



Simplified Taijiquan decomposition Teaching (24-type DVD disc)(Chinese Edition)

By ZHANG WEI WEI ZHU

paperback. Condition: New. Language:Chinese.Paperback. Pub Date: 2017-05-01 Publisher: Anhui Science and Technology Press This book is written by the author referring to the traditional Yang Tai Chi Quan Gong Gong method. combined with the experience of simplifying Taijiquan teaching practice. In the book. each of the action of the precise decomposition. each of the decomposition movements configured with accurate and clear photos. where there is a movement of the next plate with a method of the map;



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