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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

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that is the system that Michael still practices and teaches.

About Michael Gilman | Gilman Studio

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