

Qi Gong (Secrets Of...) By Angus Clark

By Angus Clark

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memorial article mentioned that Chen Zhaopi spent many years in different parts of China teaching the Chen style Tai Chi. on the secret of Tai Chi

Angus Clark is the author of Secrets of QiGong (2.67 avg rating, 9 ratings, 2 reviews, published 2001), Illustrated Elements of Tai Chi

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Aug 03, 2012 A short film looking at Tai Chi Alignment from the feet to the head with Angus Clark

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Qi or Chi means energy and Gong or King the moment" says Angus Clark, a teacher of the
White Crane form of Qigong and consultant on the handbook Secrets of

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These are Angus Clark's Tai Chi and Qi Gong exercises from his Move For Your Life set, also
seen on the DVD of the same name. Move For Your Life

A description of the White Crane form can be seen on page 78 in the introductory book,
"Secrets of Qi Gong", by Angus Clark, 2001, Dorling Kindersley Limited.

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