



Tai Chi Ch'uan: The Technique Of Power

By Cloud Hands

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Tai Chi Ch'uan: The Technique Of Power By Cloud Hands

This book is an introduction and a reference guide to the study of Tai Chi Ch'uan. It offers inspiration to the beginner, and for those already involved in Tai Chi it is a source book, opening the way to a study of the philosophy that gives meaning and substance to the exercise. The book features sections discussing Tai Chi's connections to meditation, Taoism, dance, performance, the I Ching, health, mysticism and more.

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Tai Chi Ch'uan: The Technique Of Power By Cloud Hands Bibliography

- Rank: #2111433 in Books
- Brand: Brand: Cloud Hands, Inc.
- Published on: 2004-05
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x 6.25" w x .75" l,
- Binding: Paperback
- 291 pages

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