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 Pages: 276 Language: Chinese Publisher: Chemical Industry Press
 Taijiquan is a popular fitness boxing. now widely circulated
 simplified Taijiquan 24 Yang Tai Chi is based on according to from
 simple to complex. step by step. easy to learn and easy to
 remember the principle of removal of troublesome and repetitive
 movements. selected 24-style fine weaving. and had finished
 about five minutes to set. especially suitable for entry-level players
 to practice Tai Chi.

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