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Yang Style Of T'ai Chi Ch'uan Long Form, 108 Movements ... Yang Style Of T'ai Chi Ch'uan Long Form, 108 Movements, First Section # Direction Facing Name Of Movement Description, Comments 1, N 12 Preparation Standing Wu Chi, Pause, Compose Oneself, Head Up, Arms Apr 14th, 2024 YANG STYLE T'AI CHI CH'UAN Traditional 108-Movement ... YANG STYLE T'AI CHI CH'UAN Traditional 108-Movement Long Form 1) Commencement Of T'ai Chi Ch'uan. 2) Grasp Bird's Tail Left. 3) Grasp Bird's Tail/ Right Push Upward. 4) Roll Back. 5) Press Forward. 6) Push. 7) Single Whip. 8) Raise Hands. 9) Stork Spreads Its Wings. Apr 2th, 2024 T'ai Chi Ch'uan Long Yang Form, 108 Movements As Described ... T'ai Chi Ch'uan Long Yang Form, 108 Movements As Described By Gerda Geddes And Revised By Maedée Duprès PART I 1st Sequence North, North East, East, South East, South, South West, West, North West 1) Face N Stand With Legs Parallel Jan 17th, 2024.

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