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qigong (breathing, movement and awareness exercises and meditation), tuishou (response drills) and sanshou (self defense techniques).

Tai chi - Wikipedia

Master Huang's Complete Tai-chi is the definitive introduction to the Condensed Form of Wu-style Tai-chi, a form that has gained enormous popularity as a healing exercise because it stresses the development of internal energy for self-healing. The 36 postures of this style are beautiful in their simplicity and completely safe, regardless of one's age or physical condition.

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