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Tai chi Wikipedia

Stijlen en beschrijving Tai chi bestaat in verschillende stijlen met Chinese familienamen zoals de Chen Yang Wu en Sun stijl waarbij de Wu en de Yang stijl voornamelijk relatief langzaam worden uitgevoerd en de Chen stijl ook explosieve momenten in zich heeft De langzame bewegingen die vanuit de lage dantian buik en vooral zeer ontspannen uitgevoerd worden zijn kenmerkend voor tai chi

Simplified Standard 24 Movement T ai Chi Ch uan Form Yang

T ai Chi Ch uan National 24 Form Standard Simplified Taijiquan Version 24 Movements 1956 Yang Style Taijiquan 24 Short Form Simplified Tai Chi Standard Beijing Taijiquan 24 Form Chinese National 24 Form Taiji

Yang Style T ai Chi Ch uan Long 108 Form Bibliography

Introduction Bibliography Links List of Movements Instructions Quotations Yang Cheng Fu Yang Taijiquan Online Videos Classics Performance Time Martial Arts Rooting Loosening Relax Spiraling Sensitivity Standing Chi Kung Somaesthetics The Five Senses Pleasures Cloud Hands Blog Facebook

Sheng yen Wikipedia

Sheng Yen 释圣严 Pinyin Shěngyǎn birth name Zhang Baokang 张保康 January 22 1931 – February 3 2009 was a Chinese Buddhist monk a religious scholar and one of the mainstream teachers of Chan Buddhism He was a 57th generational dharma heir of Linji Yixuan in the Linji school Japanese Rinzai and a third generation dharma heir of Hsu Yun

Chan Buddhism Wikipedia

The historical records required for a complete accurate account of early Chan history no longer exist Periodisation The history of Chǎn in China can be divided into several periods

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Perubatan tradisional Cina Wikipedia Bahasa Melayu

Prinsip asas perubatan Cina tidak semestinya seragam dan berasaskan beberapa mazab TCM yang diterima dapat dijumpa dipengaruhi oleh Taoisme Buddhisme dan Neo Konfusianisme Sejak 1200 SM para akademik Cina dari pelbagai sekolah telah berfokus pada hukum semulajadi diperhatikan dan implikasi mereka untuk kesifatan praktikal tempat kemanusiaan dalam alam ini

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