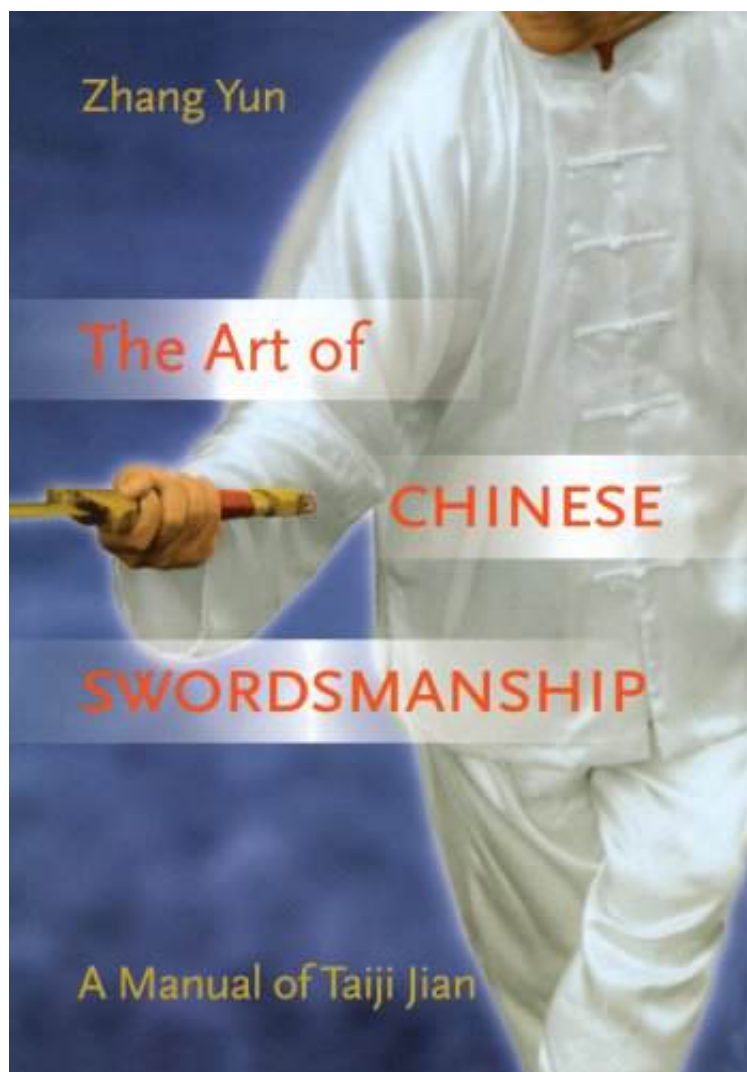


The Art of Chinese Swordsmanship: A Manual of Taiji Jian

By Zhang Yun

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Most Westerners are familiar with Taiji Quan often spelled T ai Chi Ch uan 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 m

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