

Mr. Ma Tai Chi School

Book

Tai Chi Ch'uan 24 Forms for Curious Learners

Co-authored by Andy Ma and Howard Rosenberg, *Tai Chi Ch'uan 24 Forms for Curious Learners* is devoted to 24 Forms, the most popular tai chi form. Millions of people throughout the world practice it.

This book will be of value to you if:

- You've heard about tai chi ch'uan and want to learn more about it.
- You're currently learning tai chi ch'uan from a qualified instructor.
- You've learned 24 Forms and want to improve your ability to perform it.
- You're a 24 Forms teacher who would like to use it to supplement your instruction.

Video Tape

Tai Chi for health, mind & body, Yang 24 Forms

The video tape, *Tai Chi for health, mind & body, Yang 24 Forms*, was produced by Professor Ming Cai Ma from Beijing sports University and performed by Mr. Andy Ma. Mr. Andy Ma focuses on the basic Standards and step-by-step procedures which is especially designed for the beginner. It is also helpful for those experienced in Tai Chi to improve and refine their techniques.

The video tape includes following contents:

1. Introduction of the whole Tai Chi Chuan 24 Form
2. Warm up exercises
3. Introduction to the fundamentals of Tai Chi Chuan 24 Forms with each movement
4. Step-by-step Instructions in 24 postures
5. Complete Tai Chi Chuan 24 Forms demonstration

How to order the products

The Book's cost is \$12.95, plus 6% Tax and \$3.00 for shipping and handling (Total: \$16.73)

The Video Tape's cost is \$29.95 plus 6% Tax and \$ 5.00 for shipping and handling (Total: \$ 36.75)

Or order both the book and the video tape for just \$ 48.48 in Total.

Please send check or money order to: **Mr. Ma Tai Chi School**

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U.S.A.

P.S. please allow us seven to fourteen days to ship to you.