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Compact Tai Chi: Combined Forms to Practice in a Limited Space

Jesse Tsao

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Compact Tai Chi: Combined Forms to Practice in a Limited Space Jesse Tsao
Many homes do not have enough space to practice conventional Tai Chi. Tai Chi master Jesse Tsao explains his spaceless mini Tai Chi, a form combining five major styles in one comprehensive form, which takes only three to five minutes to practice in less than 40 square feet of space.

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