



Qigong fitness self-Books: 12 Duan Jin(Chinese Edition)

By ZHANG HAI LING

paperback. Condition: New. Paperback. Pub Date: 2012 08 Pages: 204 Language: Chinese in
Publisher: Beijing Sports University Press 12 Duan Jin also known as text Baduanjin. Qing Dynasty
Henan Songshan Shaolin Temple monks as one of the main practice content. thereafter gradually
by the majority of practitioners adopted as one of the internal strength workout exercises. 12 Duan
Jin exercise method is a combination of twelve action. 12 Duan Jin of three chapters. including sit
power 12 segment Kam. station power 12 segme.



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Reviews

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