

陈式太极拳实用拳法

Chen Style Taijiquan Practical Method

Volume One: Theory

by

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English Translation by

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Volume One: Theory
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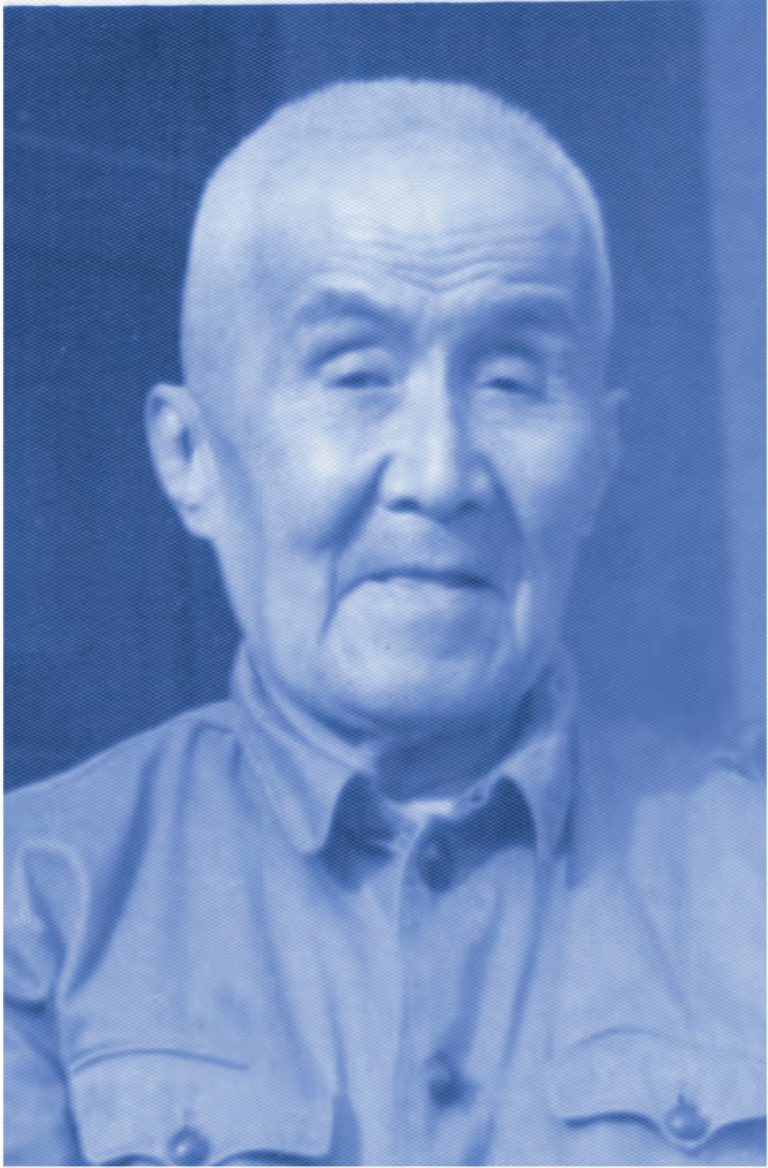
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Hong Junsheng
1907-1996

For the fond memories of Hong Junsheng

Warning:

This book is for information only and is not an instructional book. It is intended as information and reference for practitioners of Chen Style Taijiquan and Taijiquan in general. For instructional materials on the same subject, please refer to other titles by the same author and/or translator.

To the readers:

*My Taijiquan is like a garden. Take what you like. Plant them
in your garden and let them grow.*

Hong Junsheng

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