

Tai Chi Chuan Manual

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As a mode of attack and defense, tai chi chuan resembles kung fu and is properly considered a martial art. It may be used with or without weapons.

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Bataan Fagao on Cheng Man-Ching: As I was driving Lao Shr (Cheng Man-Ch'ing) home, he expounded on the secret of Tai Chi Chuan, using these very simple and precise

What is tai chi chuan?

Tai Chi (also written as T'ai Chi, Taiji, Tai Chi Chuan, among others) is a slow-motion, moving meditative exercise for relaxation, health and self-defense.

Tai chi moves

Welcome to 108 Tai Chi moves, where you can learn Tai Chi with a DVD.

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The Chinese art of Tai Chi Chuan is a form of physical exercise often practised in groups as part of a regular morning routine in the Far East.

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Tai chi chuan classical yang style, revised

Dr. Yang has really outdone himself with this manual on Yang Style Tai Chi Chuan. The first quarter of the book is a concise history of Chinese martial arts,

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