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dedicated student and will enhance the skills for all martial artists. It is a defensive art utilizing all ranges of combat. It specializes in tempering the body to move in a most natural way using structure, proper body alignment, joints, ligaments, tendons, muscle, neurological pathways etc

The ebook is titled Chen Taiji Self-Defense - Fighting Applications

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Taijiquan cultivates both health benefits and self-defense skills. It can be practiced at any age and at any place. Chen Taiji incorporates barehanded routines along with weapon forms. **BLUE SIYTANGCO TAIJI KUNGFU ACADEMY | Martial Arts, Tai ...** Buy Chen Taiji Self Defense - Fighting Applications of the Chen Family Tai Chi 19 Form (Chen Taijiquan 19

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It is also a form of self defense for the dedicated student and will enhance the skills for all martial artists. It is a defensive art utilizing all

ranges of combat. It specializes in tempering the body to move in a most natural way using structure, proper body alignment, joints, ligaments, tendons, muscle, neurological pathways etc

Tai Chi for Basic Self-Defense -- A 4-Step System for ...

This takes years, too. And it is not something every instructor will tell you, but since I was the

kid fighting the bully, I can tell you that push hands skill is not crucial for using a basic level of Taiji for self-defense, just as a powerful jab-cross-uppercut combination is not crucial for using boxing for self-defense.

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