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Long Life, Good Health Through Tai-Chi Chuan

Simmone Kuo

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Long Life, Good Health Through Tai-Chi Chuan Simmone Kuo
Long Life, Good Health traces the historical and philosophical development of Tai-Chi Chuan within the context of the sister martial arts from which it was created. This book includes precisely sequenced photographs, and step-by-step instructions. Though intended for beginners, *Long Life, Good Health* should fascinate more advanced students who want to research and compare ancient forms and lineages of Tai-Chi Chuan.

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