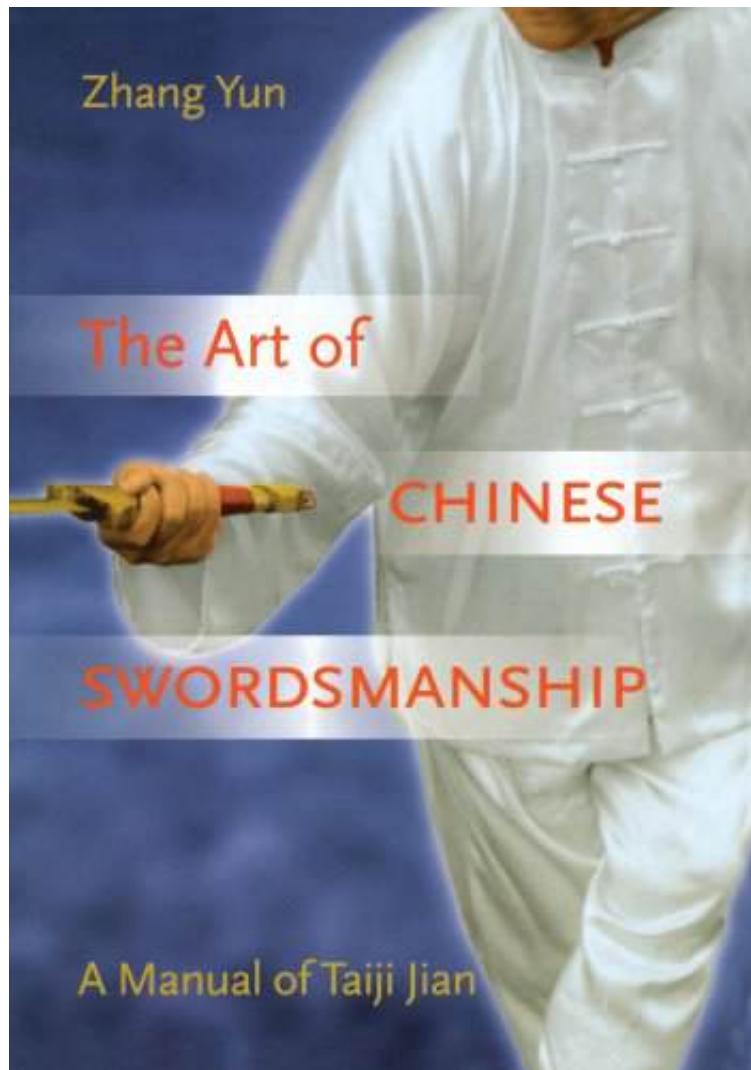


The Art of Chinese Swordsmanship: A Manual of Taiji Jian

By Zhang Yun

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Most Westerners are familiar with Taiji Quan often spelled Tai Chi Chuan the graceful dancelike exercise movements practiced by the Chinese to promote health and longevity. However, many do not realize that Taiji is also a martial art and that it includes practice with weapons including the ancient sword called jian. As with Taiji Quan, the practice of Taiji Jian is based on Chinese yin yang, five elements and Daoist philosophical concepts and combines many of these elements into a single, cohesive system.

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