

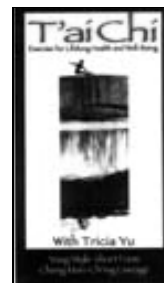
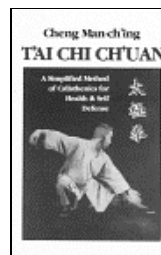
Bibliography for CMC-style T'ai Chi Ch'uan

- ☉ Recommended (but not required) to help as you are learning the form:

Book: Simplified Calisthenics for Health & Self-Defense
by Cheng Man-ch'ing

Video: T'ai Chi (Exercise for Lifelong Health and Well-Being)
with Tricia Yu
order from: www.taichihealth.com/lifelong.htm

Audio: Instructional CD-R audio recording for
Cheng Man-ch'ing's 37 Posture T'ai Chi Ch'uan
by Kim W. Kanzelberger
order from: www.centerstateaichi.com



- ☉ Other books recommended for more in-depth study of t'ai chi, principles and philosophy:

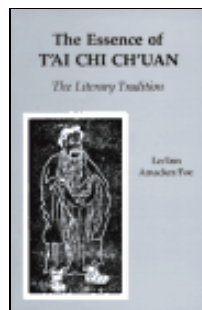
Cheng-Tzu's Thirteen Treatises on T'ai Chi Ch'uan
by Cheng Man-ch'ing Trans. by Lo and Inn

The Essence of T'ai Chi Ch'uan
(translation of selected t'ai chi classics)
by Lo/Inn/Amacker/Foe

Cheng Man-Ch'ing's Advanced T'ai Chi Form Instructions
by Cheng Man-ch'ing Trans. by Douglas Wile

T'ai Chi Ch'uan Ta Wen
Questions and Answers on T'ai Chi Ch'uan
by Chen Wei-ming Trans. by Lo and Smith

Lao-Tzu: "My words are easy to understand."
(Lectures on the Tao Teh Ching)
by Cheng Man-ch'ing (or Man-jan Cheng) Trans. by Tam C. Gibbs



- ☉ Where to buy the books:

Most of the larger bookstores will carry the above books, though they may not have many or any copies at certain times. You can usually order books from the stores themselves or from their websites. Also try www.amazon.com.

Catalog Sources:

Qi (The Journal of Traditional Eastern Health and Fitness)
www.qi-journal.com
1-800-787-2600

Insight Publishing, P.O. Box 18476, Anaheim Hills, CA 92817

Wayfarer Publications - Publisher of T'ai Chi Magazine
www.tai-chi.com
1-800-888-9119

P.O. Box 39938, Los Angeles, CA 90030

