



Wu Style Taijiquan [VHS]

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From the Contributor

YMAA: Yang's Martial Arts Association was established in Boston, MA in 1982. With the intent of preserving traditional Chinese Gongfu (Kung Fu) and Qigong , Dr. Yang, Jwing-Ming began training students in the rigors of Shaolin Long Fist and White Crane Gongfu as well as Yang Style Tai Chi Chuan. Dr. Yang also undertook his life-long dream of teaching and researching the Chinese arts and introducing them to the West through many books, videos and DVDs. Search Amazon for "YMAA" , "Master Liang, Shou-Yu" or "Dr. Yang" to find more titles available from YMAA. YMAA Publication Center has been a publisher of high quality traditional martial arts and health books, videos and DVDs since 1983, and is a pioneer in the cultural exchange between the East and West. While the West has successfully developed the material sciences, the East is celebrated for its levels of spiritual cultivation. During this period of exchange, the building of bridges is critical for the successful integration of the achievements of both societies. As YMAA Publication Center continues to grow, we will continue to pursue Dr. Yang's dream, and bring you important books on Martial Arts, Qigong, Health, and Spiritual Cultivation. Many thanks and appreciation to all our friends and customers for their continued encouragement and patronage.

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