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from his uncle who added the pa-kua staff arts for self-defense purposes, the Hsing Chen T'ai Chi Ch'uan and Pa Kua Chang). "Hsing

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about t'ai chi ch'uan, also written as tai chi chuan and taiji, acceptance seems to be the way to self defence. often romanised as Pa Kua Chang,

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Autor: reid howard. The Way of the Warrior: The Paradox of the Martial Arts. Howard Reid, Michael Croucher. Verlag: Leopard Books.

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