

Tai Chi Illustrated
By Master Pixiang Qiu; Weimo Zhu



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During tai chi practice, the head should remain straight and upright with the neck straight, and the head should not incline in any direction.
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Master Pixiang Qiu is director of the Chinese Wushu (martial arts) Research Center of Shanghai University of Sports. A veteran tai chi instructor, Qiu was named a <http://www.amazon.com/Tai-Chi-Illustrated-Master-Pixiang/dp/1450401600>

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