Book review

TAI CHI CHUAN: STATE OF THE ART IN INTERNATIONAL RESEARCH: VOL 52 (MEDICINE & SPORT SCIENCE)

Editors: Youlian Hong


Subjects: Martial arts, health and fitness exercise

Reviewed by: Fadil Ozyener MD, PhD, Uludag University Medical School, Bursa, Turkey

Hong Youlian. A review of the medical literature that demonstrates some of these health benefits is included, with Tai Chi Chuan as the most studied of these. The health benefits discussed include strengthen and self-efficacy of the elderly, reduced falls, increased exercise capacity, and benefits to the immune system and autonomic nervous system. The paper emphasized the breadth of the Martial Arts and the import of these to the sports and health community. View full-text. Article. Tai Chi Chuan: State of the Art in International Research (Medicine and Sport Science, Vol. 52) [Hong, Y., Caine, D.J., Hills, A.P., Noakes, T.] on Amazon.com. *FREE* shipping on qualifying offers. Tai Chi Chuan: State of the Art in International Research (Medicine and Sport Science, Vol. 52). Tai Chi Chuan: State of the Art in International Research (Medicine and Sport Science, Vol. 52) 1st Edition. by Y. Hong (Editor), D.J. Caine (Series Editor), A.P. Hills (Series Editor), T. Noakes (Series Editor) & 1 more. 5.0 out
Tai Chi Chuan was originally developed as a form of martial arts and has been used for centuries in China as a health exercise. This unique collection of current scientific research reflects the characteristics and beneficial effects of Tai Chi Chuan in the fields of biomechanics and physiology, sensory motor control and fall prevention, psychology and social aspects, as well as in clinical application of Parkinson's disease, Alzheimer's diseases, coronary heart disease, chronic heart failure, breast cancer, rheumatoid arthritis and diabetes. This publication will not.


Tai chi chuan, ancient and distinctive Chinese form of exercise or attack and defense that is popular throughout the world. It employs flowing, rhythmic, deliberate movements, with carefully prescribed stances and positions. Learn more about tai chi chuan in this article. Encyclopaedia...
Tai chi (Chinese: 太極; pinyin: Tàijí), short for T'ai chi ch'üan or Tàijí quán (太極拳), is an internal Chinese martial art practiced for defense training, health benefits, and meditation. The term taiji is a Chinese cosmological concept for the flux of yin and yang, and 'quan' means fist. Etymologically, Taijiquan is a fist system based on the dynamic relationship between polarities (Yin and Yang). Developed as a martial art, it is practiced for other reasons: competitive wrestling in the format of
DESCRIPTION
This collection on the latest and practical research data about the characteristics and beneficial effects of Tai Chi Chuan on various physiological and pathological matters is published as the 52nd volume of Medicine and Sport Science Journal

PURPOSE
To address the effects of Tai Chi Chuan in the fields of biomechanics and physiology, sensory motor control and fall prevention, psychology and social aspects, as well as various clinical applications

AUDIENCE
This is a thorough reference book for students, researchers, teachers and healthcare professionals in exercise science and medicine. In fact, anyone already practicing Tai Chi Chuan or considering it up would benefit from this book

FEATURES
The book is organised into four sections, each containing four to seven chapters: the first section focuses on biomechanical and physiological aspects of Tai Chi in seven chapters, the second section addresses the benefits of the sport in terms of sensory motor control and fall prevention in five chapters, the third section highlights the psychological and social aspects in four chapters, and in the last section the application of Tai Chi in clinical intervention such as in Parkinson's disease, Alzheimer's diseases, coronary heart disease, chronic heart failure, breast cancer, rheumatoid arthritis and diabetes is demonstrated in six chapters

ASSESSMENT
This 52nd volume of Medicine and Sport Science Journal on Tai Chi Chuan is a valuable and essential source of information brought together by recognized researchers around the Globe. The book is for everybody who is interested in understanding the effects and application of this fascinating form of exercise which has been developed as a form of martial arts and used for health exercise for centuries in China
Tai chi chuan: state of the art in international research: vol 52 (medicine & sport science). September 2008 · Journal of sports science & medicine. Hong Youlian. A review of the medical literature that demonstrates some of these health benefits is included, with Tai Chi Chuan as the most studied of these. The health benefits discussed include strengthen and self-efficacy of the elderly, reduced falls, increased exercise capacity, and benefits to the immune system and autonomic nervous system. The paper emphasized the breadth of the Martial Arts and the import of these to the sports and health community. View full-text. Article. Tai Chi Chuan: State of the Art in International Research (Medicine and Sport Science, Vol. 52) [Hong, Y., Caine, D.J., Hills, A.P., Noakes, T.] on Amazon.com. *FREE* shipping on qualifying offers. Tai Chi Chuan: State of the Art in International Research (Medicine and Sport Science, Vol. 52).  Tai Chi Chuan: State of the Art in International Research (Medicine and Sport Science, Vol. 52) 1st Edition. by Y. Hong (Editor), D.J. Caine (Series Editor), A.P. Hills (Series Editor), T. Noakes (Series Editor) & 1 more. 5.0 out of 5 stars 1 rating. ISBN-13: 978-3805584890. ISBN-10: 380558489X. Why is ISBN important? ISBN. See and discover other items: geriatric physical therapy, tai chi chuan. There's a problem loading this menu right now. Learn more about Amazon Prime. Tai Chi Chuan was originally developed as a form of martial arts and has been used for centuries in China as a health exercise. This unique collection of current scientific research reflects the characteristics and beneficial effects of Tai Chi Chuan in the fields of biomechanics and physiology, sensory motor control and fall prevention, psychology and social aspects, as well as in clinical application of Parkinson's disease, Alzheimers diseases, coronary heart disease, chronic heart failure, breast cancer, rheumatoid arthritis and diabetes. This publication will not. Tai Chi Chuan State of the Art in International Research. Tai chi chuan, ancient and distinctive Chinese form of exercise or attack and defense that is popular throughout the world. It employs flowing, rhythmic, deliberate movements, with carefully prescribed stances and positions. Learn more about tai chi chuan in this article. Encyclopaedia Britannica's editors oversee subject areas in which they have extensive knowledge, whether from years of experience gained by working on that content or via study for an advanced degree. See Article History. Alternative Titles: Chinese boxing, t'ai chi ch'uan, tai chi, taijiquan. Tai chi (Chinese: 太極; pinyin: Tàijí), short for 'Tai chi ch'üan' or Tàijí quán (太極拳), is an internal Chinese martial art practiced for defense training, health benefits, and meditation. The term taiji is a Chinese cosmological concept for the flux of yin and yang, and 'quan' means fist. Etymologically, Taijiquan is a fist system based on the dynamic relationship between polarities (Yin and Yang). Developed as a martial art, it is practiced for other reasons: competitive wrestling in the format of