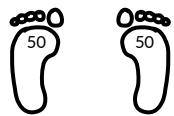
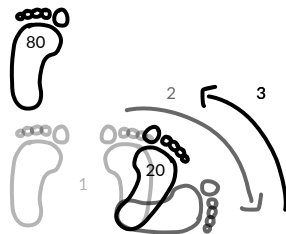


Tai Chi 8er Form

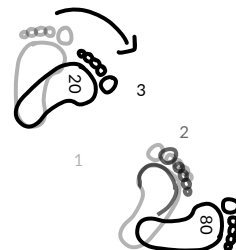
- Fußpositionen -



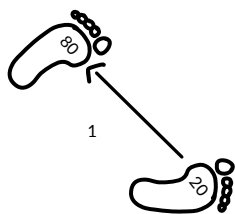
1. Qi wecken



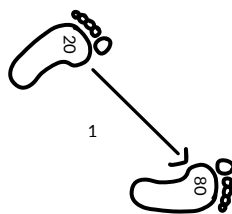
2. Schützen links



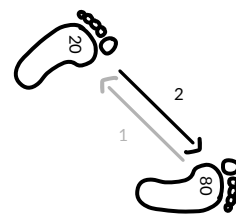
3. Schützen rechts



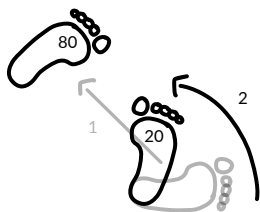
4. Ziehen



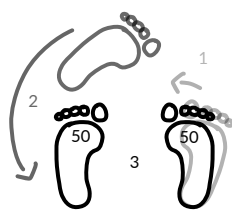
5. Drücken



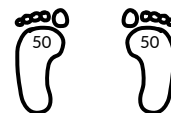
6. Schieben



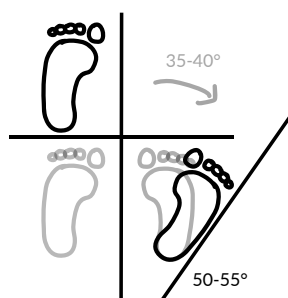
7. Öffnen



8. Hände kreuzen



... nachspüren



Bogenschritt

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Taiji-Forum.de/Tai-Chi-zu-Hause!