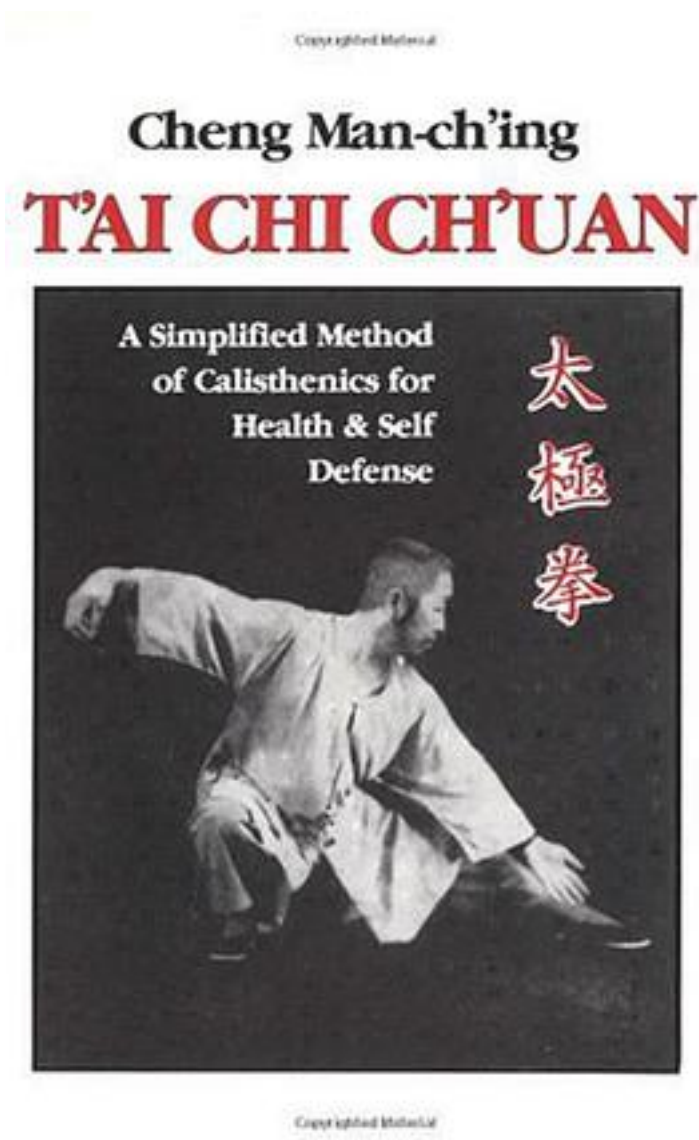


T'ai Chi Ch'uan



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Douglas Lee, a tai chi practitioner for over 20 years, covers the history and philosophy of the art, general principles of movement, solo exercises, push-hands sparring, applications, tai chi weapons, and more.

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