

The Essential Movements Of T'Ai Chi By John Kotsias

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John Kotsias, the author of Essential Movements of T'ai Chi, is a linguist and professor of mathematics with many of years experience in the practice of T'ai Chi.

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Tai chi as treatment

Physical Therapy John Kotsias has been studying T'ai chi and related He is the author of the "Essential Movements of T'ai chi" and teaches

Movements t'ai chi chih

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