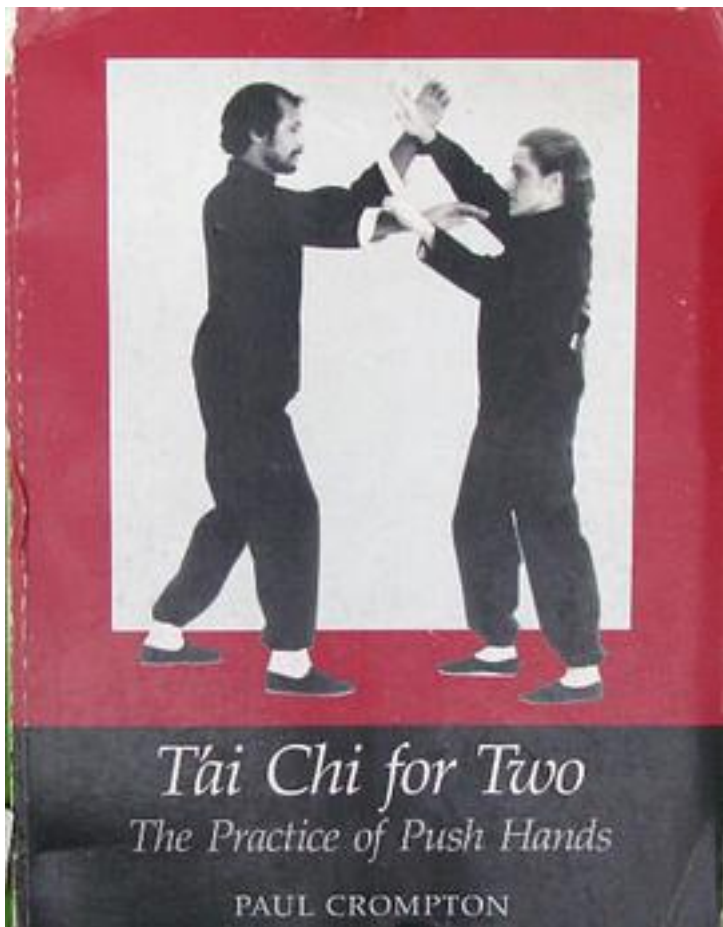


# Tai Chi for Two



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著者:Paul Crompton

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Book Description Push hands is a basic exercise for two partners that is practiced by students of Tai Chi. In this volume, push hands is presented as a means to relax under physical and mental stress and to improve one's interactions with others in daily life. The author also offers instruction in the fundamentals of the soft form of push

hands and lays the groundwork for studying the hard form, which is the actual fighting style of push hands. Also included are chapters on ch'i and Taoist philosophy.  
--This text refers to the Paperback edition.

作者介绍:

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