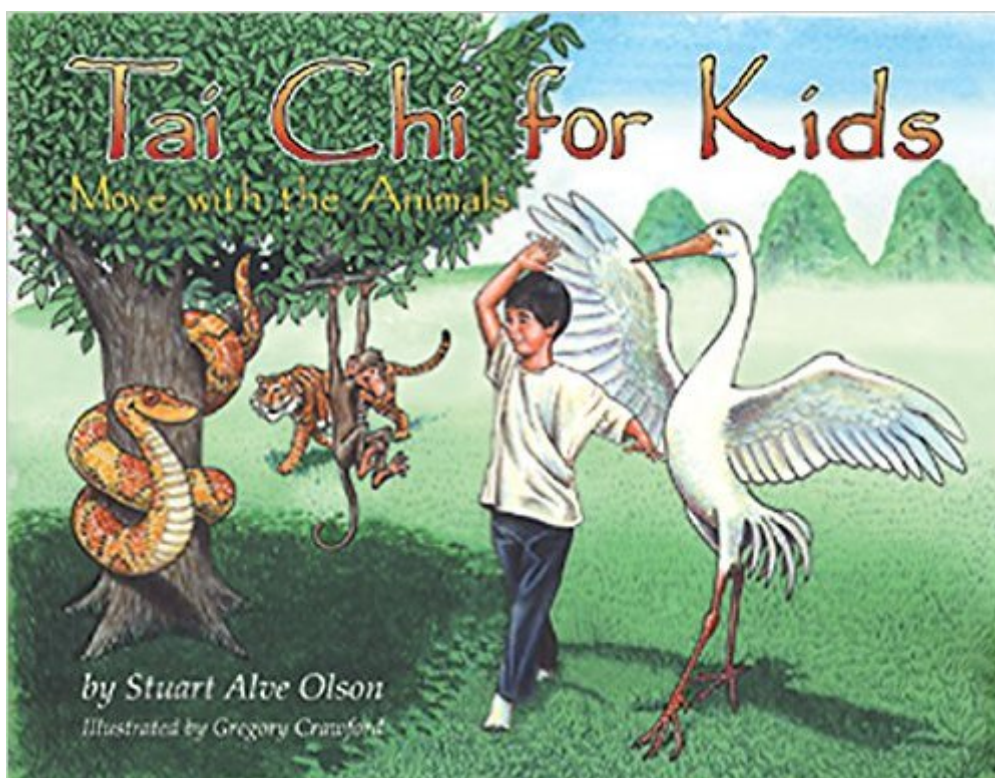


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# Tai Chi For Kids: Move With The Animals



## Synopsis

The first tai chi book exclusively for children ages 4 to 8. • Uses children's delight in imitating animals to teach the eight basic tai chi forms essential for health. • Each exercise is accompanied by colorful artwork and photographs of the author's 7-year-old son demonstrating postures. • Written as a story to invite imaginative play and learning. • 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: 4.4 out of 5 stars • See all reviews • (20 customer reviews)

Best Sellers Rank: #502,039 in Books (See Top 100 in Books) #79 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #119 in Books > Children's Books > Sports & Outdoors > Martial Arts #262 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong

Age Range: 4 - 8 years

Grade Level: Preschool - 6

## Customer Reviews

Stuart Olson's *Tai Chi For Kids: Move With The Animals* introduces young readers ages 4 to 8 to one of the ancient popular Chinese form of exercise. Eight simple but elegant Tai Chi movements are showcased and are simple enough that parents or caregivers can easily teach a child to perform. The illustrated presentations are particularly imaginative as they draw upon the mimicry and symbolism of animals and animal movements. The exercises include: Holding the Bird's Tail; Snake Slithering Down; White Crane Cools Its Wings; Carry the Tiger Back to the Mountain; Dragon Plays in the Clouds; Wild Goose Flies Away; Chasing the Monkeys Away; and Golden Rooster Stands on One Leg. *Tai Chi For Kids* is a unique and enthusiastically recommended title for any family, school, or library collection.

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.

I think it would be very difficult to learn tai chi solely from these narrative descriptions and still pictures. It's essential for users of this book to have left/right differentiation down cold. Only the most patient child could use this book for self-instruction. You really need someone reading the instructions to you while you try to follow them. It might be helpful to look up the 8 movements in the book on youtube to get an idea of what they look like. Use key terms rather than exact titles when searching, as there are variations on the name of the same movement (e.g. grasp bird's tail). The movements in the book are: 1. Holding the Bird's Tail 2. Snake Slithering Down 3. White Crane Cools Its Wings 4. Carry the Tiger Back to the Mountain 5. Dragon Plays in the Clouds 6. Wild Goose Flies Away 7. Chasing the Monkeys Away 8. Golden Rooster Stands on One Leg. The instructions for each movement are quite involved. Here is a sample (steps for Bird's Tail): 1. Stand with your feet apart and your arms hanging down. 2. Next, turn at the waist to your RIGHT as you point your RIGHT foot. Shift all your weight onto your RIGHT leg as you bring your hands up to catch the bird before it flies away. 3. Your RIGHT hand touches the top of the bird's head and your LEFT hand is underneath on the front of the bird's chest. You should feel like you are holding a big ball in your hands. 4. Now with

your LEFT foot, take one step out to the side. Your weight stays on your RIGHT foot and your body is still facing the RIGHT. At the same time that you move your LEFT foot, raise your LEFT hand and arm so that they are in front of your chest.<sup>5</sup> Imagine that you are picking up the bird as your LEFT arm moves up. You should feel like you are holding a big ball to your chest with your arm. As your LEFT hand moves up your RIGHT hand moves out to the side and down as if you were sliding it down the bird's back to its tail.<sup>6</sup> To finish, turn your waist to the LEFT and sit down a little bit so there is weight also in your LEFT leg and hold the bird. Your LEFT hand is embracing the bird's chest, and your RIGHT hand is holding the bird's tail.<sup>7</sup> Repeat 8 times on each side.

After reading the other reviews, I seriously considered not buying this book for my 17 month year old son. After some thought however and lack of other Tai Chi books for kids, I decided to try it anyway. Figuring that at least he could look at the pictures. At first glance my son let out an animal roar. I knew it was a success. The drawings are great perfect for a child's imagination. The book is segmented very clearly. It definitely explains Tai chi to kids in a fun creative way. I have nothing negative to say about this book. I can only wonder what some people expect from a children's Tai Chi book.

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.

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.

This is a great book. I love it!! Beautiful! I love the text and the drawing on every single page. It uses 8 animals' moves to show to kids how to do Tai Chi. The author featured his own son doing all the 8 animal moves of Tai Chi. It is fun and educational for both kids and adults. I highly recommend it!

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