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Tai chi chuan, (Chinese: “supreme ultimate fist”) Pinyin taijiquan, Wade-Giles romanization t’ai chi ch’uan, also called tai chi, or Chinese boxing, ancient and distinctive Chinese form of exercise or attack and defense that is popular throughout the world. As exercise, tai chi chuan is designed to provide relaxation in the process of body-conditioning exercise and is drawn from the principles of taiji, notably including the harmonizing of the yin and yang, respectively the passive ...

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Tai chi chuan : classical Yang style : the complete long form and qigong. YMAA Publication Center . Jwing-Ming Yang. Year: 2010.

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