

Kung Fu and Tai Chi (Kids Guides)



Have you ever seen an action-packed kung fu movie? Have you seen people moving their bodies in the calm motions of tai chi in a park on a Saturday morning? You might not think these two practices have much in common, but they do. They are both styles of the ancient Chinese martial arts of wushu. Discover the sports in which the hard and strong will fall, and the soft and weak will overcome.

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