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Tai chi chuan (the supreme boxing) for beginners Unknown Binding Import, by Chang Chi-Han (Author) Be the first to review this item. See all formats and editions Hide other formats and editions. Price New from Used from Unknown Binding, Import "Please retry" Author: Chang Chi-Han.

Tai chi chuan for beginners - Taiji Canon Fist Chen Style 1 Part 1 - Duration: 6 minutes, 50 seconds.

Taijiquan form (Taijiquan Taolu) at the Associacio Catalana de Choy Li Fut, Tai Chi Chuan i Chi Kung. From roughly the mids onward, Tai Chi has gained a popularity in some countries to the point of it becoming nearly as known as a health-oriented practice as Yoga. Tai Chi Chuan, sometimes called meditation in motion, is an ancient Chinese martial art that has been practiced for hundreds of years for both health and self-defense. A more literal translation would be the Supreme Ultimate Fist, relating more to its martial art origin. Tai Chi Chuan Although Tai Chi was originally a Martial Art it is mainly practiced today as an excellent form of exercise with many health benefits. The words Tai Chi Chuan mean Supreme Ultimate Boxing, used as an exercise for health it would loosely translate as Supreme Ultimate Exercise or Skill.

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