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Taichi in real fight, the best one *Tai chi*  
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**BONES into IRON Using a TREE |**  
**REAL IRON BODY**

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Tai Chi Chin Na (YMAA Qin Na) Dr.  
Yang, Jwing-Ming - Taijiquan joint locks  
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Within the form's graceful movements, you'll find punches, palm strikes, knee strikes and kicks, joint locks, sweeps, throws and takedowns. All are demonstrated in this ebook. This movements in this form are found in many Chen style Taiji forms. The self-defense applications in this ebook will apply to

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other Chen style forms as well.

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If you think Tai Chi is only fo exercise  
then let me prove you wrong. Check out  
this video 5 Tai Chi Self Defense Fighting  
Combat Techniques and get started ...

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(Description in Italian and English) Il  
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alcune applicazioni marziali del Taiji  
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There are not enough references of Tai  
Chi's applications in self-defense today  
because it has been de-martialized from its  
original fighting purpose to make its way  
into the general population. Master Tsao

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shares with you his research and 30 years of teaching experience in the major applications for Push Hands and self-defense in Chen Old Frame Routine One.

## Book 2

~~Tai Chi Application for Self defense Fight  
in Chen Taiji 1~~

It costs \$4.99 and includes 239 photos and

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coaching on 106 self-defense applications from this short Chen Taiji form. Fighting applications in the form include joint locks, hand strikes, punches, knee strikes, kicks, sweeps, throws, and takedowns.

The photo on the cover was taken in 2008, showing an application for the closing movement of the form against a strangle.

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~~Chen Taiji 19 Form Self Defense Video  
Highlights from E...~~

Tai Chi Chuan (Taijiquan) Combat

Applications always were a very effective  
and efficient fighting art. Since its  
inception (Chang San Feng legend aside)  
with the Chen family Taiji harbored



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~~Tai Chi Chuan (Taiji) Combat  
Applications techniques for ...~~

Tai chi (Chinese: 太极; pinyin: Tàijí), short for T'ai chi ch'üan or Tàijí quán (太极拳), is an internal Chinese martial art practiced for defense training, health benefits, and

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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 the dynamic relationship between ...

~~Tai chi - Wikipedia~~

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Chen Style Taijiquan (or Tai Chi Chuan) is an ancient Chinese art of exercise which is characterized by fluid, coiling movements punctuated with quick bursts of energy. It combines philosophy of Yin-Yang, knowledge of Traditional Chinese Medicine, and fighting techniques of the late Ming Dynasty. Chen Taijiquan

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cultivates both health benefits and self-defense skills.

[chentaijistudy.com](http://chentaijistudy.com)

Within the form's graceful movements, you'll find punches, palm strikes, knee strikes and kicks, joint locks, sweeps, throws and takedowns. All are

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demonstrated in this ebook. This  
movements in this form are found in many  
Chen style Taiji forms. The self-defense  
applications in this ebook will apply to  
other Chen style forms as well.

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The tea-serving exercises show up in the forms and in self-defense. The ultimate goal is to develop the ability to use the spiraling concept and movement to flow with an opponent depending on what he does. A lot of people misunderstand push hands and other practice drills like this. You put something up and they dismiss it

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as "won't work in a fight."

~~Ken Gullette's Internal Fighting Arts Blog~~

Tai Chi self defense is deadly, it is dirty  
and it is one of the best self defense  
systems known. Only when it is taught as  
it was originally intended though, as a  
hands-on, energetic fighting system where



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anything goes in order to survive in a realistic street attack.

~~Tai Chi Self Defense - Taiji World~~

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fighting eventually you will agreed

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discover a further experience and finishing

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