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The Power of Internal Martial Arts and Chi: Tao of Tai Chi Chuan, ^ a b Jwing-Ming Yang. Taijiquan Theory Lecture, Tai Chi Chuan

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Tai Chi as Martial Art: Learning Tai Chi Tai Chi Chuan, Another answer is that the postures have martial applications.

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Martial Application of Taiji Chuan Sun 73 Workshop. Viola Everett is a Senior Trainer and certified instructor through Dr. Paul Lam's Tai Chi for Health

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