

aikido westchester ny the martial art of peace - *still mind tai chi original qigong tai chi and chi gung are the traditional martial arts that is best known for its health benefits but to gain the greatest health benefit understanding the martial aspects can be very helpful the slow movements allows one to inspect the same stances and postures as used in aikido and importantly develop the muscle memory to use these stances as needed, **cheng tzu s thirteen treatises on t ai chi ch uan cheng** - in this erudite yet practical book professor cheng shares the secrets of his lineage and takes us to the heart of t ai chi ch uan presenting it as a martial art a medicine and a means of exercise and self development*

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