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The Tai Chi Book Here is a book, written by a seasoned practitioner, that clearly and concisely presents the teachings of three high-level masters of T'ai-Chi as well as the teachings of other masters of movement and spiritual disciplines.

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The Art Of Taoist Tai Chi: Cultivating Mind And Body - L'art Du Tai Chi Taoiste: Pour Développer Le Corps Et L'esprit. by John Panter (2004-01-01) 1 Jan 1656 Spiral-bound

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benefits of practice, the important principles of the style, basic exercises, a complete breakdown of each movement in the traditional form with thorough explanations of all relevant details, as well as methods of testing the form for accurate execution.

Traditional Sun Style Course Book - Tai Chi for Health

Sophia Delza, a professional dancer and student of Ma Yueliang, performed the first known public demonstration of tai chi in the United States at the Museum of Modern Art in New York City in 1954. She also wrote the first English language book on t'ai-chi, "T'ai-chi ch'üan: Body and Mind in Harmony", in 1961.

Tai chi - Wikipedia

Tai chi chuan is an internal martial art that uses soft/round movements to redirect an opponent's incoming force. Qigong exercises are an internal method of increasing and circulating your body's energy (qi). This book teaches tai chi qigong exercises that are useful for improving your tai chi skills and overall health.

Tai Chi Qigong - YMAA

This book is designed for self-study and can help you learn both the Simplified Tai Chi Chuan 24 Posture form and the Simplified Tai Chi Chuan 48 Posture form quickly and accurately. Simplified Tai Chi Chuan 24 Posture is one of today's most popular tai chi forms. Once learned, it can be performed in only six minutes.

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