

Taijiquan And The Search For The Little Old Chinese Man Understanding Identity Through Martial Arts -

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chang san feng zhang sanfeng taoist grandmaster and - *zhang sanfeng was a semi mythical chinese taoist priest who is believed by some to have achieved immortality said variously to date from either the late song dynasty yuan dynasty or ming dynasty, **standing meditation practices bibliography quotations** - the chinese refer to the mind as the playful monkey always jumping from one thing to another zhan zhuang standing is about being mindful mindfulness of your presence in the present moment*

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