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### **Yang Style Of T'ai Chi Ch'uan Long Form, 108 Movements ...**

Yang Style Of T'ai Chi Ch'uan Long Form, 108 Movements, First Section # Direction Facing Name Of Movement Description, Comments 1, N 12 Preparation Standing Wu Chi, Pause, Compose Oneself, Head Up, Arms 4th, 2024

### **YANG STYLE T'AI CHI CH'UAN Traditional 108-Movement ...**

YANG STYLE T'AI CHI CH'UAN Traditional 108-Movement Long Form 1) Commencement Of T'ai Chi Ch'uan. 2) Grasp Bird's Tail Left. 3) Grasp Bird's Tail/ Right Push Upward. 4) Roll Back. 5) Press Forward. 6) Push. 7) Single Whip. 8) Raise Hands. 9) Stork Spreads Its Wings. 4th, 2024

### **T'ai Chi Ch'uan Long Yang Form, 108 Movements As Described ...**

T'ai Chi Ch'uan Long Yang Form, 108 Movements As Described By Gerda Geddes And Revised By Maedée Duprès PART I 1st Sequence North, North East, East, South East, South, South West, West, North West 1) Face N Stand With Legs Parallel 1th, 2024

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### **Traditional Yang Style - Tai Chi Chuan Form Posture List**

Traditional Yang Style - Tai Chi Chuan Form Posture List 1. Preparation A. Feet Together With Hands On Both Sides Of Body 2. Beginning A. Right Foot Apart With Hands On The Sides B. Lift And Lower Hands C. Tai Chi Circle Hands 3. Grasp The Bird's Tail A. Shift Weight To The Right Foot A 2th, 2024

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The Tai Chi Center Of Madison LLC, 301 S Bedford St., Madison, WI 608-663-8299 Wwww.taichicenterofmadison.com Books Introductory Books On T'ai-Chi Chuan Kline, Bob. Movements Of Magic. (Newcastle Publishing Co.) 1984. Liang, T.T. T'ai-Chi Ch 2th, 2024

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The 10 Essentials Of Yang Style Tai Chi Chuan 1. Feel The Head Suspended From The Top Raise Your Head Naturally, Without Making Your Neck And Body Sti~, Your Eyes Must Always Look Forward To An Imaginary Opponent, Head And Body Should Move As One Unit. When Yo 2th, 2024

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Regulatory Choices. Again, It Is Possible That Some Divided Societ-ies EfPciently Require More Regulations To Preserve Social Peace, And EfPciently Pick Leftist Governments To Enact Them. We Show, However, That, If Anything, Divided Societies Regulate Less (see Footnote 14). The Relationship Between EfPciency And Legal Theo- 3th, 2024

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