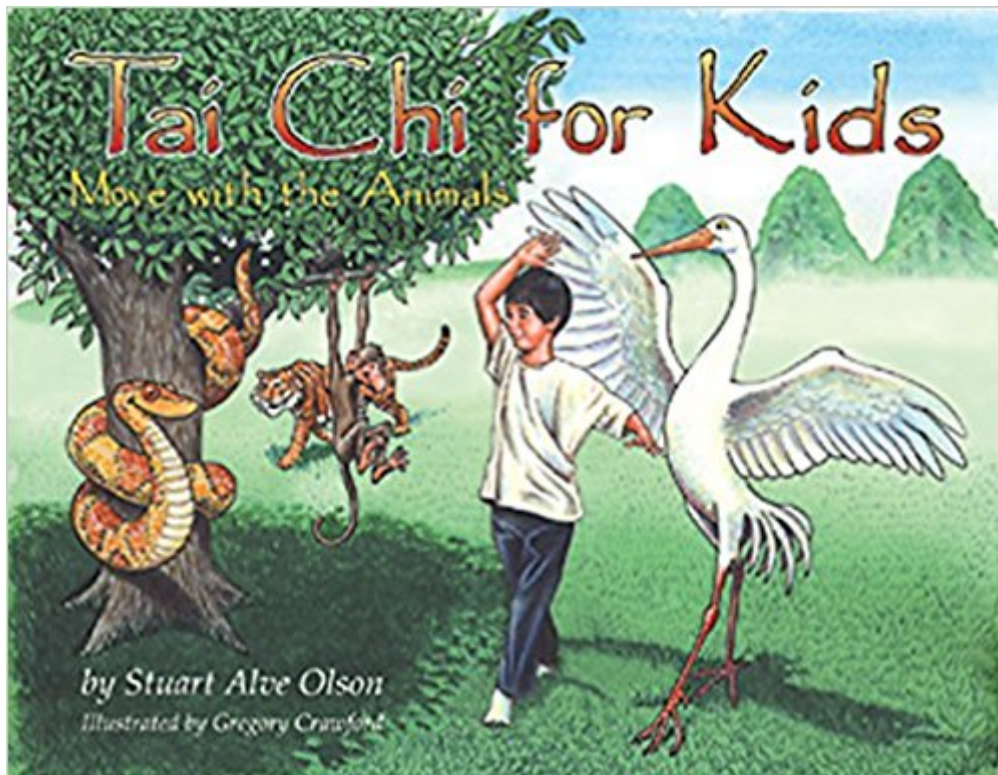




The book was found

Tai Chi For Kids: Move With The Animals



Synopsis

The first tai chi book exclusively for children ages 4 to 8.â € Uses children's delight in imitating animals to teach the eight basic tai chi forms essential for health.â € Each exercise is accompanied by colorful artwork and photographs of the author's 7-year-old son demonstrating postures.â € Written as a story to invite imaginative play and learning.â € Designed for children and parents to play with together and for independent learning by older children. Millions of adults practice the ancient Chinese exercise of tai chi everyday. Now children can experience the numerous health, learning, and social benefits of tai chi--focused attention; enhanced creativity, imagination, self-confidence; and improved balance, circulation, and overall health--through the eight simple exercises introduced in Tai Chi for Kids. Inspired by his own son's excitement with tai chi at the age of only three, master teacher Stuart Olson appeals to the innate imagination and playfulness of children to teach them the eight basic forms of a tai chi practice. Children have fun imitating animals while guided by colorful and playful illustrations and photographs of Olson's son, Lee, performing each posture. Olson uses the language of a storyteller, wonderful animal metaphors that invite children to pretend, and easy-to-follow step-by-step instructions so that every child can enjoy such exercises as "Chasing the Monkeys Away," and "Riding the Tiger to the Mountain." The book also includes a fun teaching tale of how tai chi first began that can be read out loud by a parent or independently by the older child. Tai Chi for Kids introduces children to a lifetime of physical fitness and instills in them a love of movement.

Book Information

Hardcover: 32 pages

Publisher: Bear Cub Books (November 1, 2001)

Language: English

ISBN-10: 1879181657

ISBN-13: 978-1879181656

Product Dimensions: 11 x 0.8 x 8.5 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 25 customer reviews

Best Sellers Rank: #511,835 in Books (See Top 100 in Books) #69 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #131 inÂ Books > Children's Books > Sports & Outdoors > Martial Arts #202 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong

Age Range: 4 - 8 years

Grade Level: Preschool - 6

Customer Reviews

"Tai Chi for Kids is a unique and enthusiastically recommended title for any family, school, or library collection." (The Children's Bookwatch, February 2002)"A great way to introduce your own children to this ancient healing and balancing movement art." (The Empty Vessel, Fall 2002)

TAI CHI / AGES 4-8 Tai Chi is fun for children because they can imagine they are playing with birds, tigers, monkeys, and dragons. They can even pretend they are flying. However, children also reap the many health, learning, and social benefits of Tai Chi--focused attention, enhanced creativity, and improved balance, circulation, and overall health--through the eight simple exercises introduced in Tai Chi for Kids. Inspired by his own son's excitement with Tai Chi at the age of only three, master teacher Stuart Olson appeals to the innate imagination and playfulness of children to teach them the eight basic forms of a Tai Chi practice. Children will love imitating the animals shown in the colorful and playful illustrations, and the photographs of Olson's 7-year-old son, Lee Jin, provide the perfect guide to each of the postures. Olson uses the language of a storyteller, wonderful animal metaphors that invite children to pretend, and easy-to-follow step-by-step instructions so that every child can enjoy such exercises as "Chasing the Monkeys Away," and "White Crane Cools Its Wings." The book is designed for children and parents to use together or for independent learning by older children. The book also includes an informative teaching tale of how Tai Chi first began. Tai Chi for Kids introduces children to a lifetime of physical fitness and good health. **STUART ALVE OLSON** has studied Tai Chi, meditation, and Chinese language for more than twenty-five years. Considered one of the leading authorities on Tai Chi, Stuart has published a number of books on the subject and has taught classes and workshops throughout the United States, Canada, Hong Kong, and Indonesia. He presently lives in northern California. **GREGORY CRAWFORD** is a self-taught artist who has made his living as an illustrator and designer for more than thirty-five years. He has worked in advertising, magazine and book illustration, film, and television. He is also active in community theater and is a passionate amateur stonemason. Gregory lives in Vermont with his wife, Jacki, and their German shepherd, Athena.

The heart of the book are the 8 animal-style movements. Unfortunately, the descriptions of the movements, even with the step-by-step photos, are difficult to understand and follow. I am already

quite familiar with tai chi, but still found the descriptions hard to follow. Perhaps a DVD would have been more helpful.

This book was a great help in teaching young children. The illustrations are beautiful. There are short paragraphs that go with the 'animal' movements. Children loved the book as much as learning the movements.

Enjoyable animal movements. I teach Tai Chi to Seniors, not kids.

This book has been fun for both the children and adults in learning about Tai Chi and the movements of the animals.

I am a T'ai Chi teacher, and had never taught children, therefore this approach has been very helpful. I also like the illustrations.

This book has wonderful, playful information to teach children tai chi. The illustrations and the pictures are wonderful. My grand daughter and I read about one animal at a time and she was very interested in seeing how each of the steps completed the move. The moves are fairly easy and after a little practice, she was doing the moves like she had been doing tai chi for years.

Today's children are always rushed. ADHD on top of that...whew! If you have, know, or work with a child who could benefit from a fun way to slow down, balance, concentrate, and relax - then this is a fun book to use. Tai Chi is a quiet and fun way to exercise the mind, muscles, and breathing!

I bought it for my 4 yr old grand son. He loves it. He does Tai Chi almost everyday. He puts the book on the floor, turns the pages as he follows the moves. I do Tai Chi also and he seemed interested. I am 74 yrs old and I am very excited about this.

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