

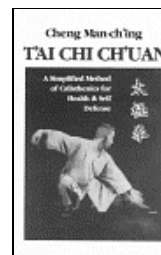
# Bibliography for CMC-style T'ai Chi Ch'uan

- ☉ Recommended (but not required) to help as you are learning the form:

Book: Simplified Calisthenics for Health & Self-Defense  
by Cheng Man-ch'ing

Video: T'ai Chi (Exercise for Lifelong Health and Well-Being)  
with Tricia Yu  
order from: [www.taichihealth.com/lifelong.htm](http://www.taichihealth.com/lifelong.htm)

Audio: Instructional CD-R audio recording for  
Cheng Man-ch'ing's 37 Posture T'ai Chi Ch'uan  
by Kim W. Kanzelberger  
order from: [www.centerstateaichi.com](http://www.centerstateaichi.com)



- ☉ Other books recommended for more in-depth study of t'ai chi, principles and philosophy:

Cheng-Tzu's Thirteen Treatises on T'ai Chi Ch'uan  
by Cheng Man-ch'ing Trans. by Lo and Inn

The Essence of T'ai Chi Ch'uan  
(translation of selected t'ai chi classics)  
by Lo/Inn/Amacker/Foe

Cheng Man-Ch'ing's Advanced T'ai Chi Form Instructions  
by Cheng Man-ch'ing Trans. by Douglas Wile

T'ai Chi Ch'uan Ta Wen  
Questions and Answers on T'ai Chi Ch'uan  
by Chen Wei-ming Trans. by Lo and Smith

Lao-Tzu: "My words are easy to understand."  
(Lectures on the Tao Teh Ching)  
by Cheng Man-ch'ing (or Man-jan Cheng) Trans. by Tam C. Gibbs



- ☉ Where to buy the books:

Most of the larger bookstores will carry the above books, though they may not have many or any copies at certain times. You can usually order books from the stores themselves or from their websites. Also try [www.amazon.com](http://www.amazon.com).

Catalog Sources:

Qi (The Journal of Traditional Eastern Health and Fitness)  
[www.qi-journal.com](http://www.qi-journal.com)  
1-800-787-2600

Insight Publishing, P.O. Box 18476, Anaheim Hills, CA 92817

Wayfarer Publications - Publisher of T'ai Chi Magazine  
[www.tai-chi.com](http://www.tai-chi.com)  
1-800-888-9119

P.O. Box 39938, Los Angeles, CA 90030

