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Tai Chi Chuan Was Handed Down By The Immortal Chang San-Feng. The Immortal Was A Native Of I-chou In Liaotung Province. His Taoist Name Was San-Feng And He Was Born During The Latter Part Of The Sung Dynasty (960-1126). He Was Seven Feet Tall With Feb 5th, 2024

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## **Tai Chi For Life! TAI CHI SOCIETY (PSTC)**

Expressed By The Fingers.” <sup>1</sup> TO PRACTICE TAI CHI Although Tai Chi Was Originally A Martial Art, It Has Evolved Into A Soft, Slow And Gentle Form Of Exercise. It Can Be Practiced By People Of All Ages Due To Its Many Health Benefits. Parksville Shores Tai Chi Teaches The 108- Mar 10th, 2024

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The Way Of Qigong: The Art And Science Of Chinese Energy Healing, Ken Cohen (1999) APPS AND MONITORING SOFTWARE • 7 Minute Chi. Demonstrates Various Tai Chi Exercises. AUTHOR(S) "Tai Chi And Qi Gong" Was Written By . J. Adam Rindfleisch, MPhil, MD (2020). This Whole Health Tool Was May 20th, 2024

### **Tai Chi And Qi Gong**

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### **Tai Chi & Qi Gong Newsletter Week 9**

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 May 11th, 2024

### **Tai Chi & Qi Gong Newsletter Week 7**

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. Apr 11th, 2024



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