

Tai Chi Fundamentals® Program Selected Bibliography and Additional Recommended Reading

SOFTWARE

Yu, T. and G Janz, Tai Chi Fundamentals Program Exercise Software Kit. Visual Health Information, 2008

RESEARCH

Reid-Arndt SA, et al., "Tai Chi effects on neuropsychological, emotional, and physical functioning following cancer treatment: A pilot study", *Complementary Therapies in Clinical Practice* (2011), doi:10.1016/j.ctcp.2011.02.005.

This study used the Tai Chi Fundamentals® Program as the Tai Chi intervention

BOOKS:

Kittel, M, Editor. The Doctors' Book of Home Remedies for Stronger Bones. Rodale Press, 1999.

Yu, T. Tai Chi Mind and Body. DK Publishing 2003. (Translated into eleven languages)

Yu, T. and J Johnson, Tai Chi Fundamentals for Health Professionals and Instructors. Uncharted Country Publishing, 1999.

ARTICLES in PROFESSIONAL PUBLICATIONS:

_____. "A Model for Teaching Tai Chi at a Work Site". *T'ai Chi Magazine*. Winter 2009:10-13.

_____. "Tai Chi Fundamentals" *Horizons CIGA Newsletter*. 1.3 Spring 2004:1.

_____. "Tai Chi Program Developed for Health Professionals". *PT Magazine*. May, 2000.

Arenz, D. "Reviews: Tai Chi Mind and Body" *Taijiquan Journal*. Spring/Summer 2004:44.

Bottomley, J. "The Use of Tai Chi as a Movement Modality in Orthopaedics." *Orthopaedic Physical Therapy Clinics of North America* 9.3 (2000): 361–373.

_____. "Tai Chi Fundamentals for Health Care Professional and Instructors [review]." *GeriNotes* Jan. 2001: 34.

Bottomley, J., and J.T. Sykes. "Lessons From China" [reviews *Tai Chi Fundamentals for Health Care Professional and Instructors*]. *The Gerontologist* 40.4 (2000): 509–510.

Chewning, B., J. Johnson, and T. Yu. "Tai Chi (Part 1): Ancient Exercise for Contemporary Life." *American College of Sports Medicine Health and Fitness Journal* 4.2 (2000): 1–6.

_____. "Tai Chi (Part 2): Effects on Health." *ACSM Health and Fitness Journal*, 4.3 (2000): 1–5.

DeFalco, J. "Incorporating Tai Chi and ROM Dance Exercise for Older Adults into Your Program." *Wellness Program Management Advisor* Oct. 2000: 4–5.

Dobson, S, "Tai Chi and Qigong Can be Applicable in the Acute-Care Setting" *Advance for Physical Therapists* 17:3 Jan 16 2006: 36.

Fritsch D., S. Watts, and T. Yu. "Range of Motion Dance: Bodyworkers Add Another Healing Technique to Their Tool Kits." *Massage and Bodywork*. Jun./Jul. 2000:12–22.

Johnson, J. and T. Yu. "Tai Chi for the Elderly." *GeriNotes* Jan. 2001: 21–24.

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ARTICLES in PROFESSIONAL PUBLICATIONS continued:

Matsuda, S, D. Martin, T. Yu, "Ancient Exercise for Modern Rehab" *Rehab Management Journal* March 2005:24-27.

Norton, A. "Tai Chi Gaining Ground as Exercise for Elderly. *Medline Plus* March 30 2005.

Nunberg, N. "Tai Chi Mind and Body Review." *Journal of Asian Martial Arts* 2.14 (2005):87.

Van Ryzen, J. "Nurturing Body and Mind: Program Aims to Bring Tai Chi to Older Adults" *Innovations, A Publication of the National Council on Aging* 35:1 Issue 1 2006: 13-17. *References to Tai Chi Fundamentals®*

Wolf, S.L."[Review of Tai Chi Fundamentals Materials" *Physical Therapy Journal* 80.11 (2000), 1132-1133.

ARTICLES in LAY PUBLICATIONS:

_____. "Go with the Flow with Tai Chi" *Weight Watchers Magazine* June.2005: 40- 44.

Smith, C. " Review: Tai Chi Fundamentals for Mastering Tai chi Basics." *Booklist* 1 Sept.2003:

Sobel, S. "New Twist on Tai Chi" *Weill College of Cornell University Food and Fitness Advisor* 8:12, Dec.2005.

Sullivan, K. "Review: Tai Chi: Exercise for Lifelong Health and Well-Being" *Video Librarian* 18.06 (2003) 33.

Teare, T "Your Personal Exercise Rx." *Fitness* Nov. 2003:141--143.

Additional Recommended Reading

BOOKS ON YANG STYLE, CHENG MAN CH'ING LINEAGE TAI CHI:

Chen, William. *Body Mechanics of T'ai-Chi Ch'uan*. Wm. CC Chen, 2 Washington Square Village #101, New York 10012;1989.

Cheng, Man-Ching and Smith, Robert. *T'ai-Chi*. Rutland, Vermont: Tuttle;1967.

Davis, Barbara *The Tai Chi Classics* North Atlantic Press 2004

Lo, Benjamin et al. (Trans.) *The Essence of T'ai-Chi Ch'uan*. San Francisco, CA: IRI Press; 2008.

Lowenthal, Wolfe. *There Are No Secrets: Professor Cheng Man Ch'ing and His T'ai-Chi Ch'uan*. Berkeley: North Atlantic Books;1991.

BOOKS ON BRAIN PLASTICITY:

The Brain That Changes Itself: Stories.... by Norman Doidge, Penguin 2007

The Emotional Life of your Brain... by Richard J Davidson & Sharon Begley, Hudson Street Press, 2012

Train Your Mind, Change Your Brain... By Sharon Begley, Ballantine Books, 2007

The Universe in a Single Atom... by The Dalai Lama, Random House, 2005