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The History Of The Tai Chi Chuan Tai Chi Chuan
MASTERSTai Chi Chuan Was Handed Down By The
Immortal Chang San-Feng. The Immortal Was A Native
Of I-chou In Liaotung Province. His Taoist Name Was
San-Feng And He Was Born During The Latter Part Of
The Sung Dynasty (960-1126). He Was Seven Feet Tall
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The 108 Moves Of The Taoist Tai Chi Set To A Number

Of Sections. I Looked At This And Have Now Broken It

Into 6 Sections, Of Which Most Of The 2nd And 5th Are

The Same Moves. The 1st Section, 17 Moves Many Of

These Are Repeated, Totalling 50 Feb 10th, 2024.

Tai Chi & Qi Gong Newsletter Week 7The 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 17th, 2024

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