

<<太极养生功>>

图书基本信息

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### 内容概要

With this book, I wish to share and introduce to all people interested in Taiji, Chen Style Taijiquan for health, the Taijiskills of internal energy and the 18 Short Forms of Chen Style Taijiquan. In this way, everyone can begin to understand and realize the physical health and mental benefits to be gained from regular practice of Taijiquan.

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