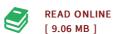




Healthy Exercise for Seniors and Non-Athletes

By Martin M Eisen Ph D

Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. For over sixty years, I have taught and studied Shotokan Karate, Aikido, Kwong Sai Jook Lum Mantis Kung Fu, Yang Tai Chi; Qigong and helped teach Yoga. During this time these arts have become mere shells of their original system, simplified and mixed, like chop suey. One reason is that in modern times few people have the time, interest or perseverance to study a classical art. Another is that to make a profit, you cannot criticize students, make them perform many boring repetitions, but must amuse them, Even prestigious medical centers, hospitals and universities offer these simplified activities for health, like Yoga, Tai Chi and Qigong (pronounced Chi Kung). They seem to have little knowledge of these original arts or know how to find genuine masters for teachers. Many teachers are well-meaning and follow their teacher s methodology, not realizing that their teachers really have little knowledge of their art. One purpose of this book is to describe classical Yoga, Tai Chi and Qigong to encourage interested teachers to further their knowledge in order to preserve these systems...



Reviews

Completely among the best pdf We have at any time study. We have study and i am sure that i am going to likely to read yet again once again in the foreseeable future. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Penelope O'Conner DDS

This book is great, it absolutely was writtern quite properly and beneficial. Its been written in an extremely basic way and it is merely after i finished reading through this ebook in which basically changed me, affect the way i really believe.

-- Leopold Schmidt