

T'ai Chi Companion: a highly innovated Tai Chi textbook

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An example from T'ai Chi Companion: you can tap each one of the pictures on this page, and a video clip will play.
T'ai Chi Companion

David-Dorian Ross, nicknamed **Dr. Tai Chi**, is an American **Tai Chi** Champion and creative Tai Chi master. He has been ingeniously adopting advanced technologies to educate people about the ancient Chinese art of Tai Chi. His latest creation *T'ai Chi Companion – Part 1* is a brilliant textbook that integrates text, graphics and video together to deliver a powerful teaching tool on mobile devices.

Success analysis helps you focus on the things that go right instead of the things that go wrong. Always concentrate on your successes, rather than your failures. Under Success Analysis, write something positive about what you didn't practice her class today. Sometimes, this might just be the note, "well, I made it through a whole hour of practice!"

Knowledge analysis is the place to record new discoveries. Each practice session, work – out or competition provides lessons. Each time you do your tai chi lesson, ask yourself, "what did I learn new today?"

One last note. The only secret to mastering the art of Tai Chi Ch'uan is to practice. Practice a little every day – even if it's only five minutes. Like the Chinese say, "one step at a time, you can climb all the way to heaven."



David-Dorian Ross

David-Dorian Ross has won seven US gold medals, two World bronze medals and a World silver medal. He is passionate about sharing the beauty and healing power of Tai Chi. He was the executive producer and co-host of the 13-part public television series, *Tai Chi in Paradise* and the host of the award-winning videos *Tai Chi in Paradise* and *Flow Motion*. His teaching videos have won two Aegis Awards for Best Video in the category of Training/Education as well as two Telly Awards. In 2009, he created ***Tai Chi Minutes*** online to share the tips and advice with Tai Chi practitioners all over the world. In 2010, he teamed up with **World Tai Chi & Qigong Day (WTCQD)** and streamed the video clips of the celebration. It was the first time this global live streaming effort was undertaken. More than 20 cities were able to participate. He was the recipient of the Media Award presented by the 12th World Congress on Qigong & Traditional Chinese Medicine (TCM) in 2010. He also created and hosted an online talk show *Chi Chat* for a while.

T'ai Chi Champion was a workbook that David-Dorian published to teach the Yang Style 24 form. He also published a companion DVD. This year, he used iBooks and edited videos clips from *Tai Chi in Paradise* and *Tai Chi Minutes* into the book. Readers can review the text along with sequence diagrams, look at the photos with clear markings of the key points and watch the video clips for detailed instructions and movement demonstration on their iPads. The benefits of using the iPad include the ability to enlarge text, illustration or photos. For pictures, which have markings, you can tap each of the markings and extra information becomes visible. You can watch a video clip playing on each page or you can bring it to a full screen. Detailed Tai Chi movements are demonstrated in the video with multiple angles. Sometimes, you can see a rear view in a picture-in-picture mode along with a front view to have a complete understanding of a movement.

Tai Chi in Paradise is an award winning teaching video. It was filmed at a beautiful Hawaiian oceanfront and is scenic and soothing to watch. To help viewers to conceptually understand each movement, it also used footage of a horse, a crane and a monkey at the beginning of the video clips for Parting the Wild Horse Mane, White Crane Spreading Wings and Repulse Monkey, respectively. C.J. McPhee, who was the main demonstrator in the video, even played a similar musical instrument for the Playing Pipa movement.

The *T'ai Chi in Paradise* e-book covers Six Basic Tai Chi Principles, the Basic Tai Chi Positions, and the first nine movements of the 24 Form. The book is extremely beautiful to look at. With sandy beaches, blue water and white clouds as a backdrop, the book puts the mind at ease. It is available for download on iPad with iBooks 2 or on computer with iTunes <http://itunes.apple.com/us/book/the-tai-chi-companion/id539166333?mt=11&...> David-Dorian said that the Kindle and Nook versions are in development and will be out in about a month. Then they will produce Part 2 of the Companion for all the different e-readers.

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