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Tai chi (taiji), short for T'ai chi ch'üan, or Taijiquan (pinyin: tāi jí-quān; 太极拳), is an internal Chinese martial art practiced for both its defense ...

Tai chi - Wikipedia

T'ai Chi Ch'uan: National 24 Form Standard Simplified Taijiquan Version, 24 Movements, 1956, Yang Style Taijiquan 24 Short Form, Simplified Tai Chi, Standard Beijing ...

Simplified Standard 24 Movement T'ai Chi Ch'uan Form (Yang

American Yangjia Michuan Taijiquan Association . Anatomy of Yang Family Tai Chi: A Guide for Teachers and Students. By Steffan de Graffenried.

Yang Style T'ai Chi Ch'uan Long 108 Form: Bibliography

The Chen family-style (陈式太极拳 or 陈式太極) is the oldest and parent form of the five traditional family styles of Tai chi. Chen-style is ...

Chen-style t'ai chi ch'uan - Wikipedia

El Tai Chi Chuan es conocido por las secuencias de movimientos que realizan sus practicantes y que se caracterizan por la unión de la conciencia y el movimiento ...

Qué es el Tai Chi Chuan - taijiquan.info

Learn about chi (qi) and how to feel it. A simple guide in plain English.

Chi Gong 101: How to Feel Your Chi Energy

The Wuhan Gang & The Chungking Gang, i.e., the offsprings of the American missionaries, diplomats, military officers, 'revolutionaries' & Red Saboteurs and the "Old ...

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Libro - Wikipedia

The people of Zhou Dynasty lived in an area that was considered to be the dwelling place of the Xi-rong & Rong-di, somewhere in western Shaanxi Province, near today's ...

Zhou Dynasty -- Political, Social, Cultural, Historical

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