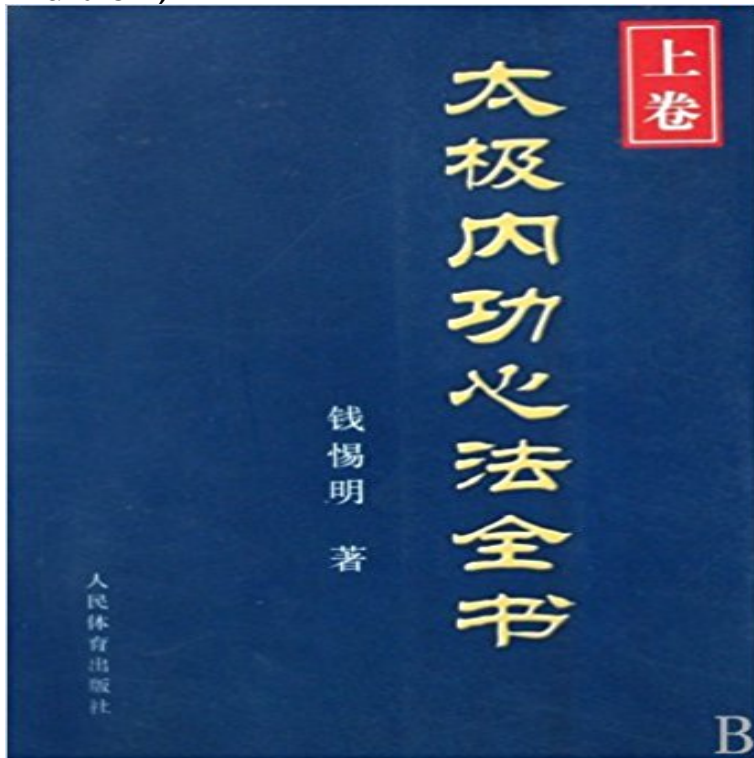


# Tai Chi Exercises to Benefit Internal Organs - (Volume I) (Chinese Edition)



In order to describe Tai Chi exercises to benefit internal organs comprehensively, innovatively and in details, and to facilitate academic exploration, the author has made innovations in the writing style and writing methods. In terms of writing style, innovation is made in two areas. First, vertically, chapters of philosophical sources, center of gravity, relaxation and calmness, circulation of qi, interior strength, skills, and the origins are established. Second, horizontally, each boxing style is analyzed in the horizontal sections and chapters as well as the columns such as Interpretation of Tai Chi tactics, Formulas of Action, Decomposition of Movement, Breath and Circulation of Qi, Law of Internal Work and Practical Examples. This criss-cross structure with unique table of contents facilitates all-round, multi-angle and multi-dimensional elaboration of tai chi exercises to benefit internal organs.

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