



Wu style Taijiquan (with CD-ROM) Fang Fang Chengna genuine Mall(Chinese Edition)

By FANG FANG // CHENG NA

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2012-08-01 Pages: 159 Publisher: Jilin basic information title: Wu style Taijiquan (with CD) ISBN: the 9.787.538.456.561 Press: Jilin Science and Technology Author: Fang Fang Chengnuo Original Price: 29.9 yuan publication date: 2012-08-01 Price: 19.7 yuan Revision: Binding: Words: Pages: 159 Folio: 16 Weight: Editor's Fang Fang and Cheng Na editor of the Wu style Taijiquan (with CD-ROM) not only from the health the point of view of the power law to explain the benefits of practicing Wu style Taijiquan. also highlights the Wu style Taijiquan competition routine. allow readers to kill two birds with one stone. Summary Table of Contents Chapter Wu style Taijiquan Overview Section 1 Wu style Taijiquan origin and development of Section II of Wu Style Taiji form of exercise and movement characteristics of the characteristics of movement form action essentials Section III tai chi and traditional Chinese culture. tai chi and the first section of tai chi and yin and yang of Chinese traditional philosophy of tai chi and Confucian culture tai chi and Taoist culture tai chi and traditional Chinese medicine theory...



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