be taken care of by the individual him/herself. Medical Care is sickness care for the public, while Tai Chi is Health Care for the individual. In Chapter Six some fine points on Health are found. In Chapters Five and Seven the readers will find the way to develop the powerful self-defense techniques. New theory is introduced and the Tai Chi doers will see why Tai Chi is so powerful. In Chapter Eight the writer tells the history of Tai Chi in a new and interesting way.

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