

# Tai Chi Wu Style: Advanced Techniques For Internalizing Chi Energy By Mantak Chia

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which are trained in addition to more conventional t'ai chi sparring and fencing at advanced levels. Classical Northern Wu Style Tai Ji Quan. Blue Snake Books.

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INTERNATIONAL WU STYLE TAI CHI CHUAN FEDERATION Ontario, Canada by Grand Master Wu Yan Hsia, Grand Master Wu Tai Sin, and Grand Master Eddie Wu.

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