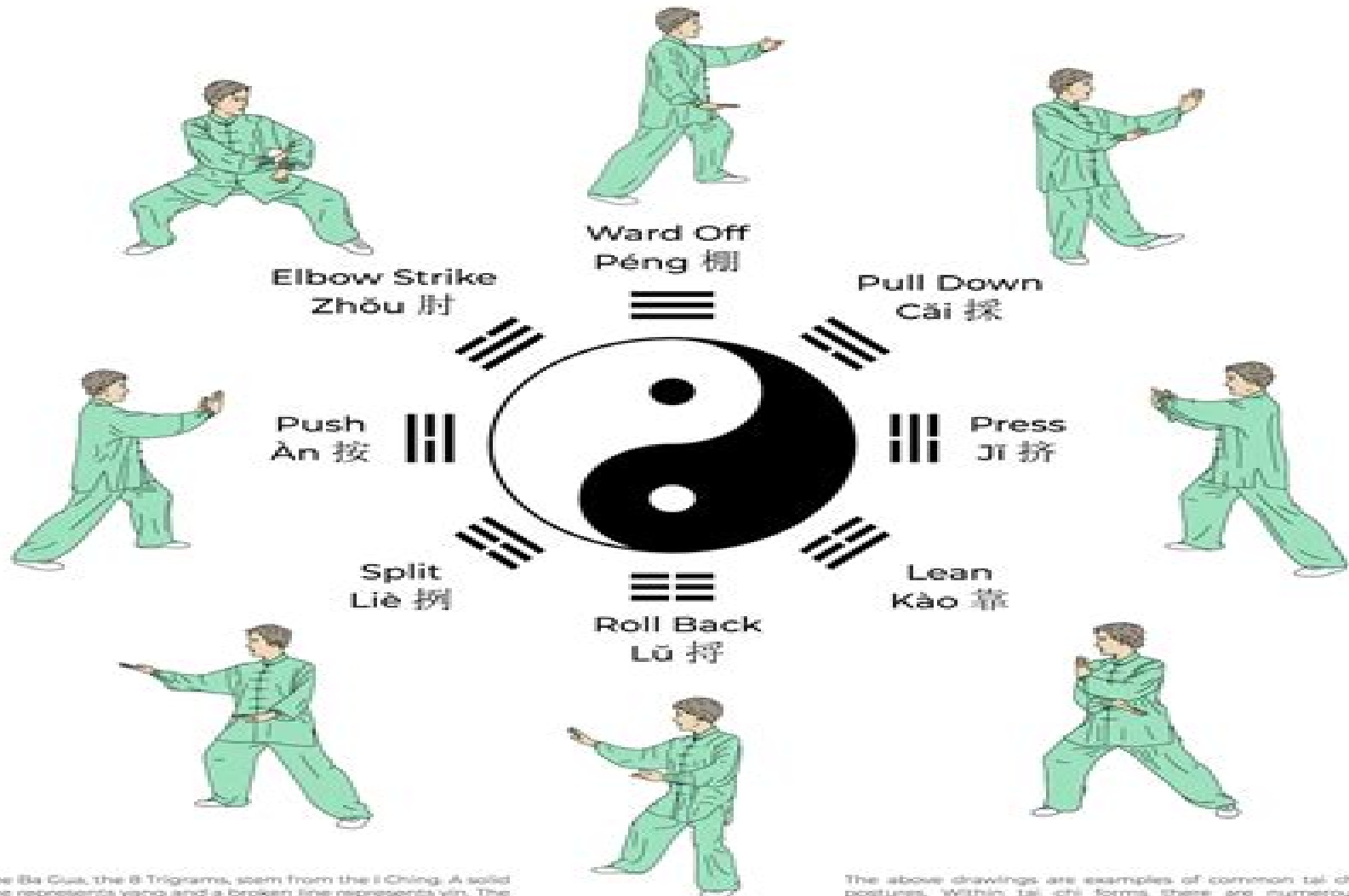


Bā Mén 八門

The 8 Hand Techniques of the 13 Fundamental Tai Chi Movements



The Ba Gua, the 8 Trigrams, stem from the I Ching. A solid line represents yang and a broken line represents yin. The 3 lines together indicate the amount of force exerted or received through each movement.

The above drawings are examples of common tai chi postures. Within tai chi forms there are numerous examples of each technique. Some movements will be combinations of two or three techniques.

Art Of Tai Chi A Practical Guide

Daniel F McAuley



Art Of Tai Chi A Practical Guide:

Whispering the Secrets of Language: An Emotional Quest through **Art Of Tai Chi A Practical Guide**

In a digitally-driven world wherever screens reign supreme and instant communication drowns out the subtleties of language, the profound secrets and mental nuances hidden within phrases often go unheard. However, situated within the pages of **Art Of Tai Chi A Practical Guide** a interesting literary treasure blinking with raw emotions, lies a fantastic quest waiting to be undertaken. Penned by a skilled wordsmith, that enchanting opus encourages readers on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the very material of each word. Within the emotional depths with this poignant evaluation, we will embark upon a genuine exploration of the book is primary subjects, dissect its fascinating writing type, and yield to the strong resonance it evokes strong within the recesses of readers hearts.

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