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photos from the original Chinese edition, Enlightenment Chinese Qigong can be for the development of Taiji. This book is for the

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Qigong, qi gong, chi kung, are English words for two Chinese is a widely practiced Chinese internal martial style based on the theory of taiji

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Mar 26, 2012 Master Zhongxian Wu is the lineage holder of four different schools of Qigong and martial arts. While in China,

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