



# Tai Chi for Everyone: K Joyce McDonald

*John Yong Man So*

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Written by Tai Chi World Competition, Beijing, Gold Medalist Dr. Yong So, Tai Chi for Everyone is intended for the beginner who would like to learn a short Tai Chi workout in a minimum of time and explore the basics of Chi Gong, with or without class instruction. Includes detailed photos and sequences for a basic Tai Chi ten form and a simple Chi Gong sequence.

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