

Secrets Of Authentic Tai Chi

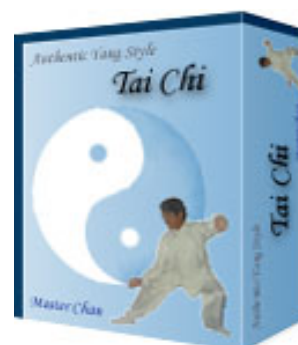
Discover the ancient exercise that dramatically improve your health, boost your energy and keeps you fit and young.

[CLICK HERE TO DOWNLOAD THIS E-BOOK](#)

It's true! **Tai Chi a day kicks the doctor away!** Learn...

"How To Dramatically Improve Your Health And Boost Your Energy With The Authentic Tai Chi Exercise"

Finally Revealed! After Teaching Tai Chi for **31 years** And Producing Hundreds Of Top Students, 69-Year-Old Malaysian Grand Master Exposes For The First Time Ever His Authentic Tai Chi Movements Anyone Can Learn For Continuous Health Improvement No Matter How Much Experience You Have Or What Your Health Conditions Are...



**Now You Can Achieve Greater Health
With This Simple And Easy To Follow Step-By-Step Tai Chi
Course**

From: James Pang
Malaysia
Tuesday, 4:09 p.m.

Dear Friend,

You may have heard of the amazing health benefits of Tai Chi exercise. But here's how I found out...

6 years ago, I saw my friend, Eric doing some strange and gentle movements at his home. "What are you doing?", I asked. "Tai Chi", he replied without looking at me.

After finishing his movements, Eric explained, "I had diabetes 3 years ago. Immediately, I quit smoking, eat less and tried all sorts of exercises. But my sugar level wouldn't drop."

"You know what...", he continued, "after practicing Tai Chi for 2 weeks, my sugar level started to drop consistently!"

"Amazing... Who do you learn from?"

...That Was How I Began My Journey Towards A Better Health With Tai Chi

In my small country, 4 peoples are getting stroke and 5 new cancer cases are reported every single hour. Right now, 10 percent of the population suffer from diabetes.

Besides having a healthy emotion and healthy diet, exercise is one of the most important activity you can do for a healthier body.

But which exercise is better?

Jogging is too tiring. It speeds up your knee's wear and tear too. What about swimming?

Swimming is one of the best exercise to do. But the problem is... nowadays, they add a lot of chlorine in the water. Your skin absorbs it and excess chlorine wreaks havoc in your body.

Sports are only for young people. You cannot engage in rough sports after you reach middle age and above. The chances of severe injury are high...

One Exercise That You Can Safely Do Even At 80 Years Old - "Tai Chi"

Actually, Tai Chi is more than exercise.

It's about movements to circulate your body invisible energy called "chi". Smooth circulation of "chi" energy ensures a healthy body. Stagnant and blocked "chi" energy causes all sorts of chronic disease.

If practiced correctly and sufficiently, you can use this ancient exercise as an effective alternative healing for today's health problems. With Tai Chi, you can naturally...

- Improve your chronic disease slowly but steadily
- Feel more energetic to do things you love
- Strengthen your immune system to shield yourself against sicknesses

- Maintain your youthfulness
- Relieve your stress and calm your mind

So, are you ready to tap into the power of this ancient exercise and...

Feel The Energy Of Tai Chi?

Stop.

Why not begin your Tai Chi lesson now? Stand back of your pc and follow the instruction below...

The first preparation form is "**Opening Stance**". You stand straight with feet separated at shoulder's width. Let both hands drop naturally without touching your body. Look to the front. Fully relax your neck and shoulder ...

Now comes the second Tai Chi step, "**Opening Form**".

While slightly bending your elbow, slowly raise both hands up to shoulder's height. Can you get it?

Then, gently drop down your elbows to guide your palms down. Imagine pressing down a big ball slowly. Press until your hands nearly touch your leg. That's it. Simple?

Well... this "Opening Form" is the most simple movement out of the complete 85 forms Yang Style Tai Chi. Although it looks simple, most practitioner couldn't get it right at the beginning.

Why?

Because you can only experience the real energy of Tai Chi movements after some considerable practice. It looks simple but subtle. All of its movements emphasize on...

Slow, gentle and smooth...

If you want to feel the difference, simply repeat the two Tai Chi steps above continuously for 10 times, 20 times or 30 times. Each time, try to make the movement slower and smoother.

I guarantee that you will feel some difference.

Only Slow And Smooth Tai Chi Movement Can Circulate The "Chi" Energy In Your Body...

When you achieve this, you will feel a lot of difference in your health.

The next form is "**Grasping Peacock's Tail**". This form consists of 4 more sub-forms. These are the most important movements in Tai Chi. It's a bit difficult to explain the form movement here. To learn this form, you need to really see the video illustration in my

Authentic Tai Chi ebook.

In this ebook, you will learn...

- How to perform the first 14 Yang Tai Chi movements. Simply follow the animations to begin your Tai Chi exercise straight away.
- How to combine all 14 forms into a complete and continuous movement. Follow the video of my master doing it facing mirror wall backing you. Feel as if you are following his actual training class. Get full view of his movement from another viewing angle in the second Tai Chi video.

"Great Tai Chi Video"

Hello James ,

The video is great! Now I feel like I am really learning from the Master. Truly a graceful movement in the video.

Thank you James..
God's Blessings to you

Dr. Larry Farrugia
dr_larry@sbcglobal.net

- How to move your hands, legs and waist for smooth and gentle movement to produce the "chi" energy.
- How to distribute your body weight between your left and right leg. Important for the flow of "chi" energy.
- How to avoid the common mistakes most Tai Chi practitioner make.
- How to perform better than most practitioner with my master's secrets and tips.

This is the complete guide to Tai Chi that lets you learn this ancient exercise quickly and easily. You can begin your Tai Chi exercise in a few minutes from now. And start your journey towards a healthier life.

To preview this ebook and learn the first 5 Tai Chi forms with animated email course, simply fill in the form below...

Free Tai Chi e-Course Signup Form

You'll get my Ultimate Health Newsletter too

Enter Your **First Name**

Enter Your **Last Name**

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I respect your email privacy, and promise not to sell or share your information to anyone for any reason

Who Is My Tai Chi Master?

I'm James, a 28-year-old guy living in Malaysia. This multi-racial country lies to the north of Singapore. I've been practicing Tai Chi for 4 years but this is not important...

During these years, I've learnt from 4 masters before getting lucky to meet the final one - the best Tai Chi master I've ever seen - **Master Chan**.

That day...

I happened to learn Tai Chi with my 4th master when Master Chan came to visit. He is actually my 4th master's trainer. After watching me for some time, this 69-year-old man approached me and said,

"Young man, your Tai Chi is not bad. But *your movements are empty*."

At that time, I didn't know what he meant. But I decided to learn from him. And that changed my whole perception of Tai Chi...

Master Chan Showed Me What Tai Chi Really Is

This ancient exercise is really a martial arts form - very powerful and subtle. It looks slow but fast, gentle but strong, soft but hard... based on the foundation of yin and yang.

It produces very strong internal energy called "jing". Because of this energy, you can feel more energetic and stronger. Tai Chi is also proven to improve many types of chronic diseases and aging problems.

See how Master Chan releases his internal "jing" energy... (please wait while it loads)

Master Chan is a martial arts fanatic. In the course of 31 years, he tried all sorts of martial arts but settled for Tai Chi as the best.

He is actually the 6th generation Yang Tai Chi Master originated from Yongnian, near Shanghai, China. As a student of Master Fu Sheng Yan, he even had direct training with his Grand Master - the well known Fu Zhong Wen.

Here are some of his photos...



Left: Master Chan (left) with Master Fu Zhong Wen

Middle: Master Fu Zhong Wen giving Tai Chi lesson to Master Chan

Right: Master Chan and other practitioners getting Tai Chi tips from Master Fu Zhong Wen at 3am morning!



Left: Master Chan and his team representing Malaysia in an international Tai Chi competition

Middle: Master Chan (2nd left) with his students after a Tai Chi competition

Right: Learn Tai Chi movement from Master Chan

Now...

You can learn all the nuts and bolts of Tai Chi from this great master. I've practically dig out all tips and secrets from Master Chan and compiled it into a complete training program - The **Authentic Tai Chi** ebook.

**Just follow the animations and videos
to start your Tai Chi lesson immediately...**

Before we go on, I'm sure you probably have some unanswered questions and concerns. So here are some of the most common:

Q: "I don't have any experience"

A: It's alright! This course teaches Tai Chi from the very basic. In fact, it's better if you're a beginner. You don't need to unlearn other previous movements. You can get your Tai Chi movement correct from the beginning.

Q: "I am too old for this"

A: With gentle and slow movements, Tai Chi is completely safe for senior people. In fact, some people in their 70s and even 80s still practice it everyday. It has shown promise in improving balance and flexibility among seniors.

Q: "I don't have much energy for this"

A: Unlike other exercises, Tai Chi is not tiring at all. When you begin doing it, you will feel your heart beat increase slightly. Then, you feel some warmth in your body and begin sweating. Amazingly, you still can breathe normaly without gasping for breath.

You can easily practice it for 20 minutes, 40 minutes and even longer. After each session, you will feel refreshed like a fully charged battery.

Q: "I don't have time for this"

A: If you want a heathier life, you must cultivate the habit of exercise. Tai Chi is very

flexible. You can practice for 5 minutes, 10 minutes or any duration you like. To do more, just repeat the steps again. Do it anywhere you like even in your living room.

Q: "I have heart problems, diabetes, cancer, etc..."

A: It's okay... If you're too weak, just do it slowly for a shorter time. When you feel better, increase the duration slowly. At first, you might not want to bend your knee for a more relaxing movement...

"Excellent Animation and Instruction"

Dear James,

I was very happy to go through your instructions on the moves and the animations were excellent. They are very informative and educative.

Thank you very much for the instructive site that you have developed.

S. Seetharaman
South India

No exercise compares with Tai Chi for effectiveness in health improvement, flexibility and safety.

I highly recommend you to try this exercise and feel the difference it makes to your health. Have fun along the way too!

Now...

You may be asking how much this Authentic Tai Chi ebook costs?

To be honest, Master Chan charges \$50 per hour for his training. On average, he teaches two Tai Chi forms in an hour (including your practice time). That means, to learn 14 forms, you need to pay at least \$350.

I actually bought some Tai Chi DVDs from the so-called expert teaching only 5 to 6 forms of simplified Tai Chi (which are not that accurate after all). Their cost? Most ranges from \$20 to \$40 before adding courier charges. Not much value for money since you only learn a little simple movements without the true essence of Tai Chi.

Well, for this Authentic Tai Chi ebook, if you order now...

You can have it for only \$18. Yes, this is true value for money considering how much real expert's training and experience you get with this course.

Because this ebook is delivered digitally, there is no printing and transportation costs. I have no inventory and no fulfillment costs. I don't even need to pay anyone to take orders

over the phone.

This way I can pass along my cost savings to you. So, you only pay for your lessons, not for papers, cds and other unnecessary charges. You win and I win...

I received a lot of compliments for happy learners around the world. They gave me a lot of useful suggestions to make this Tai Chi course better. Because of digital delivery, I can easily send you any additional ebook updates in the future (which I often do).

However, this competitive price may not last forever. I will revise it from time to time. So, this price may be higher when you come next time.

Here are even better deals for you...

3 FREE Bonuses When You Order Today

Bonus #1: "How Much SUGAR Is Hidden In Your Foods"

(A \$14.90 value)

Sugar is a "sweet killer". This 40-page special report reveals the truth of how sugar wreaks havoc in your body. Here's what you'll discover...

- How sugar causes diseases from dental caries to hypertension and even cancer. *See Page 7*
- How sugar affects your children's health. *See Page 12*
- Side effects of artificial sweeteners. *See Page 26*
- 11 ways to curb your sugar craving. *See Page 32*
- 78 Ways sugar can ruin you. *See Page 37*

Bonus #2: "Your IMMUNE SYSTEM - The Best Protection Against Illness" (A \$12.90 value)

You have a complex and highly efficient immune system to protect you against all sorts of sicknesses. This 33-page special report reveals how your immune system works and how you may unknowingly weakens it day by day. Discover...

- How your immune system become weak with medical treatment, unnecessary surgeries, harmful foods, bad environment, unhealthy lifestyle and toxic chemicals. *See Page 3*
- What is your immune system organs and its functions. *See Page 12*
- How your immune system protects you every second. *See Page 15*
- How to have a strong immune system - 5 Golden Rules for health. *See Page 21*

- 9 foods that keep the doctor away. *See Page 27*
- 7 nutrients that boost immunity. *See Page 31*

Bonus #3: "How DANGEROUS Is Your Mobile Phone"
(A \$9.90 value)

Mobile phones are everywhere. This 21-page special report reveals the bad effects of mobile phone radiation to your health. You'll find out...

- How mobile phone threatens your health every second you use it. *See Page 3*
- The truth of Electromagnetic pollution - an overlook problem that causes serious health complications. *See Page 14*
- The real dangers of transmission towers. *See Page 19*

All include facts and findings from leading authorities and researchers. A truly valuable information only available right here, for free, if you order today. Don't decide now, just take advantage of my...

**No-Hard-Feelings, No-Hassle
Three Full Months Guarantee**

Try my "Authentic Tai Chi" course completely risk free for 90 days. If you don't learn anything or if you don't feel any health improvement, then just let me know within 90 days and I'll promptly issue you a full refund. Fair enough?

Study the course and learn those movements. I'm positive you will like it. I believe in Tai Chi. And I want you to give it a try... you owe it to yourself to at least try it. It's completely risk-free.

Don't like it? Just let me know within 90 days. Your money will be refunded quickly. It's as simple as that! No harm done. No hard feelings. And we still part as friends.

So go ahead! Secure your copy immediately...

**Yes, James! I'm Ready For Dramatic Health
Improvement With Authentic Tai Chi!**

[Click here to order securely by credit card](#)



And are you ready and willing to make drastic improvements to your health? If you are, then you know what to do. It's a no-brainer. Don't put this off any longer. Do it right now... immediately, while it's fresh on your mind.

If you leave because you want to "think about it," the price might be gone way up when you come back. You dawdle, you lose.

With each passing minutes, your health either becomes worst or better depending on what you do. A healthy body is not something money can buy. Take full responsibility of your health starting from today...

Why not begin your first step towards a heathier life now?

To Your Health,



James Pang

P.S. How can you lose? In fact, you've got nothing to lose except for the wonderful feeling of a healthier and energetic body *if* you don't get my Authentic Tai Chi course. I've got you covered with my 90-day guarantee, so if it doesn't work out, you get your purchase price back. [Click here to order now](#)

P.P.S. For a limited time, you can preview this Authentic Tai Chi lesson for free. Learn the first 5 Tai Chi forms through email course sent to your mailbox everyday. Just fill in the form below to get started right away... (while it's still available)

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