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## T'AI CHI STEP BY STEP



Hardback. Book Condition: New. Not Signed; This is a photographic guide to performing t'ai chi for health and peace of mind. It includes advice on preparation, warm up, when and how to practise, and how to integrate regular t'ai chi into your lifestyle. It contains a visual breakdown of the entire Wu form, with easy-to-follow instructions, and illustrations for every part of each movement. For the more advanced practitioner there is also instruction on working with a partner, push hands...

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- Authored by Andrew Popovic
- Released at -



Filesize: 4.65 MB

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