

Push-hands: The Handbook For Tai Chi Practice With A Partner

by Herman Kauz

Push-hands is a form of tai chi practiced with a partner to achieve inner development, as well as for exercise, fighting, training, and self-defense. A companion to the Tai Chi Handbook presents detailed instruction in push-hands, or tai chi practiced with a partner, and explains the philosophy of living in a . Herman Kauz Tai Chi Push Hands Push-hands: The Handbook for Non-competitive Tai-chi Practice . The Handbook for Non-competitive Tai Chi Practice With a Partner PUSH-HANDS: THE HANDBOOK FOR NON-COMPETITIVE TAI CHI PRACTICE WITH A PARTNER. Kauz, Herman - Please Inquire. Price: \$14.95. • Terms. Push Hands - Tai Chi Books - Recommendations and Comments The Handbook for Non-competitive Tai-chi Practice with a Partner by Kauz, Herman . The author advocates tai chi push-hands as a method of internalising this Push-hands: The Handbook for Non-Competitive Tai Chi Practice . Teaches. Tai Chi Push Hands. "Non-Competitive Tai Chi Practice with a Partner". October 4, 5 2008 Author: "Tai Chi Handbook". "The Martial Spirit". "A Path to Push-hands : the handbook for Tai chi practice with a partner : Kauz .

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