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Tai chi

This blog reflects my experiences in learning and then teaching tai chi. My teacher is Herman Kauz, My teacher is Herman Kauz, author of the Tai Chi Handbook.

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Herman kauz (author of the tai chi handbook) -

Herman Kauz is the author of The Tai Chi Handbook (3.45 avg rating, 29 ratings, 2 reviews, published 1974), The Martial Spirit More books by Herman Kauz

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By Herman Kauz. A veteran T'ai Chi practitioner and teacher, Kauz discusses non-competitive push hands practice, T www.tai-chi.com, 10 Aug 2002

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Herman Kauz, acclaimed author of the best-selling Tai Chi Handbook, has been instrumental in advancing the practice of tai chi chuan in America.

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Handbook of T'ai Chi Ch'uan Exercises. Fuxing Zhang.

Peter kay, lucky person tai chi

Peter Kay is a Tai Chi instructor, Qigong practitioner, (push hands training as taught by Herman Kauz) emphasize sensitivity and responsiveness:

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Herman Kauz is a prominent author and teacher of the martial arts, in particular T'ai chi ch'uan. The Tai Chi Handbook, Random House, ISBN 978-0-385-09370-5.

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