

# [PDF] Mastering Yang Style Taijiquan

**Fu Zhongwen, Louis Swaim - pdf download free book**

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**Description:**

**About the Author** Louis Swaim lives and practices in Oakland, California. He has also translated an earlier taijiquan manual, Yang Chengfu: *The Essence and Applications of Taijiquan* (North Atlantic Books, 2005). He received his master's degree in Chinese history, Mandarin, and Classical Chinese at U.C. Berkeley, and did additional language study at the Inter-University Program for Chinese Language Studies. He has been a taijiquan practitioner for over thirty years.

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