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What is tai chi chuan?

Tai Chi Chuan means "Supreme Ultimate Boxing." the other purposes of Tai Chi being physical health, and meditative (or emotional, mental and spiritual)

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Jul 30, 2015 Tai Chi Chuan For Health & Fitness. Mr. David has practiced the Yang Style Short Form, as taught by the Association for nearly twenty years.

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Chen Style Tai Chi Chuan. Chen style Tai Chi Chuan (First Routine: 83 forms and Second Routine: 71 Forms) was first taught by Chen Zhaokui. New Series. Miller and Cox.

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