

T'ai Chi Ch'uan

Simplified 24 Form Yang Style

Instructional Resources

Websites:

T'ai Chi Ch'uan 24 Form, Standard Chinese National Version, 1956, Yang Style. This website provides a guide to the 24 Form with a list and description of the movements in the 24 Form, web links, notes, bibliography, quotations, history, lessons and practice assignments, news, and book order links. By Michael Garofalo. <http://www.egreenway.com/taichichuan/short.htm>

Cloud Hands: T'ai Chi Ch'uan and Qigong. A comprehensive website on all aspects of Taijiquan and Chi Kung by Michael Garofalo. <http://www.egreenway.com/taichichuan/index.htm>

Books:

"Tai Chi for Body, Mind and Spirit: A Step-by-Step Guide to Achieving Physical and Mental Balance." By Eric Chaline. New York, Sterling Publishing Co., 1998. Index, 127 pages. ISBN: 0806963212. \$14.95

"Tai Chi Chuan: 24 And 48 Postures With Martial Applications." By Shou-Yi Liang and Wen-Ching Wu; and, edited by Denise Brieter. Boston, YMAA Publications. 2nd Edition, 1996. Index, bibliography, glossary, 153 pages. ISBN: 1886969337. \$16.95

"Tai Chi Chuan: The Chinese Way." By Foen Tjoeng Lie. New York, Sterling Publishing Co., 1988. 126 pages. ISBN: 0806968265. \$10.95

Videotapes and DVDs:

"Tai Chi: The 24 Forms." By Dr. Paul Lam. A 120 minute instructional VHS videotape (ISBN:1583500197) or DVD produced by Well Spring Media, 1999. \$30.00

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