

# Chen Taiji Self Defense Fighting Applications Of The Chen Family Tai Chi 19 Form

## Chen Taijiquan 19 Form Book

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explains how awareness and development of chi gives internal martial arts their power and strength contains full instructions on the taoist system nei gung describes how specific martial arts use chi includes stories about masters the new edition adds a new foreword new introduction by author practical explanations on spiritual traditions of the internal martial arts index provided by publisher

from the author of opening the energy gates of your body comes a book that introduces martial arts practitioners to three internal arts and their subtle powers inner martial arts rely on internal energy for power rather than on muscles or tension 15 photos

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