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12/31/2010 14:14 The Bow and Arrow Stance In the condition of motion, All parts of the body are: Light. Nimble. And strung together. \* 1. Getting into the Bow and

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12/31/2010 14:05. Stand like a balance; Rotate like a wheel.\* 1. Stand with your feet parallel approximately shoulder width apart. 2. Position the weight of each foot

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also spelled t'ai chi ch'uan, taijiquan or simply called tai between different schools of tai chi chuan, although their fundamentals and principles are

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Oct 22, 2014 The "Fundamentals of Tai Chi Chuan" course was taught by Grandmaster Wong Kiew Kit on 2nd November 2012 during the Tai Chi Chuan Festival at St Petersburg

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