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Old footage of Wudang taijiquan spear form. Contact me if you are interested in taking part in seminars and online training, or if you would like to host a workshop.

Wudang Taijiquan Spear Form â Tai Chi Hangout

Wudang Taijiquan Weapon Forms; Spear, Sabre and Sword, Speer, SÄbel und Schwert, lancia, sciabola e spada - Edizione trilingua (inglese, tedesco ed italiano) Smashwords â Wudang Taijiquan Spear, Sabre and Sword Speer, SÄbel und Schwert Lancia, Sciabola e Spada â a book by Othmar Vigl

Wudang Taijiquan Spear, Sabre and Sword Speer, SÄbel und

Wudang two-person set, performed by Ladan Niayesh and Robert Jonart in Paris. Robert's moves correspond to the "dodge and display the sabre-roc spreading its wings" sequence in the Wudang sabre form.

Wudang sabre against spear

Old footage of Wudang taijiquan spear form. Contact me if you are interested in taking part in seminars .. 10

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6- Sun 6: Tai Chi for Arthritis (TCA), created by Dr. Paul Lam of the Tai Chi for Health Institute, Sydney, Australia. Sun 6: Basic 6 moves, performed on Right and Left. Sun 12: additional 6 moves, also performed both sides.

List of t'ai chi ch'uan forms - Wikipedia

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