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## THIRTY-TWO STYLE TAIJIQUAN (NATIONAL MARTIAL ARTS COACH AND NATIONAL ATHLETES TAIJI GB ACTION(CHINESE EDITION)



paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: Unknown Pages: 94 in Publisher: Henan Science and Technology Press Basic Information Original Price: 24.00 yuan Author: Joe blaze. Hou Wen ed Publisher: Henan Science and Technology Press ISBN: 9787534949586 Pages: 94 Edition: 1 Binding: Paperback: 16 Published :2013-1-1 Printing time: Words: 60000 Goods logo: 22.923.093 Description thirty-two of style Taijiquan is the four sections of the Chinese Wushu Duan System Taijiquan Compulsory routines belonging in Dan Taijiquan. Yang style Taijiquan main lessons Chen style. Wu style. Sun style tai chi long. strictly regulate the action. generous stretch. The routine is to continue with the in-depth development of the early part of Taijiquan. but still easy to learn and practice. mass physical fitness. the best way of self-cultivation. The the book invited Taiji teacher Joe dart teacher personally planning. demonstration drills by the the National Taijiquan champion Hou Wen. detailed decomposition shows each action in the routine. is training school thirty-two style Taijiquan textbook! About the Author Joe blaze. a national martial arts coach. Gold coach. national referee. Master Instructor. a member of the Chinese Wushu Association. a member of the Science Society of Chinese martial arts. Currently the head coach of Henan Province. tai chi. Zhengzhou University. Institute of Physical Education Department of National Traditional Sports. Martial Arts and Culture Research Center. deputy director of the Central Plains. the deputy director of the Henan Wushu Administrative Center. Henan Martial Arts. Sciences Branch executive director. Ding Jie. Wang Erping. Ma Jian Chao. Chong Gene Yang Yan. Hou Wen and several other martial arts elite has trained three of the world champion. Asian champion seven national championship over fifty; nine National Sports Commission issued sports medals and...

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