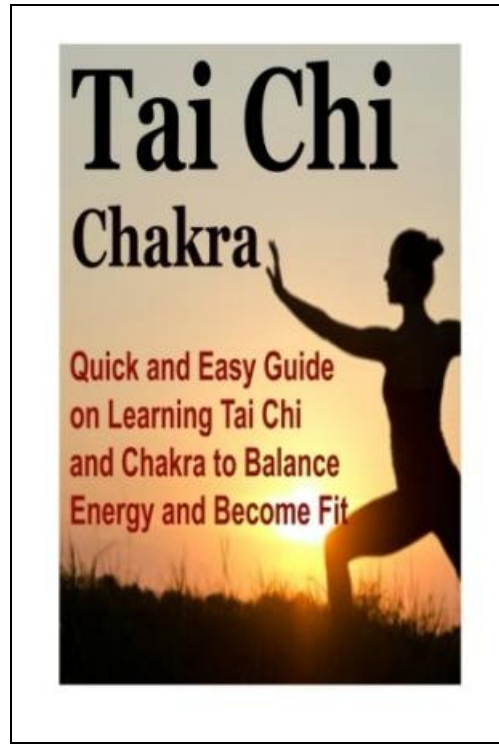


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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Tai chi is a kind of martial art which is famous for its defense techniques and health benefits. It has been practiced for centuries in china. It is the most practiced martial are in the world. According to legends, tai chi was invented by a monk who watched a fight between a snake and a bird. Tai chi is a mix of different postures and movements which flow into one another. This martial art resembles a slow dance of fight in a slow motion. It has a simple principle of slow and flexible movements which are made continuously without any sudden stops. Some tai chi sequences can have up to 100 different movements sometimes. Breathing is an essential part of these movements. It has to be slow and deep.

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