

Tai Chi Beginner - Class Reading Manual

by Richard Del Connor "Buddha Zhen"



Official Student Manual of Shaolin Chi Mantis™

The book, **Tai Chi Beginner**, was first published in 1992 using the printing press of Decker Lake Maximum Security Prison, where Richard Del Connor was teaching his "Tai Chi Classes" to the prisoners.

The second version has 444 pictures detailing the entire **Yang Style Tai Chi Short Form of Shaolin Chi Mantis** and the basic kicks and punches... PLUS: the entire *SCM Kung Fu Yoga Routine™*. *This version has been sold to students since 1994.*

This THIRD VERSION of **Tai Chi Beginner** was created for the new digital book formats that require smaller graphics, and new flexible text layouts. **Tai Chi Beginner** is a required book of all three schools founded by Buddha Zhen Shen-Lang:

www.ShaolinChiMantis.com

www.BuddhaKungFu.com

www.TaiChiYouth.org

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