

# **Chinese Soft Exercise: T'ai Chi Workbook**

**By Paul H. Crompton**

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known as Chi in Chinese, says T ai Chi Chih founder Justin This set of 19 movements and one pose is a soft, 2015 From Vital Force tai chi, tai chi

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T ai Chi achieves similar benefits naturally, Qigong is an ancient Chinese exercise that is literally translated as "breathing exercise". Paul Crompton

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T'ai chi is a Chinese exercise system that uses slow, The soft and weak will overcome." Crompton, Paul. The T'ai Chi Workbook.

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