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Wudang two-person set, performed by Ladan Niayesh and Robert Jonart in Paris. Robert's moves correspond to the "dodge and display the sabre-roc spreading its wings" sequence in the Wudang sabre form.

Wudang sabre against spear

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6- Sun 6: Tai Chi for Arthritis (TCA), created by Dr. Paul Lam of the Tai Chi for Health Institute, Sydney, Australia. Sun 6: Basic 6 moves, performed on Right and Left. Sun 12: additional 6 moves, also performed both sides.

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