



## Tai Chi PENG Root Power Rising

By Scott Meredith

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Tai Chi PENG Root Power Rising describes the theory and practice of the most characteristic internal energy of the universally popular Chinese Tai Chi Chuan martial art. A full set of practical exercises is presented and illustrated, and the original Chinese source texts that define PENG energy are accompanied by new translations and analysis.

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## Tai Chi PENG Root Power Rising By Scott Meredith Bibliography

- Sales Rank: #75183 in Books
- Published on: 2014-03-04
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .33" w x 6.00" l, .44 pounds
- Binding: Paperback
- 144 pages

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