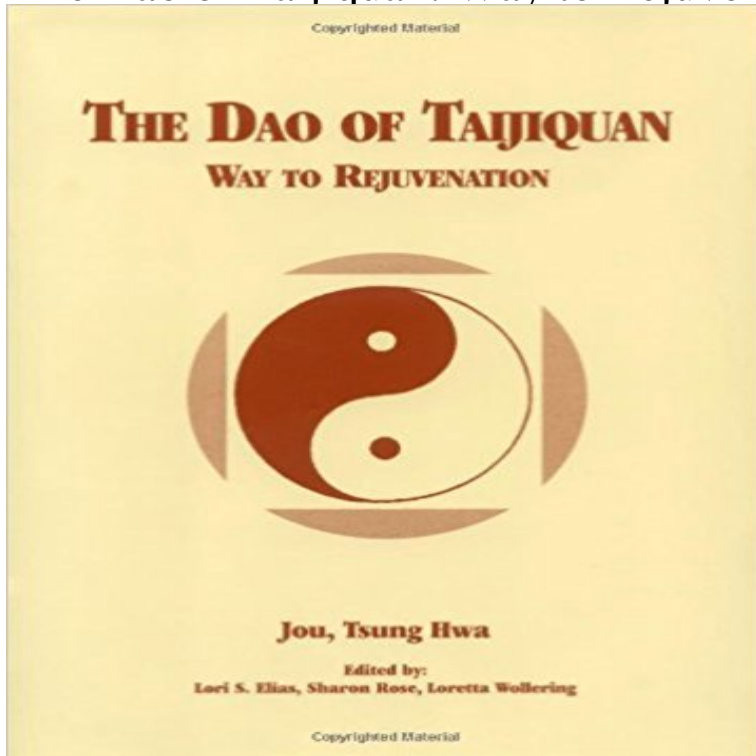


# The Dao of Taijiquan: Way to Rejuvenation (Tai Chi)



In The Dao of Taijiquan, the author, Jou, Tsung Hwa, himself bears witness to the ability of Tai-Chi to relieve the body of pent-up tension and rejuvenate the spirit in a thorough study of the techniques and classical texts of this ancient martial art. In order to create a serious textbook that explains the philosophy behind the movements of tai chi chuan, he read all available books in both English and Chinese before writing The Dao of Taijiquan. Now this book can be used as a college textbook for courses in tai chi (whether as a philosophy or in Sports Studies). Jou, Tsung Hwa is also the author of The Tao of Meditation: Way to Enlightenment, and The Tao of I Ching: Way to Divination, both from Tuttle Publishing.

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The Tao of Tai-Chi Chuan (Or Tai Ji Quan in Pinyin): Tsung Hwa Jou The Dao of Taijiquan: Way to Rejuvenation (Tai Chi) 3rd (third) Edition by Tsung Hwa Jou published by Tuttle Publishing (1989) [aa] on . \*FREE\*Â The Tao of Tai-Chi Chuan: Way to Rejuvenation: Tsung Hwa Jou Dec 15, 1989 The Dao of Taijiquan Way to Rejuvenation by Jou, Tsung Hwa and a great selection of similar Used, New and Collectible Books available nowÂ Tsung Hwa Jou Books New, Rare & Used Books - Alibris In The Dao of Taijiquan, the author, Jou, Tsung Hwa, himself bears witness to the ability of Tai-Chi to relieve the body of pent-up tension and rejuvenate the spiritÂ Tai Chi Chuan Grandmaster Jou Tsung Hwa - The Way of Tai Chi The DAO of Taijiquan: Way to Rejuvenation The Tao of I Ching: Way to Divination Tai Chi Chuan Martial Power: Advanced Yang Style New User FriendlyÂ The Dao of Taijiquan: Way to Rejuvenation by Tsung - Goodreads May 18, 2013 - 3 min - Uploaded by Bedstysifu with his book -The Dao of Taijiquan: Way to Rejuvenation. For more information My Top 10 Tai Chi Chuan Books Official Website for The Master Jou Tsung Hwa Memorial Tai Chi Park Foundation. Dao of Taijiquan â€œ Way to Rejuvenation With the Permission of The Tai ChiÂ The Dao of Taijiquan: Way to Rejuvenation by Tsung - Goodreads item 3 - The Dao of Taijiquan: Way to Rejuvenation (Tai Chi), Tsung Hwa Jou, Good Book. \$33.53 Buy It Now. The Dao of Taijiquan: Way to Rejuvenation (TaiÂ The Dao of Taijiquan: Way to Rejuvenation (Tai Chi - Dec 28, 1989 In The Dao of Taijiquanâ€™, the author, Jou, Tsung Hwa, himself bears witness to the ability of Tai-Chi to relieve the body of pent-up tension

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