

Tai Chi Sensing Hands (Chen Kung's T'AI Chi Series)
By Stuart Alve Olson

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Tai Chi Sensing Hands by Stuart Alve Olson This book presents a complete overview of tai chi "push hands" or "sensing hands" techniques. by Chen Kung, Yen

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Chen taijiquan master ren guangyi & lou reed

Master Ren GuangYi has worked tirelessly to bring Chen style Taijiquan (Tai Chi Skills of Sensing Hands

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What is tai chi push hands (tui shou)?

Tui Shou, Sensing Hands) Only through the practice of Tai Chi Push Hands does one improve these abilities while in physical contact with another human being.

Tai ji tui shou: mastering the eight styles and

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