



Tai Chi 24 Form

By Ziren Meng

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Do you want to learn tai chi chuan very much? But there is no teacher to teach, or you can't understand the taichi books?

This book mainly introduces the precise movements of tai chi 24 form and the matters needed attention when you are practising. With Illustrated description, the teacher will demonstrate the tai chi 24 form move-by-move just like face to face teaching. Instead of making an arduous journey to China you can begin your taiji lessons at home by this tai chi 24 form. Come on, and begin your journey of learning taiji now!

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