

Dear Readers,

The classical authors say that the taiji is the cause of stillness and motion. On that premise, the martial art of taijiquan is increasingly becoming a modern preventive and therapeutic method. But can taijiquan live up to the many promises made in its name? In this issue of Taijiquan Lilun the science journalist, Dr Michael Wenzel, gathers the findings of western research on the subject of taijiquan in relation to health. Accompanying the summary are articles and interviews with experts who apply taijiquan in the health professions.

Thus everyone will be able to form their own impression of what taijiquan is capable of in the field of health according to medical research to date.

Here's to a good read!



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To prolong life. To extend the years.
Eternal spring. 6

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