

108 Insights Into Tai Chi Chuan A String Of Pearls

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~~[Tai chi - Wikipedia](#)~~ ~~[Gilman began his studies of Tai Chi Chuan in 1968 with Master Choy Kam-man in San Francisco. Master Choy ’ s father Choy Hok-peng, a longtime student of Yang Cheng Fu, is credited with introducing Tai Chi to America in the 1940s. Master Choy taught the full Yang Style curriculum and that is the system that Michael still practices and teaches.](#)~~

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