

The Tai Chi Bible: The Definitive Guide To Decoding The Tai Chi Form By Dan Docherty

By Dan Docherty

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The purpose of this study was to determine the effect of Tai Chi Chuan on the strategies of obstacle-crossing behavior in older adults aged over 65 years. <http://thematrainingbible.com/2015/07/01/the-effect-of-tai-chi-chuan-on-obstacle-crossing-strategy-in-older-adults/>

Dan Docherty is the author of Complete Tai Chi Chuan (4.39 avg rating, 18 ratings, 1 review, published 1997), The Tai Chi Bible (4.80 avg rating, 5 ratings, 1 review, published 2014), http://www.goodreads.com/author/show/252367.Dan_Docherty

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May 06, 2009 Arthritis Tasmania has condemned the actions of a church in north-west Tasmania which has cancelled a senior citizens' Tai Chi class. The Wynyard Baptist

<http://www.abc.net.au/news/2009-05-07/tai-chi-class-clashes-with-bible-baptists/1675232>

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Taiji is not evil. I practice taiji and it is nothing more than a martial art. And concerning the chi, it was created when God breathed in to Adam.

<http://hatchcreek.com/2012/09/22/should-christians-do-tai-chi/>

The Tai Chi Bible gives down-to-earth advice and provides enough detail that beginners can try Tai Chi for themselves and benefit from practicing the postures.

<http://www.amazon.com/The-Tai-Chi-Bible-Definitive/dp/177085410X>

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<http://www.worldcat.org/title/tai-chi-bible-the-definitive-guide-to-decoding-the-tai-chi-form/oclc/870919933>

Dan Docherty presents practical Tai Chi Chuan - the most common Tai Chi techniques - and explains them with reference to the Ming dynasty book The Classic of Boxing

<http://www.worldcat.org/title/tai-chi-bible-the-definitive-guide-to-decoding-the-tai-chi-form/oclc/864790044>

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<http://www.amazon.de/The-Tai-Chi-Bible-definitive/dp/B00LI6IU2A>

Feb 06, 2014 Sifu Dan Dochertys new book The Tai Chi Bible is out Wudang Practical Tai Chi Chuan. Hot weather and a full day of San Shou!

<https://wudangtaichichuan.wordpress.com/2014/02/07/sifu-dan-dochertys-new-book-the-tai-chi-bible-is-out/>

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The Internal Foundation of Tai Chi Chuan by Jwing-Ming The Definitive Guide to Decoding the Tai Chi Form by Dan Docherty presents practical Tai Chi

<https://www.boffinsbookshop.com.au/books/9781594392009/tai-chi-chuan-classical-yang-style-the-complete-form-qigong>

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http://en.wikipedia.org/wiki/Cheng_Wing_Kwong