



# Tai Chi Dynamics: Principles of Natural Movement, Health & Self-Development (Martial Science)

*By Robert Chuckrow*

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**Tai Chi Dynamics: Principles of Natural Movement, Health & Self-Development (Martial Science)** By Robert Chuckrow

**Winner – 2009 Eric Hoffer Award**

**Finalist – 2009 IP'S Highlighted Title Award**

**Finalist – 2008 Book of the Year Award by ForeWord Magazine**

**Finalist – 2008 USA Best Book Award**

Tai Chi Dynamics is intended for intermediate and advanced tai chi students. The author Robert Chuckrow, PhD, is a tai chi practitioner of more than forty years and holds a Ph.D. in experimental physics. He applies logic and basic scientific principles

- Anatomy
- Physiology
- Physics

In order to create a deeper understand of

- Muscular action
- Breathing
- Alignment in tai chi movement and push-hands

He clarifies, in depth, many perplexing concepts such as “correct force” by utilizing detailed explanations, illustrations, and photographs.

- Sayings from the tai chi classics are quoted throughout, and exercises are provided to give readers a chance to confirm their understanding.
- Over a dozen self-defense applications of the basic Taiji movements are illustrated
- The effectiveness and completeness of Taiji as a martial art today is candidly analyzed.
- A chapter on Zheng Manqing (Cheng Man-ch'ing) sheds light on Zheng and his students.

One chapter deals extensively with aspects of self development from a personal perspective, discusses how doing Taiji correctly is a precursor to spiritual growth, and compares religion, science, and spiritual teachings.

A detailed chapter on health, self-massage, and healing discusses fasting (including the author's own experience with a twenty-eight-day fast), differences between Traditional Chinese Medicine and Western Medicine, and provides exercises and methods of self-massage for head, legs, feet, and back.

There is even a section on how to make your own footwear suitable for practicing Taiji. The book includes personal anecdotes and stories and has over one hundred photographs and illustrations drawn by the author.

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### **Editorial Review**

#### Review

...if you are interested in T'ai Chi Ch'uan and want to become informed, you should stop reading this review, and run, don't walk, to the book store and purchase Dr. Chuckrow's book.--...if you are

...thoughtful, perceptive, open-minded. Robert's book provides Tai Chi practitioners with many fascinating avenues of practical exploration as a way to discover for themselves the truth Robert writes about.--  
...thoughtful, perceptive, open

It is with great pleasure that I recommend this notable work. This book is an important contribution to the body of Tai Chi literature.--It is with great pleasure that I recommend this notable work. Th

Using simple tools of physics. . .to explain Tai Chi movements makes the healing and martial value of Tai Chi more understanding to the modern mind.--Using simple tools of physics. . .to explain Tai C

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#### About the Author

**Robert Chuckrow** has been a Taiji practitioner since 1970 and has studied Taiji under the late Cheng Man-ch'ing, William C. C. Chen, and Harvey I. Sober. He has taught Taiji extensively and has written four other books. He currently teaches Taiji in Westchester, NY.

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