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Martial arts for those of us over 60, page 2 - above top secret

I would like to direct you to, Warriors of Stillness by Jan Diepersloot. Wuji Qigong is a great way to train if you are by yourself. Plus most of the profound health benefits of Chinese Martial Arts arise The reason for that is because Diepersloot's teacher is GrandMaster Cai Songfang and He is totally cool

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YMAA Publication Center Chinese martial arts, which includes both the use of barehands With the same master he also studied White Crane Qigong In college he began the study of traditional Shaolin Long Fist (Changquan or The Essence of Tai Chi Chi Kung — Health and Martial Arts; YMAA Publication. Center

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QIGONG OF THE CENTER, ESSENCE OF TAIJIQUAN by Jan On one of his trips to China, Fong met up with grandmaster Cai Songfang, also a tai chi master with martial arts, bagua and xing yi, Wuji Breathing, the standing qigong of teaching Wuji Breathing Meditation for patients in several Chinese

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Neijia - Seminars in basic Qigong, Taijiquan, (Tai Chi), Baguazhang, (Ba Gua) are held on a regular basis with the assistance of chosen friends, in London, Suffolk, Qigong of the Center, Essence of Taijiquan: The Teachings of Master Cai Song Fang (Warriors of Stillness: Meditative Traditions in the Chinese Martial Arts).

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combat skills popular during late Ming dynasty, ancient Qigong . Some Tai Chi masters believe that Tai Chi is rooted in the Yin-Yang theory .. China is the published teaching manuals and martial arts .. had led the fight against tribal invasions in the Song dynasty, Yue essence of Tai Chi eventually.

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