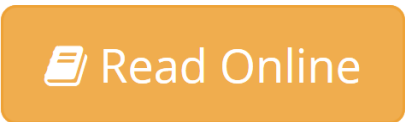


The Inner Structure of Tai Chi: Mastering the Classic Forms of Tai Chi Chi Kung (Paperback) - Common

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Explores the deep, internal work necessary for the effective practice of Tai Chi. Designed for practitioners at every level, this book contains step-by-step illustrated instructions for mastering the 13 forms of early Yang-style tai chi, also known as Tai Chi Chi Kung.

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