

styles schools movements the pdf

Northern styles/B' i p' i (âœ—æ¼) feature deeply extended posturesâ€”such as the horse, bow, drop, and dragon stancesâ€”connected by quick fluid transitions, able to quickly change the direction in which force is issued.

Styles of Chinese martial arts - Wikipedia

Tai chi (taiji), short for T'ai chi ch'uan, or Tai ji quan (pinyin: t' ai j' i-qu' an; âœž•æ¼), is an internal Chinese martial art practiced for both its defense training and its health benefits. The term taiji refers to a philosophy of the forces of yin and yang, related to the moves. Though originally conceived as a martial art, it is also typically practiced for a variety of other personal ...

Tai chi - Wikipedia

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Sun Taijiquan, International Standard Competition 73

32 Sword Form Standard 32 Movements Taijiquan Sword Form Chinese National Physical Education Committee 1957 Orthodox 32 Swordplay Form A Simplified Standardized Sword Form in the Yang Style of T'ai Chi Ch'uan Swordplay Taijiquan Jian or T'ai Chi Ch'uan Chien (Gim): The Double-Edged Straight Chinese Sword Research by Michael P. Garofalo

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