

SHENG KENG YUN

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EL LIBRO DE EJERCICIOS DE MU LAN CHUAN

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técnicas que mejorarán
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Libro De Ejercicios De Mu Lan Chuan

Christian F. Hanche



Libro De Ejercicios De Mu Lan Chuan:

El Libro de ejercicios de Mu Lan Chuan Sheng Keng Yun,1999 El Mu Lan Chuan es una forma de Tai Chi y Chi Kung que ayuda a mejorar la salud y aumenta considerablemente la energia del organismo Sus movimientos estan inspirados en la conocida leyenda de Hua Mu Lan popularizada durante el siglo V en el poema La cancion de Mu Lan En el se relata el gran amor que la joven Mu Lan sentia por su padre famoso general del ejercito chino quien habia transmitido a su hija las habilidades adquiridas durante su larga carrera militar Cuando el Emperador ordeno al padre de Mu Lan incorporarse al combayte en la frontera con Mongolia el general era ya muy viejo y se hallaba enfermo pero su orgullo le impedia negarse Para salvar a su padre Mu Lan se disfrazo de hombre y se incorporo a las tropas en lugar del anciano Su extraordinaria habiliad en el combate y su gran valor en el campo de batalla le dieron pronto un gran renombre Despues de la guerra Mu Lan regreso a su hogar convertida en heroina transformandose pronto en un personaje de leyenda *Bibliografía española* ,2000 **Boletín bibliográfico mexicano** ,1999 *Books In Print 2004-2005* Ed Bowker Staff,Staff Bowker, Ed,2004

The Mu Lan Chuan Exercise Book Keng Yun Sheng,1998-10-01 Mu Lan Chuan is a form of Tai Chi and Chi Kung whose graceful movements are inspired by a 5th century narrative poem The Song of Mu Lan that tells of a young girl s devotion to her father Author Sheng Keng Yun has practised Mu Lan Chuan since a young age and here she illustrates and explains every movement Most use the whole body and stimulate important acupuncture points It is especially good for lower back pain digestive and intestinal problems and reproductive health *Tai Chi* Christian F. Hanche,2003-03 Esta bella coleccion ilustrada agrupa las tecnicas y metodos mas populares y efectivos para todos aquellos lectores preocupados por la salud que desean mejorar tanto en su estado de animo como en su aspecto fisico *TAI-CHI CHUAN. Los ejercicios básicos* Shing Yen-Ling,2008-05-15 Actualmente se comprenden mejor los efectos de tai chi chuan en la mejora y el restablecimiento de la salud Practicando los ejercicios del tai chi chuan las personas sedentarias pueden mejorar su forma f sica y los enfermos cr nicos pueden liberarse del sufrimiento El tai chi chuan puede ser tambi n beneficioso en la convalecencia de una enfermedad Adem s el tai chi chuan favorece que cultivemos nuestro esp ritu as como que logremos un f sico fuerte mediante la pr ctica regular con lo cual podemos moldear nuestro temperamento y promover cualidades personales positivas tales como la calma la sobriedad y la represi n de la impetuosidad y de la ira Cuando el entrenamiento ha alcanzado un grado t cnico suficientemente alto se pueden empezar a desarrollar t cnicas de defensa y ataque para la autoprotecci n Este libro presenta elementos b sicos de Tai chi chuan mediante secuencias fotogr ficas claras y explicaciones sucintas de los movimientos haciendo que al lector le sea m s f cil aprender por imitaci n Con sencillez resume tambi n las caracter sticas las funciones y las normas b sicas del tai chi chuan as como el modo de practicarlo con el objetivo de que este libro se convierta en una gu a y en un til manual de referencia para los principiantes y para los practicantes de tai chi chuan que aprenden por s mismos El libro nos ense a el modo de practicar tai chi chuan las posiciones corporales b sicas los beneficios del tai chi chuan los puntos

en los que hay que prestar atención el entrenamiento básico los movimientos básicos los veinticuatro movimientos simplificados y los cuarenta y ocho movimientos de tai chi chuan La autora Shing Yen Ling es experta en muy diversas artes marciales y en la actualidad trabaja en la facultad de Educación Física de la Universidad de Gakugei de Tokio

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