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TAI CHI CHUAN



Alphascript Publishing Nov 2009, 2009. Taschenbuch. Condition: Neu. Neuware - Tai chi chuan (simplified Chinese: ; traditional Chinese: ; pinyin: tàijíquán; Wade-Giles: t'ai4 chi2 ch'üan2) is an internal Chinese martial art often practiced for health reasons. Tai chi is typically practiced for a variety of other personal reasons: its hard and soft martial art technique, demonstration competitions, health and longevity. Consequently, a multitude of training forms exist, both traditional and modern, which correspond to those aims. Some of tai chi...

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- Released at 2009



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