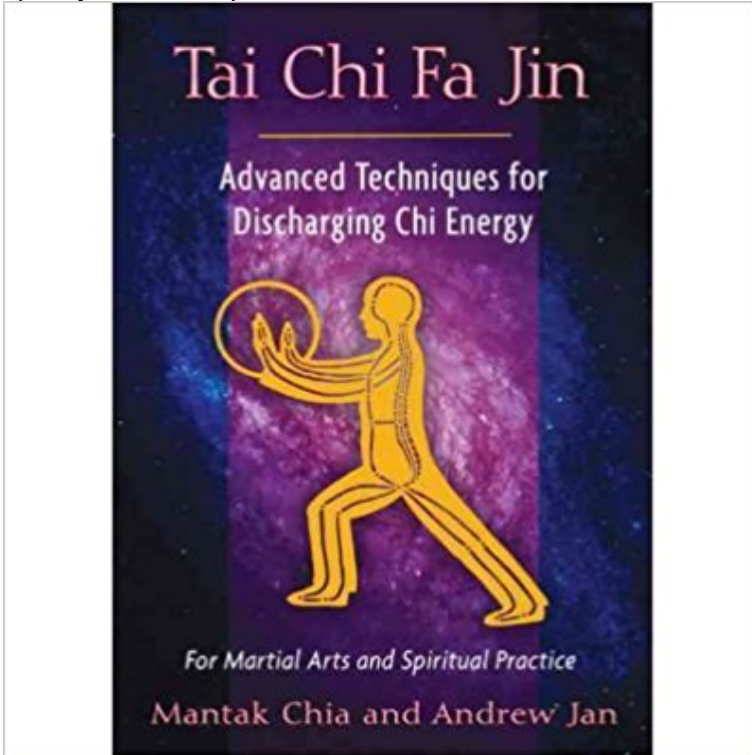


Tai Chi Fa Jin: Advanced Techniques for Discharging Chi Energy (Paperback) - Common



Fa Jin, an advanced yang style of Tai Chi, enables the practitioner to harness energy in the lower tan tien and discharge it as an explosively powerful blow. Integrates the teachings of Bruce Lee who made the `one-inch punch` technique famous.

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