

## The Inner Structure of Tai Chi: Mastering the Classic Forms of Tai Chi Chi Kung



The Inner Structure  
of Tai Chi

Mastering the Classic Forms  
of Tai Chi Chi Kung  
Mantak Chia and Juan Li

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### Book Review

This publication is definitely not straightforward to begin on looking at but quite fun to see. It really is loaded with wisdom and knowledge You will not really feel monotony at anytime of your own time (that's what catalogs are for relating to should you check with me).

**(Twila Gutkowski)**

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