



The Tai Chi Two-Person Dance: Tai Chi with a Partner

Jonathan Russell

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This centuries-old harmonizing of movements resembles a dance in which the lead switches from partner to partner with every movement, requiring participants to enter into a bodily dialogue with each other. Each movement has a specified number of beats, which aids in the correct positioning of one's body. The book is amply illustrated with photographs of Master T. T. Liang performing the two-person dance.

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