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Chin (fājìn, 发劲), Sometimes Misspelled As Fajing, Is A
Term Used In Some Chinese Martial Arts, Particularly
The Neijia (internal) Martial Arts, Such As Xingyiquan,
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Taijiquan Commencement Taijiquan Qi Shi 起势
Grasp Sparrow's Tail 2 Lan Que Wei 揽雀尾 2 Left Ward-
off 3 Zuo Peng 左棚 3 Right Ward-off 4 You Peng 右棚 4
Roll-back 5 Lü 5 Press Ji 挤 6 Push An 按 7 Single Whip
Dan Bian 单鞭 8 Raise Hands, Step-up Ti Shou Shang Shi
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Hun Yuan Taiji/Qigong Of Grand Master Feng Zhiqiang

2 Is Symbolized In The Taiji Diagram. It Also Refers To The Circular/spiral Movement Of The Universe, Which Should Be Incorporated Into Feb 22th, 2024

Taiji Kung Fu Fan Form: List Of Movements

3. White Crane Spreads It's Wings White Stork Cools It's Wings N12 Bái Hè Liàng Chì 白鶴亮翅 (白鶴亮翅) 白鶴亮翅 La Grue Blanche Répand Ses Ailes Weißer Kran Verbreitet Seine Flügel La Grulla Blanca Desp Mar 3th, 2024

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Liu Xiaoling Interview - SkyValley Taiji

Actually Bagua Has More Than Three Shapes. This Should Be Dragon Shape, Monkey Appearance, Tiger Sitting, Hawk Overturning (☯☯☯☯☯☯☯ ☯ Long Xing Hou Xiang, Hu Zuo Ying Fan). Bagua Has 4 Characteristics: First Is Walking/moving, A Feb 4th, 2024

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