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## Wu Style Taijiquan Video

**Journal: feature use the mind: the alexander technique and ...** - 1 amsat news / spring 2010 / issue no. 82 amsat journal: feature use the mind: the alexander technique and taijiquan by phyllis g. richmond taijiquan 1 (t'ai chi chu'an) has been my alexander **opening and closing the thoracic hinge - stltaiji** - opening and closing the thoracic hinge by j. justin meehan the taiji classics state that "the root is in the foot, the energy springs up in the legs, is **integral qigong and tai chi teacher training guide** - welcome to an experience that will change the course of your life. the institute of integral qigong and tai chi (iiqtc) was founded in 2000 in the spirit of the new millennium with its profound new

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