

**Book review**

## **Tai Chi Chuan: State of the Art in International Research: Vol 52 (Medicine & Sport Science)**

**Editor:** Youlian Hong

**Bibliographic Data:** ISBN-10: 380558489X, ISBN-13: 978-3805584890; S Karger AG, Basel, Switzerland, 2008; £114.00, 244 pages, hardcover

**Subjects:** Martial arts, health and fitness exercise.

**DESCRIPTION:** This collection on the latest and practical research data about the characteristics and beneficial effects of Tai Chi Chuan on various physiological and pathological matters is published as the 52<sup>nd</sup> volume of Medicine and Sport Science Journal.

**PURPOSE:** To address the effects of Tai Chi Chuan in the fields of biomechanics and physiology, sensory motor control and fall prevention, psychology and social aspects, as well as various clinical applications.

**FEATURES:** The book is organised into four sections, each containing four to seven chapters: the first section focuses on biomechanical and physiological aspects of Tai Chi in seven chapters, the second section addresses the benefits of the sport in terms of sensory motor control and fall prevention in five chapters, the third section highlights the psychological and social aspects in four chapters, and in the last section the application of Tai Chi in

clinical intervention such as in Parkinson's disease, Alzheimer's diseases, coronary heart disease, chronic heart failure, breast cancer, rheumatoid arthritis and diabetes is demonstrated in six chapters.

**AUDIENCE:** This is a thorough reference book for students, researchers, teachers and healthcare professionals in exercise science and medicine. In fact, anyone already practicing Tai Chi Chuan or considering it up would benefit from this book.

**ASSESSMENT:** This 52<sup>nd</sup> volume of Medicine and Sport Science Journal on Tai Chi Chuan is a valuable and essential source of information brought together by recognized researchers around the Globe. The book is for everybody who is interested in understanding the effects and application of this fascinating form of exercise which has been developed as a form of martial arts and used for health exercise for centuries in China.

**Reviewed by:** *Fadil Ozyener MD, PhD, Uludag University Medical School, Bursa, Turkey.*