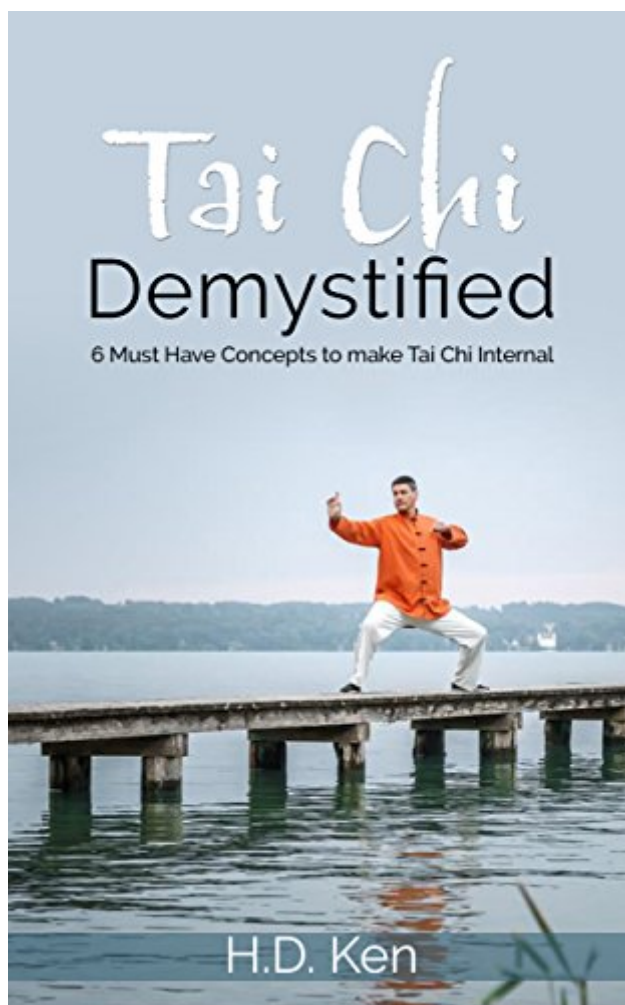


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# Tai Chi Demystified: 6 Must Have Concepts To Make Tai Chi Internal



## Synopsis

Tai Chi is a mystical art that promises martial power as well as good health. But sometimes it is just too abstract to know if we are doing it correctly. This book is specially written for practitioners who wishes to get on the right track. Here's what you can expect to find in the book: 1. What is Tai Chi in simplex terms 2. How to make Tai Chi Internal without the complex Chinese philosophical theories 3. How to improve Tai Chi 4. Qi in Tai Chi 5. What does it mean to be soft or relax 6. Why is Tai Chi done slowly? 7. Purpose of the stationary form

This book aims to explain Tai Chi with no abstract concepts, scientific concepts, and even styles specific concepts. Just simple daily life analogies to help practitioners understand what internal Tai Chi is all about and how to achieve it. A must have for anyone who just wants a clear and straightforward understanding on what Tai Chi is.

## Book Information

File Size: 341 KB

Print Length: 27 pages

Publication Date: May 26, 2017

Sold by: Æ Æ Digital Services LLC

Language: English

ASIN: B072C6MLXR

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #463,815 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #44

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