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Yearning K. Chen is the author of Tai Chi Chuan Its Effects And Practical Ap (5.00 avg rating, 1 rating, 0 reviews, published 1979) Yearning K. Chen s Followers.

What is tai chi chuan?

Tai Chi (also written as T'ai Chi, Taiji, Tai Chi Chuan, among others) is a slow-motion, moving meditative exercise for relaxation, health and self-defense.

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Tai chi chuan - wikiquote

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