



Tai Chi champion drill map: 24-style Taijiquan(Chinese Edition)

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paperback. Book Condition: New. Paperback. Pub Date: 2012 Pages: 81 Language: Chinese in Publisher: Henan Science and Technology Publishing House Taiji champion drills map: 24-style Taijiquan also known as tai chi easy routine. a fitness boxing. 1956 National Sports Commission organized some experts. based on the traditional Yang style Taijiquan. from simple to complex. step by step. easy to learn and easy to remember the principle to its troublesome and repetitive movements. select 24-style regimen. Simplified tai chi. Con.



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