

<<太极拳>>

图书基本信息

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内容概要

The book includes Taijiquan in China today, essentials of Taijiquan, Taijiquan training and five Taijiquan forms chosen by the author, the world famous martial artist Li Deyin which are 81-step Taijiquan, simplified 24-step Taijiquan, competition 42-step Taijiquan, Competition 42-step Taiji sword, and 32-step Taiji sword. With numbers of pictures.

作者简介： Professor Li Deyin has achieved an international following rooted in his family's commitment, stretching over 100 years, to popularizing martial arts. He taught at Beijing's Renmin University for 40 years and has been named one of the Top 100 Chinese Martial Arts Masters. He is both a qualified judge of martial arts at the international level and a renowned national-level physical education instructor in China. He currently acts as vice-chairman of the Beijing Wushu Association. --This text refers to the Paperback edition.

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