



# Taiji Quan: 48 Forms (Chinese Wushu Series)

*Chinese Wushu Association*

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There is a Chinese saying: "Half of all Chinese sports are Wushu (martial arts), and half of Wushu is Taiji." The saying is not very scientific, but it proves that Taiji Quan, with its long history, is a very popular sport widely practiced in China. Today, it has spread to all parts of the world and is practiced by ever more people in other countries.

These 48 Forms of Taiji Quan have all the special features of the traditional schools of Taiji Quan-the spirit of relaxation, softness, smoothness, circularity and continuity. Their practice calls for a quiet mind, a relaxed body, consciousness-guided movements, and a combination of hardness and softness. These forms are mainly based on Yang Style Taiji Quan, but also draw upon strong points and techniques of other styles. The exercises are smooth, circular, balanced, complete, lively and simple.

Scientific research and practice in competitions have shown that Taiji Quan routines help improve physical fitness and have a good curative effect. The 48 Forms are good for beginners and those who have already learned some Taiji Quan. They can help improve your physical fitness and prolong your life. *Illustrated.*

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