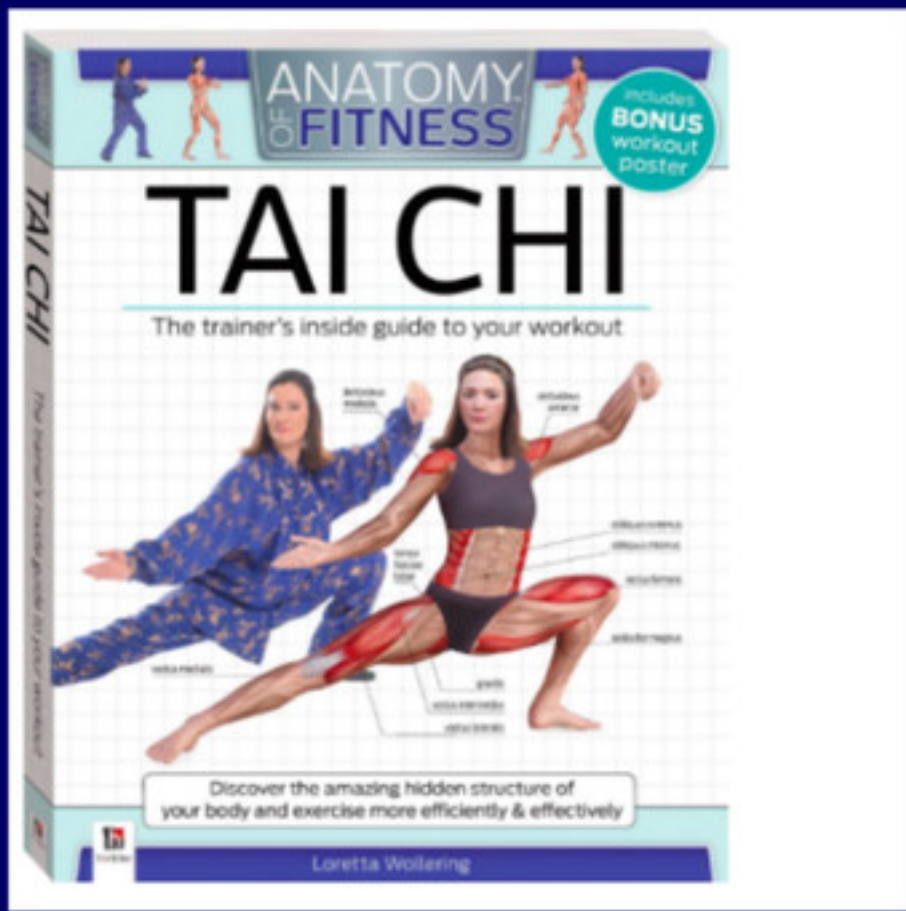


Recommended: “Anatomy of Fitness: Tai Chi”

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Book Cover of "Anatomy of Fitness: Tai Chi

Amazon.com

As a [Tai Chi](#) (Taiji) instructor, I often get questions from students about how Tai Chi movements affect the muscles. Thanks to *Anatomy of Fitness: Tai Chi*, I now can better articulate my reply.

Authored by Tai Chi Master [Loretta Wollering](#) of New Jersey, *Anatomy of Fitness: Tai Chi* came out last year. This well-produced book is part of the Australian publisher Hinkler Books' series of *Anatomy of Fitness*.

Master Wollering is the lineage holder of late Grandmaster [Jou Tsung Hwa's](#) teachings in Tai Chi chuan and Daoist (Taoist) practices. During her apprenticeship with Jou, she used Jou's training methods to heal herself from a knee injury and Crohn's Disease while finishing graduate school. She managed Master Jou's famous school, "The Tai Chi Farm" as well as his Zhang San Feng Festival. She accompanied him in the US and internationally as an assistant instructor and served as an editor on the latest edition of the best-selling Tai Chi Chuan book, *The Dao of Taijiquan*. Wollering has appeared in

publications and TV news. She has authored several articles, ebooks, and a DVD prior to this new book. She has won numerous awards, including the Community Leadership Award from the [President's Council on Fitness and Sports](#). She is a member of the [United States Martial Arts Hall of Fame](#). She owns and teaches a Tai Chi school in NJ and also offers Tai Chi lessons online. She has simplified the name of Master Jou's Zhang San Feng Festival as the "Tai Chi Gala" and has run it in his honor and tradition for years.

Anatomy of Fitness: Tai Chi is a great resource for anyone who wants to understand what Tai Chi Chuan is or for a Tai Chi practitioner who wants to have a deeper understanding of the art. It includes an overview of Tai Chi Chuan history with clear explanations along with great photos and illustrations of some important ancestors. It provides a simple and helpful write-up about its health benefits. It offers advice on what to wear for Tai Chi practice, timing, and sounds to use for either indoor or outdoor practice as well as guidance of Tai Chi and nutrition. The Dantian is an essential part of learning and practicing Tai Chi. Since it is not an organ or tissue that can be easily identified, it is always a challenge for people to conceptualize it. Sifu Loretta does a sufficient job of explaining it in plain English without getting too deep. The illustration of the Dantian is helpful. There is instruction of proper breathing. I appreciate that the book devotes 14 pages to describe Tai Chi footwork with beautiful pictures.

The major part of the book focuses on the standard simplified Tai Chi 24 form based on the Yang Style Tai Chi. Sifu Wollering dissects each of the 24 movements into smaller moves and provides instruction accordingly. Again, there are multiple pictures to demonstrate all the small moves. There is also a large illustration of the anatomy to reveal which muscle groups are employed in each of the 24 movements. The book also presents few movements from Chen Style Tai Chi Cannon Fist with the same rigor. She adds a chapter to call out advanced balance training with few movements. This book also comes with a large wall poster with illustrations of the body front and back as well as the 24 modern Tai Chi movements.

The [review of this book on Amazon.com](#) is great with 4.2 out of 5 stars. Most reviewers praised it as "Excellent book for Tai Chi", "A Good Footing", "Great Tai Chi Book on so many levels" among others. One reader was disappointed that a modern form is chosen instead of a traditional form. But it does not matter to me whether it is for a modern or traditional form because the principle is the same. With that, I highly recommend this book for all Tai Chi practitioners as well as people who are just interested in finding out what Tai Chi is.

SUGGESTED LINKS

- [Shifu Wollering on legendary Tai Chi Grandmaster Jou Tsung-Hwa -- Part 2](#)
- [Shifu Wollering on legendary Tai Chi Grandmaster Jou Tsung-Hwa](#)
- [Shifu Loretta Wollering on Knee Therapy](#)
- [Tai Chi and weight loss](#)



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