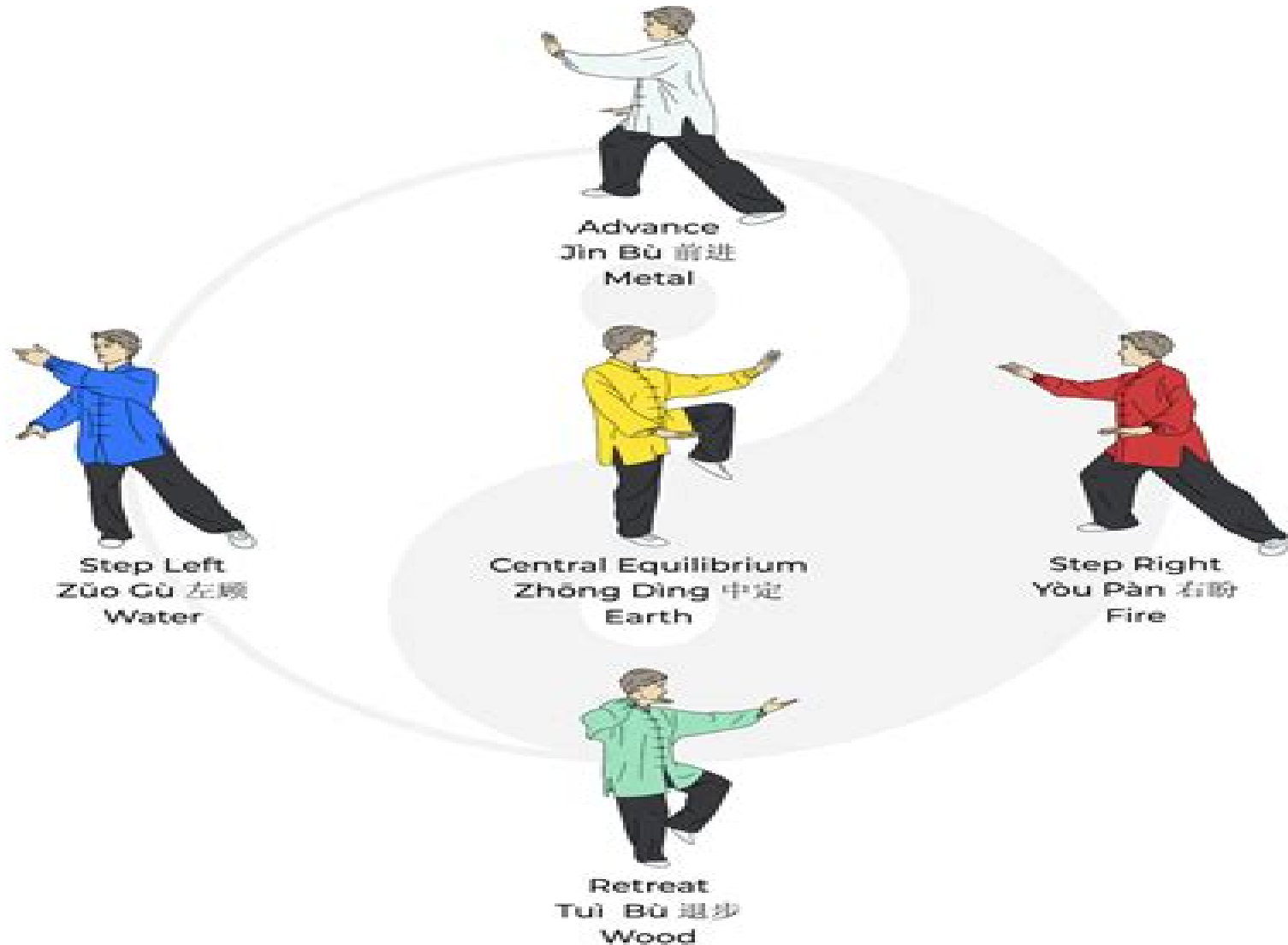


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The 5 Foot Techniques of the 13 Fundamental Tai Chi Movements



The Essential Movements Of Tai Chi

Ian Pickup



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