



# Tai Chi PENG Root Power Rising

By Scott Meredith

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**Tai Chi PENG Root Power Rising** By Scott Meredith

Tai Chi PENG Root Power Rising describes the theory and practice of the most characteristic internal energy of the universally popular Chinese Tai Chi Chuan martial art. A full set of practical exercises is presented and illustrated, and the original Chinese source texts that define PENG energy are accompanied by new translations and analysis.

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