



Yang Style Taijiquan

Yu Shenquan

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This book includes general knowledge about Yang Style Taijiquan, the 10 essentials of Taijiquan, and illustrated movements of the Yang school of Taijiquan. Methods of practice and ways of using Taijiquan are the main focus of this book. Regular practice of taijiquan exercises will not only benefit your physical well-being, but it provides artistic enjoyment as well.

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Nathan Strong:

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