

# Tai chi fighting techniques pdf

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CHAPTERWhat can tai chi do for you? This will help you cultivate your inner force PARTBeyond theForms. PARTThe The moves of the Tai Chi set. Creeping Low Like a Snake Step Up to Seven Stars Retreat to Ride Tiger Turn Around to Sweep Lotus Draw Bow to Shoot Complete Tai Chi for Beginners is a simple system of learning the fundamentals of Tai Chi and energy work in a straightforward building block method. There are four basic  
nesewordchiliterallymeans"air","power","motion","energy","internalenergy",or"original, Six Essential Tai Chi Principles Outward Movement Slow, smooth continuous Make your movements continuous, like water flowing in a river. Imagine the air around you is dense and you have to move against the dense air. CHAPTERHow to improve your tai chi T'ai Chi is excellent for reducing mental stress, and also for reducing tension in the muscles of the body. CHAPTERThe,,and other sets of forms. CHAPTERGetting ready. PARTTheForms. The 'T'ai Chi Form' is a sequence of movements which are performed in a standing position. CHAPTERLearning theForms. Resistance Imagine you're moving Nearly all books on Tai Chi Chuan mention about the eight basic methods of practice: Peng (ward-off), Lu (rollback), Ji (push), An (press), Cai (grab), Lieh (Break), Zhou (elbow strike), and Khou (shoulder strike) The moves of the Tai Chi setOpening of Tai ChiLeft Grasp Bird's TailGrasp Bird's TailSingle WhipStep Up and Raise HandsWhite Stork Spreads WingsBrush Knee (left)Strum the Pei PaBrush Knee and Twist Step (left) Brush Knee and Twist Step (right) Brush Knee (left) Strum the Pei Pa CHAPTERWhat can tai chi do for you? The movements are slow and graceful, they are also a splendid therapeutic exercise Essential Moy Lin-Shin Tai Chi Principles for BeginnersMake your movements slow, even and continuous, maintaining the same speed throughoutMove as though there is gentle resistance. CHAPTERGetting ready. CHAPTERThe Six Easy Steps. CHAPTERWhat you want to know about tai chi. CHAPTERThe Six Easy Steps. PARTFor the beginner. CHAPTERWhat's next? CHAPTERWhat's next?

 Difficulté Très facile

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Étape 1 -

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