



## The T'ai Chi Ruler: Chinese Yoga for Health and Longevity

By Terry Dunn

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*T'ai Chi Ruler* presents a unique system utilizing a unique tool—the wooden T'ai Chi ruler. It is an ancient system of Ch'i-Kung and martial exercise that develops internal energy through a series of seven powerful meditations. Unlike many disciplines with a narrow focus, the T'ai Chi ruler will improve and enhance the practice of any other T'ai Chi form or any form of martial art. These uses of the unique device will appeal to martial arts and T'ai Chi enthusiasts; Ch'i-Kung Yoga and meditation practitioners; students of Asian philosophy; and chiropractors, acupuncturists, and massage therapists.

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## The T'ai Chi Ruler: Chinese Yoga for Health and Longevity By Terry Dunn Bibliography

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### **Editorial Review**

#### Review

"*T'ai Chi Ruler: Chinese Yoga For Health And Longevity* presents an ancient form of Taoist ch'i-kung, using a specially carved wooden dowel, or ruler, held between the palms. The ruler acts as a focusing device to integrate mind and body. Eight internal exercises coordinate movement, breath, mind and vision...Advanced students practice at respiratory rates of two breaths per minute, with complete relaxation, to dynamically complement their t'ai chi chuan or other martial art. Beginners use the ruler as an easy-to-learn and simple-to-perform set of invigorating, yet calming exercises. Others may use it as a 'gymnastic medicine' to recover from illness or severe stress. The core exercises can even be practiced lying down, for those special health challenges."

*-Midwest Book Review*

#### About the Author

Terrence Dunn was born in 1954 and immigrated with his parents from Hong Kong to the United States when he was a child. With more than eighteen years experience and instructor's credentials in three schools of kung-fu (Tao Tan Pai, Sil Lum Five Animals, and Six Harmonies/Eight Methods), Terry creates greater awareness of these cultural treasures through his T'ai Chi for Health school, numerous publications, and Interarts Video. A senior student of t'ai chi ch'uan master Abraham Liu, he teaches t'ai chi ch'uan, Taoist yoga, and healing arts in Los Angeles, California.

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