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Illustrated Elements Of
By Angus Clark

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chi qi has evolved over three decades from something exotic mysterious and unfathomable to something obvious omnipresent and able to be observed in any and every situation in a sense it s bee mundane i remember an occasion many years ago when i was teaching tai chi taiji''dan docherty reviews practical tai chi chuan international

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both its defense training its health
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taiji is a chinese cosmological
concept for the flux of yin and yang
and quan means fist etymologically
taijiquan is a fist system based on
the dynamic relationship'

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