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Tai chi (simplified Chinese: 太极; traditional Chinese: 太極; pinyin: Tàijí), short for T'ai chi ch'üan or Tàijí quán (太極拳), is an internal Chinese martial art practiced for defense training, health benefits, and meditation. The term taiji is a Chinese cosmological concept for the flux of yin and yang, and 'quan' means fist.Etymologically, Taijiquan is a fist system based on ...

Tai chi - Wikipedia

Gilman began his studies of Tai Chi Chuan in 1968 with Master Choy Kam-man in San Francisco. Master Choy’s father Choy Hok-peng, a longtime student of Yang Cheng Fu, is credited with introducing Tai Chi to America in the 1940s. Master Choy taught the full Yang Style curriculum and that is the system that Michael still practices and teaches.

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