

## Simplified Tai Chi Boxing + Simplified Tai Chi Sword



Simplified Tai Chi Boxing and Simplified Tai Chi Sword are Tai Chi's popularized set patterns, and are most suitable for first-time practitioners of Tai Chi. They can be practiced by one person alone or practiced collectively. Each move's practice time is only two or three minutes, and the practitioners are not limited by gender, age, or place. The exercises can help one strengthen physique and keep calm, and also lay a foundation for learning other boxing and swordsmanship skills.

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