

# Tai Chi (Teach Yourself) By Robert Parry

By Robert Parry

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Introduction vii Background 1 What does 'tai chi' mean? 2 The tai chi form 3 Origins of tai chi 4 How long does it take to learn?

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Tai chi. [Robert Parry] Robert Parry: Publisher: London : Teach Yourself, 2003. Edition/Format: Print book: Add tags for "Tai chi". Be the first.

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