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April 1st, 2000 - Home movies of Wu Dakui son of Wu Gongyi demonstrating Wu style tai chi chuan pushing hands sword form and throws Wikipedia has an article about Tai chi chuan"*The Tai Chi Form Taiji World*  
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'24 Basic Tai Chi Chuan Yang Style Marywood University  
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'Tai chi Wikipedia

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**June 30th, 2018 - There is however the matter of the integrity of the form itself Within any tai chi form there lies a certain inherent logic and purpose to each of the movements'**

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*July 13th, 2018 - Soft Answer Tai Chi primarily teaches the Simplified Yang Style Tai Chi form Sword Form and Push Hands techniques as passed down from Cheng Man Ching to his students and also teaches many of the techniques and practices from the Tchoung Ta Tchen Symmetrical Yang Style'*

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*Beijing Taijiquan 24 Form Chinese National 24 Form Taiji*"**Tai Chi Form 1 Beginning YouTube**  
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**June 22nd, 2016 - I began my practice of Yang style Tai Chi 24 last January so just over 18 months and I still consider myself a beginner My instructor meets with me once a week and I use Dr Tsao s Simplified Tai Ch Form 24 video to supplement my sessions I do your other videos as well but this one is my go to'**  
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**February 3rd, 2015 - Tai chi is a self defense and calisthenics technique developed in China centuries ago Studies have documented numerous health benefits'**  
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**July 3rd, 2018 - These are the movements of the official Tai Chi 24 form which is often referred to as the Simplified form Because tai chi is passed down in an oral tradition forms tend to slowly evolve and change based on the students and the teacher s understanding'**

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June 21st, 2018 - Tai chi forms and routines taught at the Golden Lion consist of bare hands forms weapons routines push hands 2 man bare hands form 2 man weapons forms'

**'Yang Style 24 Movements Short Form everydaytaichi org**  
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**July 5th, 2018 - Renown Tai Chi Chuan teacher Paul Crompton demonstrates Yang Style Tai Chi Short Form from his Tai Chi Chuan The Complete Short Form'**

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May 5th, 2013 - Tai Chi The 24 Forms I was in Beijing in May 2013 and we actually followed a Tai Chi master in one of their parks using this 24 form The 24 form is THE Tai Chi'

**'Traditional Yang Family Tai Chi Chuan 103 Movement Hand**

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July 3rd, 2018 - Below are the text version of the three sections of the TCSociety Yang classic form They are listed in Traditional Chinese characters Pinyin pronunciation and English'

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