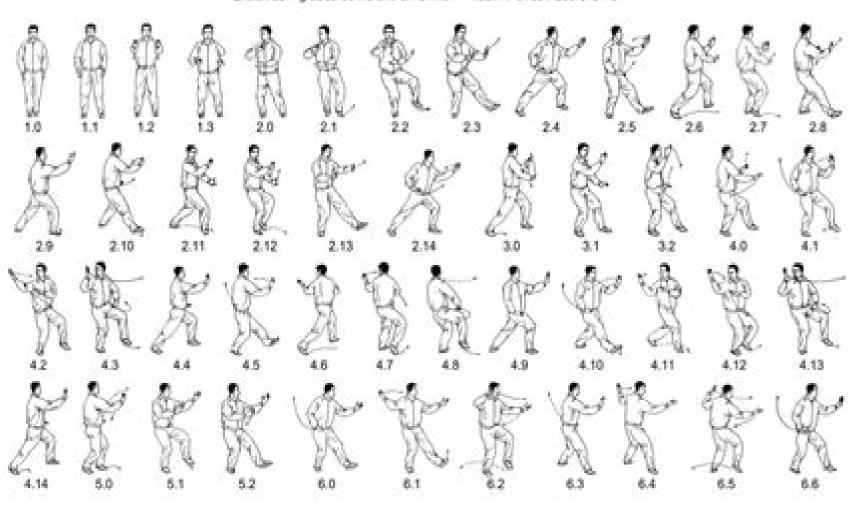
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Tai Chi Chuan 24 And 48 Postures With Martial Applications

Ruth Lindquist, Mary Fran Tracy, Mariah Snyder

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Tai Chi Chuan Shou-Yu Liang, Wen-Ching Wu, Denise Breiter-Wu, 1996 24 and 48 postures with martial applications Simplified Tai Chi Chuan Shou-Yu Liang, YMAA Publication Center, 2005-01-01 Demonstrates the various Tai chi chuan Simplified Tai Chi Chuan Shou-Yu Liang, Wen-Ching Wu, 2014 This book is designed for movements and their applications self study and can help you learn both the Simplified Tai Chi Chuan 24 Posture form and the Simplified Tai Chi Chuan 48 Posture form Simplified Tai Chi Chuan 24 Posture is one of today s most popular tai chi forms Once learned it can be performed in only six minutes If you are learning tai chi in school a fitness club a community or recreation center or even the local park this is the tai chi form you are likely to encounter The martial arts applications for each posture are shown so you can understand that every movement has a purpose Simplified Tai Chi Chuan 48 Posture is a popular tai chi form practiced by those who want a longer more challenging sequence Once learned it can be performed in only twelve minutes The forty eight posture form is often the next form a student studies after learning the twenty four posture form Inside this book theory to help you understand important tai chi concepts warm up exercises for safe and proper tai chi practice fundamentals so your tai chi movements will be easy and natural foot diagrams so you will know what direction to face the complete Simplified Tai chi Chuan 24 Posture form step by step martial applications for each movement of the twenty four posture form and the complete Simplified Tai Chi Chuan 48 Posture form step by step No matter your age tai chi chuan is a wonderful way to improve your health and well being A Guide to Taijiquan Shou-Yu Liang, Wen-Ching Wu, 1993 Tai Chi Chuan Martial Applications Jwing-Ming Yang, 1996 For beginners of advanced tai chi players the 24 and 48 postures

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