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TEORÍA DEL TAIJI Y FUERZA MARCIAL



Ediciones Arkano Books, 2008. soft. Book Condition: New. TEORÍA DEL TAIJI Y FUERZA MARCIAL se centra en la esencia marcial del Taijiquan, un aspecto importante que muchas otras obras ignoran. Para ello explora en profundidad el Jin (la fuerza marcial interna), la teoría general de Taiji y la aplicación del Qi en la forma de Taiji. Debido a que el entrenamiento del Jin es esencial para el Taiji marcial, este libro resulta una valiosa obra de consulta de la que...

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- Authored by DR. YANG, JWING-MING
- Released at 2008



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