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the Short Form, in easy-to-understand, step-by-step moves. Students can gain deeper insights (with explanations and insights) of the philosophy of Yin-Yang and the Five Elements theory. Tai Chi Chuan: 24 & 48 Postures with Martial Applications ... The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) by Peter Wayne | 17 Apr 2013 4.3 out of 5 stars 324 Amazon.co.uk: tai chi: Books 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.

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