

chin na fa traditional pdf

Liu Jin Sheng. Shaolin Chin Na Fa: Art of Seizing and Grappling. Instructor's Manual for Police Academy of Zhejiang Province (Shanghai, 1936)

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T'ai chi forms. The different slow motion solo form training sequences of t'ai chi ch'uan are the best known manifestation of t'ai chi for the general public. In English, they are usually called the hand form or just the form; in Mandarin it is usually called ch'uan (Chinese: 拳; pinyin: quān; Wade-Giles: ch'uan 2). They are usually performed slowly and are designed to string together an ...

103-form Yang family tai chi chuan - Wikipedia

Tai chi (taiji), short for T'ai chi ch'uan, or Tai ji quan (pinyin: tǎi jǐ-quān; 太极拳), is an internal Chinese martial art practiced for both its defense training and its health benefits. The term taiji refers to a philosophy of the forces of yin and yang, related to the moves. Though originally conceived as a martial art, it is also typically practiced for a variety of other personal ...

Tai chi - Wikipedia

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