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Tai Chi Exercises. AUTHOR(S) "Tai Chi And Qi Gong" Was Written By . J. Adam Rindfleisch, MPhil, MD (2020). This Whole Health Tool Was Mar 23th, 2024

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Thirdly, Break Down The 108 Moves Of The Taoist Tai Chi Set To A Number Of Sections. I Looked At This And Have Now Broken It Into 6 Sections, Of Which Most Of The 2nd And 5th Are The Same Moves. The 1st Section, 17 Moves Many Of These Are Repeated, Totalling 50 Mar 6th, 2024

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The Complete Taoist Tai Chi Set (he Never Wanted It To Be The Master Moy Set), Comprises Of 108 Moves, Here Are The Names Of The First 7 Of The 108 Moves 1. Commencement Of Tai Chi (Finishing In Brush Knee Left) 2. Left Grasp Birds Tail 3. Grasp Bird's Tail (3 Pushes) 4. Single Whip 5. May 24th, 2024

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