

# TAI CHI CH'UAN

The Technique  
of Power

By Tem Horwitz  
and Susan Kimmelman  
with H. H. Lui

Chicago Review Press

# Tai Chi Chuan The Technique Of Power Paperback

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web jan 7 2020 aim to walk more making dramatic changes to your workouts right off the bat often backfires because it leaves you feeling overwhelmed sore tired and sometimes even injured instead aim for a moderate approach to your cardio training by adding a bit more walking throughout the day that in itself should help burn a few more calories each

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