

Tai Chi For Kids - Jose Figueroa

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This book will take you through your first few weeks as a student of Tai Chi from how to greet your teacher to exercises you can do to warm up for your class. As you make progress, the colorful illustrations will help you practice your technique and introduce you to fun games based on Tai Chi exercises. Author: Figueroa, Jose Publisher: Tuttle Publishing Illustration: Y Language: ENG Title: Tai Chi for Kids Pages: 00048 (Encrypted EPUB) On Sale: 2012-04-17 SKU-13/ISBN: 9780804835633 Age: 09-12 Reading Level: 04-07 Category: Juvenile Nonfiction : Sports & Recreation - Martial Arts

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