

Yang Long Form - Tai Chi for Health

Tai Chi for Health – Yang Long Form DVD-Rip: Language: English Subtitles: None
Running Time: 120 minutes Codec: XviD Resolution: 512×384 Sound: 48000Hz 95 kb/s [stereo] Aspect Ratio: 1.333:1 One of the essential principles of t'ai chi is complete relaxation, letting the lower body sink as if rooted into the ground while the upper body floats above. The movements are slow, circular, fluid, and balanced. In T'ai Chi for Health: Yang Long Form, instructor Terence Dunn teaches the complex, 108-posture Long Form with clarity and patience. The format of this 120-minute video is similar to T'ai Chi for Health: Yang Short Form: 7-minute explanation of the qualities, philosophy, and health benefits of t'ai chi; 10-minute breathing and warm-up segment; 20-minute introduction to basic postures; full hour of step-by-step instruction in the 108 postures of the Yang Long Form; and finally a 15-minute Yang Long Form demonstration. Dunn is an excellent instructor, explaining each move in detail and demonstrating with grace, suppleness, and strength.

Archive: <https://archive.ph/wip/j8OQ0>