



108 Insights into Tai Chi Chuan, Revised: A String of Pearls

Michael Gilman

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108 Insights into Tai Chi Chuan?A String of Pearls, focuses on important elements of Tai Chi: health, breathing, posture, body mechanics, visualization, Chi flow, Pushing Hands, and more. 108 Insights into Tai Chi Chuan is written by Michael Gilman, who has been teaching Tai Chi for more than twenty years. He is also a national Grand Champion competitor in Pushing Hands (Taste of China tournament, 1994).

You'll discover how to get the fullest health benefits from Tai Chi, improve your Pushing Hands with simple exercises and visualizations, and learn tips to keep your body (especially the knees) in tune for a lifetime's worth of Tai Chi.

- Have more fun with your practice!
- Improve your skills!
- Discover helpful insights on teaching others!
- Enjoy the good health that Tai Chi brings!

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