This book teaches what is still the most commonly known tai ji quan style: the Yang family tai ji quan, with a focus on the 40 Movements Routine.

A distinguishing feature of the modern Yang style tai ji quan style is its simple, gentle movements, which can be learned and practiced by people of virtually all ages and body constitutions. As a means of health cultivation, tai ji quan enhances coordination, strength and flexibility, and harmonizes both the body and mind, which is why it is known to promote mental and physical wellbeing as well as prevent disease.