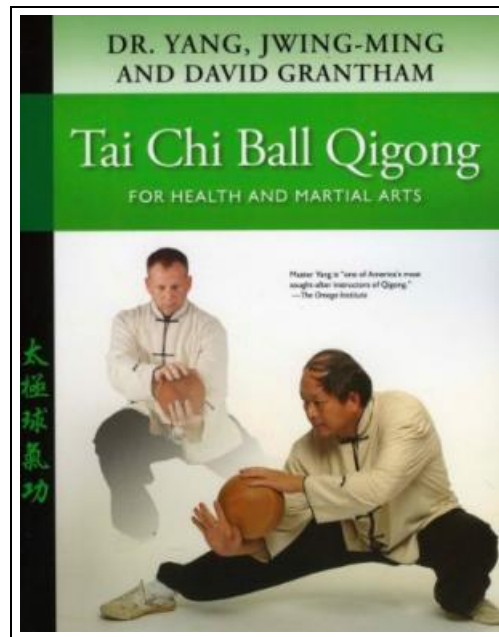


## Tai Chi Ball Qigong: For Health and Martial Arts



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