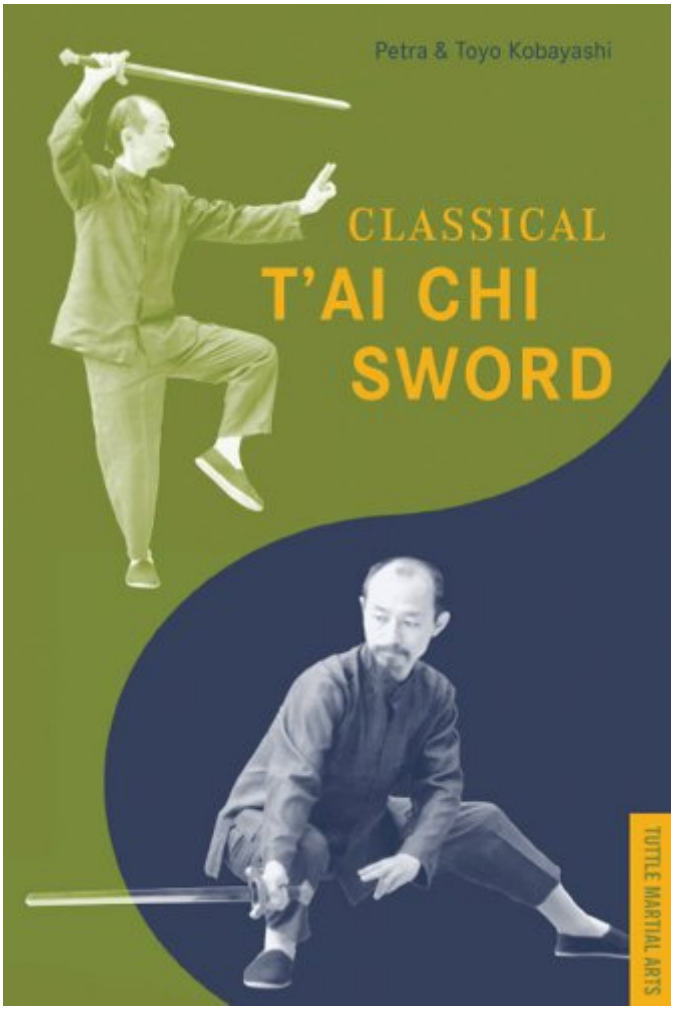
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Classical T'ai Chi Sword (Tuttle Martial Arts)



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Synopsis

Learn the art of T’ai Chi swordsmanship with this illustrated martial arts book. In T’ai Chi Ch’uan, exercising with a sword has developed into an important art. In accordance with the principles of T’ai Chi Ch’uan, the sword practice is an exercise for good health and meditation in motion as well as a method of self-defense. It promotes the development and the application of the inner energy ch’i. The study of the T’ai Chi sword is regarded as its own path which does not necessarily require the knowledge of the other forms of T’ai Chi. It offers a valuable source of concepts and new ideas for students of other martial arts, too, regardless of their backgrounds or current practice.Classical T’ai Chi Sword presents a clearly illustrated introduction into the sword practice complete with photographs, diagrams, and step-by-step instructions. This Tai Chi book is the first basic work on this subject covering all its important aspects. Classical T’ai Chi Sword features:A Brief History of the Chinese SwordAspects of T’ai Chi SwordThe History of Tai Chi SwordThe Taoist BackgroundImportant Principles of Tai Chi ChuanPracticing Sword as an Exercise for Good HealthMeditation; Posture; How to MoveEnergyÃ¢â ¬â •Ch’i Development; The Movement of Energy by Practicing the Sword FormHolding the SwordThe Techniques in the Sword Form SequenceRemarks about Sword FightingIndividual and Partner Exercises with the SwordSteps to LearningÃ¢â ¬â •Difficulties Faced by Beginners in Practicing the SwordComparison of Sword FormsList of the Positions in the Sword FormThe Presentation of the Sword FormAnd more!

Book Information

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Customer Reviews

I gave this the high rating because it's very helpful in a few ways.1. The pictures for the form are large and clear (black and white).2. The instructions for each posture are clear and systematic.3. The authors have incorporated a simple system under each picture that gives crucial information on such things as weight distribution of the feet, angle of the sword blade, and position of the torso. This is relayed through simplified illustrations under the large pictures of the posture, and follows the directions.4. There are a few interesting historical anecdotes.5. There is an introductory discussion of the basic cuts used throughout the form.It's true that other TCC sword books tend to have more historical info, more thorough discussions of basic cuts, more in-depth considerations of the sword's characteristics, etc., but this book does do one thing really well, and that is teach the form. It's difficult to portray 3D movement in a photo, but because of the points I mentioned above, the authors of this book have succeeded. In addition, every posture picture includes a system of arrows moving from each hand and each foot, to the next picture. Subsequent pictures begin where the last left of. Other books tend to include an occasional arrow here and there, but nothing as systematic as this book. In short, when you turn a page in Kobayashi's book, the picture you see will be where you find yourself if you followed the directions of the previous picture, and so on.I didn't give 5 stars because the book omits an in-depth presentation of solo drills, partner exercises and applications. Other books do include these things. But if you want learn a good basic form, this book will make the process enjoyable. Of course, there's no DVD available, as there are with some of the other books out there, but a video search for a Chen Man-Ching short form, or Fu Zhong-Wen's (whom the authors say they studied with), will cover most of the moves in this book, with a few slight alterations here and there. In any case, the pictures/explanation are clear enough that one can manage without video. If your situation is such that you're forced to learn from a book, rather than a real teacher, this is your ticket. In any case, how many real teachers of tai chi sword are out there these days? Good luck.

Try what is in effect the real Yang Tai Chi Sword Form, the base of an exercise so popular in China

that you can buy a portable expandable sword to carry and practice everywhere.With this book and the old videos in YouTube of Cheng Man Ching you can learn a very traditional form.I have checked it till the eighth movement and so far they mach perfectly. I finished the form, and it does not mach 100%, more like 90% with the form done by Cheng in YouTube. It is nevertheless useful.The 32 movement form done by a committee has better resources to learn it, and is very nice, but this one comes with a much more interesting pedigree: From Yang Cheng Fu himself trough his best known disciple, and some of his followers in the West.Even today the legacy of Cheng Man Ching lives, and in a world in which the martial arts are sometimes a fad or a business is refreshing to see something different. No is not perfect, but is beautiful and highly interesting.The book is very well written, the photos are as good as you can get, with arrows and diagrams to help. In fact even with today advances I have not seen any better, and is full of interesting information for the serious Tai Chi player.I can not understand the one star ratings except as the product of the "politics" that unfortunately plague the martial world.Also check the efforts being done to recreate the Western Martial Arts, the resources in quantity and quality are wonderful, check HEMA, and Guy Windsor; and you will be pleasantly surprised.Peter

Very helpful to the beginning sword student - I recommend one also work with a knowledgeable instructor. The descriptions and diagrams try very hard to communicate the movements, intentions and spirit of sword-in-hand tai chi, but it ain’t a walk in the park to learn.

Great book if you like Taiji Sword. The book gives brief history and theory, Many photographs, the forms and postures.Forms are correct, postures are correct. it lacks in the quality of the book itself, but the content is really neat.

no comment

Written with great clarity and research, it is succinct and effective guide to the practice of Taichi Sword form. This is a great instructional guide for the practice of the sword form.

Good book, helpful, informative. gd

I love the detail and clarity of this book. When you are ready to study Tai Chi and Sword; this is a perfect manual to study.

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