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Andrew Townsend is the author of Action Research (4.00 avg rating, 1 rating, 0 reviews, published 2013), Tai Chi Essentials (0.0 avg rating, 0 ratings, 0 reviews)
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(simplified Chinese: [24] [25] Contents. 1 Etymology; 2 History. with morning exercises such as qigong and t'ai chi ch'uan widely practised,
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