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Are Repeated, Totalling 50 Apr 7th, 2024 Tai Chi & Qi Gong Newsletter Week 7 The Complete Taoist Tai Chi Set (he Never Wanted It To Be The Master Moy Set), Comprises Of 108 Moves, Here Are The Names Of The First 7 Of The 108 Moves 1. Commencement Of Tai Chi ( Finishing In Brush Knee Left) 2. Left Grasp Birds Tail 3. Grasp Bird's Tail (3 Pushes) 4. Single Whip 5. Mar 5th, 2024.

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