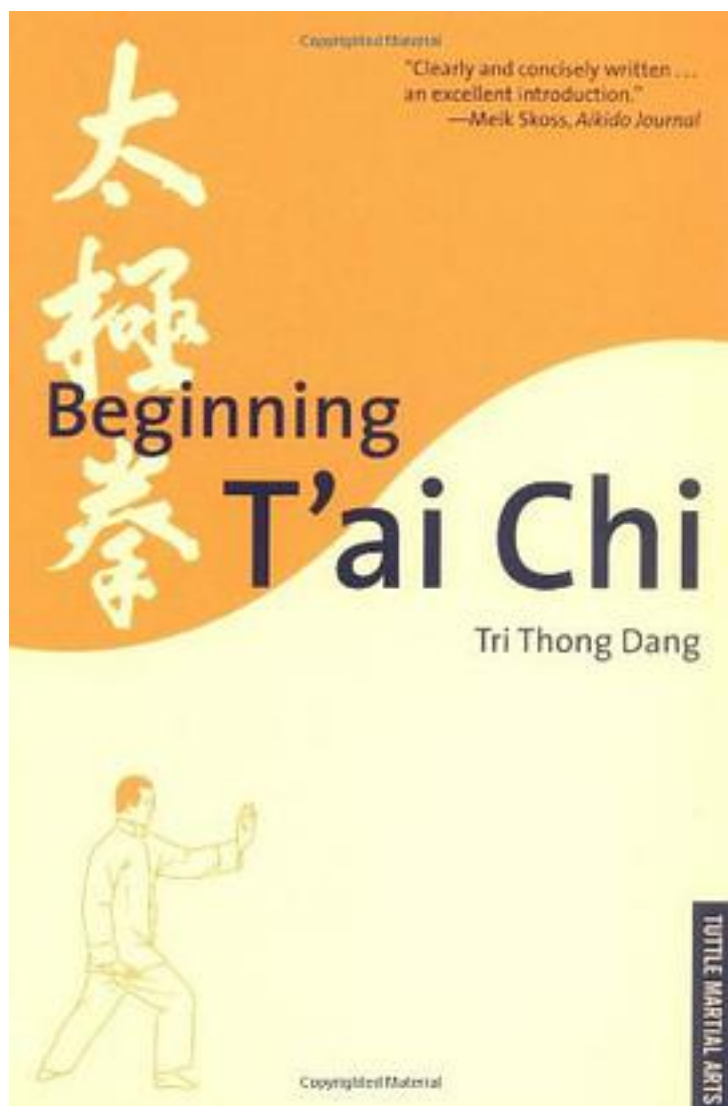


Beginning T'ai Chi



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著者:Tri Thong Dang

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Describes the "simplified T'ai Chi" form, a set of movements designed by China's Ministry of Physical Culture and Sports. Master Tri's descriptions highlight the spiritual essence of the form and display its graceful simplicity. Clear illustrations accompany the instructions.

作者介绍:

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