



Complete Tai Chi Chuan

Dan Docherty

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Complete Tai Chi Chuan is the first book in English to deal extensively with the concepts of "inside the door" training and the inner art, including therapeutic and martial aspects of Taoist internal alchemy. Drawing on original historical research, the author identifies the links between the art and Chinese philosophy. Fully illustrated throughout, the book includes history, theory, and philosophy; hand form; practical training; and working with weapons and competition.

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