

Tai Chi Chuan Manual

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**What is tai chi chuan?**

Tai Chi (also written as T'ai Chi, Taiji, Tai Chi Chuan, among others) is a slow-motion, moving meditative exercise for relaxation, health and self-defense.

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As a mode of attack and defense, tai chi chuan resembles kung fu and is properly considered a martial art. It may be used with or without weapons.