



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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