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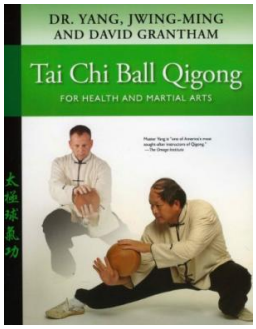
TAI CHI BALL QIGONG: FOR HEALTH AND MARTIAL ARTS



YMAA Publication Center. Paperback. Book Condition: new. BRAND NEW, Tai Chi Ball Qigong: For Health and Martial Arts, Jwing-Ming Yang, David Grantham, Gold Winner - 2011 IP's Living Now Awards Honorable Mention - 2011 Eric Hoffer Award WHAT IS TAI CHI BALL?Tai Chi Ball training used to be common practice in both external and internal martial arts. Unfortunately, due to its secrecy, fewer and fewer people have learned it. Today the art of Tai Chi Ball Qigong is almost forgotten....

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- Authored by Jwing-Ming Yang, David Grantham
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