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### **Chin Na - Wikipedia**

Liu Jin Sheng"...If you are in command of this technique, you can sway the destiny of the enemy. You can kill your enemy, cause unbearable pain, tear his muscles and sinews, break his bones or make him unconscious for some time and completely disable him to resist.

### **Liu Jin Sheng. Shaolin Chin Na Fa: Art of Seizing and**

T'ai chi forms. The different slow motion solo form training sequences of t'ai chi ch'uan are the best known manifestation of t'ai chi for the general public. In English, they are usually called the hand form or just the form; in Mandarin it is usually called ch'ian (Chinese: 拳; pinyin: quān; Wade-Giles: ch'ian 2). They are usually performed slowly and are designed to string together an ...

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### **Chin. Phys. B**

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### **Dragon Qigong: Bibliography, Lessons, Links, Resources**

Eight Section Brocade Chi Kung. A Hypertext Notebook by Michael P. Garofalo, M.S. Green Way Research, Vancouver, Clark County, Washington. Chi Kung (Dao-yin, Yang Sheng Gong, Qigong) are Various Ancient Chinese Exercise and Fitness Practices The Eight Pieces of Beautiful Silk Brocade Chi Kung (Ba Duan Jin Qigong) is a popular Chi Kung Form. The Eight Treasures Dao-yin (Ways for Pulling ...

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