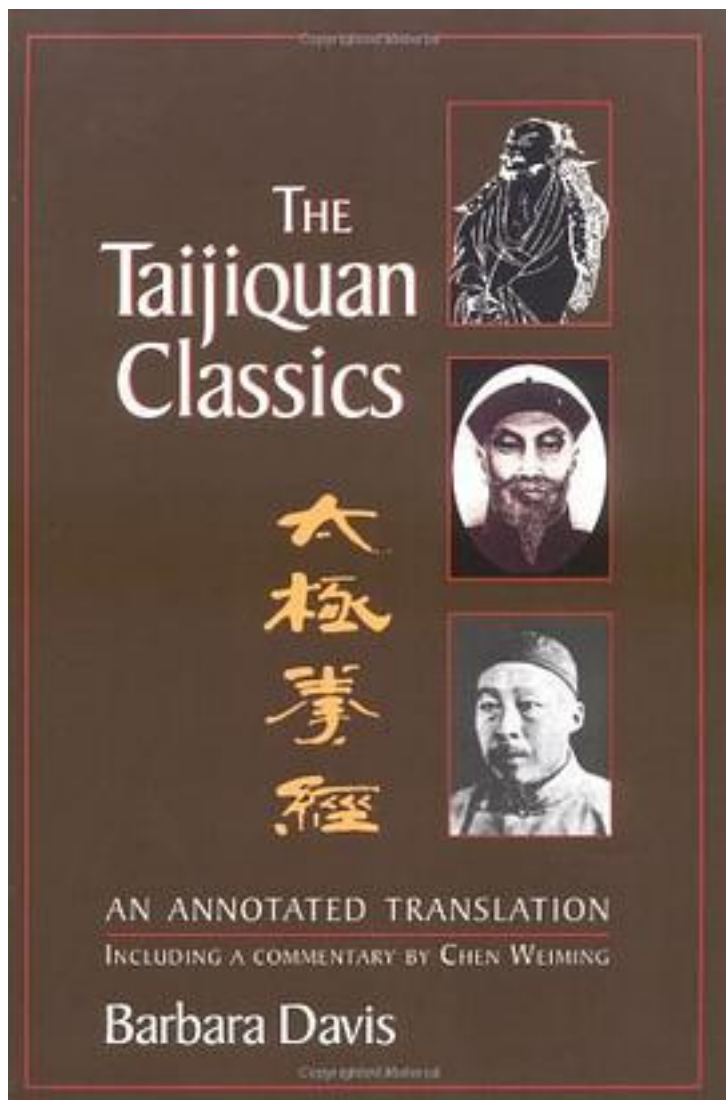


The Taijiquan Classics



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Along with Chinese art, medicine, and philosophy, taijiquan has left the confines of its original culture, and offers health, relaxation, and a method of self-defense to people around the globe. Using the early texts now known as The Taijiquan Classics which have served as a touchstone for t'ai chi practitioners for 150 years, this book explores the fundamental ideas and what they mean to practitioners, students, and scholars. It also incorporates newly discovered sources that address the history of taijiquan and newly translated commentaries by Chen Weiming.

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