

# **T'ai Chi Ch'uan; A Manual Of Instruction By Lu Hui-ching**

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### **T ai chi ch uan | taman sri nibong ra log**

Overview. The term t ai chi ch uan translates as supreme ultimate fist , boundless fist , or great extremes boxing . The chi in this instance

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Often shortened to t'ai chi, taiji or tai chi in English usage, T'ai chi ch'uan or t'ij qu n is an internal Chinese martial art practiced for both its defense

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