

# **The Essential Movements Of T'Ai Chi**

**By John Kotsias**

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The Essential Movements of Tai Chi. Paradigm Publications, Kotsias J. Effects of T'ai Chi on Balance. Arch Otolaryngol Head Neck Surg 1999 Nov;125(11):1191.  
<http://www.dizziness-and-balance.com/taichi/>

What is T'ai Chi Chih? This set of 19 movements and one many people by circulating and balancing the essential energy (Chi). Force tai chi, tai  
<http://www.taichichih.org/>

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Using Eastern methods such as t'ai chi and aikido to John and Rita Kotsias are instructors for continuing Kotsias, J. (1989). The essential movements of  
<http://occupational-therapy.advanceweb.com/Article/Alternative-Treatments-for-RSI.aspx>

t'ai chi forms to 24 postures; taking about six minutes to perform and to give the beginner an introduction to the essential elements of t'ai chi movements  
[http://en.wikipedia.org/wiki/24-form\\_tai\\_chi\\_chuan](http://en.wikipedia.org/wiki/24-form_tai_chi_chuan)

I have studied Tai Chi with John Kotsias for the past four years. John is a knowledgeable and principled teacher and martial artist. I have read this book on Tai-Chi  
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The Essential Movements of Tai Chi: John Kotsias, John Kotsias, Robert L. Felt: 9780912111049: Books - Amazon.ca  
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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.  
<http://www.paradigm-pubs.com/catalog/detail/EssMovTaiChi>

The Spirit of Tai Chi: Essential Principles by; John Lash; Add to Understand how Tai Chi movements help a student achieve inner balance.  
<http://www.barnesandnoble.com/w/the-spirit-of-tai-chi-john-lash/1112157623?ean=9781843332022>

Some training forms of t'ai chi ch'uan are especially known for being practiced with relatively slow movement. Today, t'ai chi ch'uan has spread John Woo. Series  
[http://en.wikipedia.org/wiki/T%27ai\\_Chi\\_Ch%27uan](http://en.wikipedia.org/wiki/T%27ai_Chi_Ch%27uan)

John Kotsias, MS Kotsias J The Essential Movements of T'ai Chi Hain TC, Fuller L, Weil L, Kotsias J. Effects of T'ai Chi on  
<http://archotol.jamanetwork.com/article.aspx?articleid=509931>

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