

TAI CHI BIBLIOGRAPHY

Recommendations by Instructors at Open Sky Martial Arts
July 20, 2011

Please note that this book list is in ranking order of importance for further studies.

- 1. Chen Style Taijiquan: The Source of Taiji Boxing**
by Davidine Siaw-Voon Sim & David Gaffney
North Atlantic Books, Berkeley, CA. c. 2002
Excellent resource.
- 2. Cheng Tzu's Thirteen Treatises on tai Chi Ch'uan**
by Chen Man Ch'ing. North Atlantic Books, c. 1985.
- 3. There Are No Secrets: Professor Cheng Man-Ch'ing and his Tai Chi Chuan.**
by Wolfe Lowenthal, North Atlantic Books, c. 1991.
- 4. Steal My Art: The Life and Times of T'ai Chi Master T.T. Liang**
by Stuart Alve Olson, North Atlantic Books, c. 2002.
- 5. Teaching Tai Chi Effectively**, by Dr. Paul Lam, Tai Chi Productions, Australia, c. 2006. <http://www.taichiproductions.com/secureshop/category.php#Books>
- 6. Tao Te Ching**, translated by D.C. Lau, Penguin Classics, c. 1963.
- 7. Tao Te Ching**, translated by Derek Lin, Skylight Paths Publishing, c. 2006.

There are many translations of the Tao Te Ching. We liked these.

DVD's

DVD's by Wang Hai Jun, order on-line <http://www.wanghaijun.com/>

18 Movement Chen Style Taijiquan Form
Silk Reeling and Foundation Exercises
Lao Jia Yi Lu, volumes 1 and 2

Magazine

Tai Chi Magazine, Wayfarer Publications
http://www.tai-chi.com/taichi_info.php

Publisher

<http://www.northatlanticbooks.com/category/martial/taichi/>