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The Complete Taoist Tai Chi Set (he Never Wanted It To Be The Master Moy Set), Comprises Of 108 Moves, Here Are The

Names Of The First 7 Of The 108 Moves 1. Commencement Of Tai Chi ( Finishing In Brush Knee Left) 2. Left Grasp Birds Tail 3. Grasp Bird's Tail (3 Pushes) 4. Single Whip 5. 1th, 2024

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