

Handbook of T'ai Chi Ch'uan Exercises

Zhang Fuxing



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HANDBOOK OF TAI CHI CH'UAN incorporates all three forms of T'ai Chi Ch'uan exercises, derived from the Yang style - Short Form, Long Form, and Push Hands. Along with more than 600 illustrations, Zhang provides easy-to-understand descriptions of the postures and movements used in each form. Two charts are included to show the foot position and body orientation for both the Short and Long Forms. People of any age can reap the benefits of T'ai Chi Ch'uan. Use this practical, thorough, and accessible guidebook to learn the fitness art of T'ai Chi Ch'uan and make it part of your daily life.

作者介绍:

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