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**tai chi wikipedia** Aug 27 2022 tai chi of tai ji vereenvoudigd chinees ??? traditioneel chinees ??? pinyin tài jí quán is een van oorsprong chinese vechtkunst die nu veelal beoefend wordt als neijia innerlijke bewegingskunst tai chi wordt beoefend voor zijn gezondheidsbevorderende eigenschappen maar ook als een vechtsport voor zowel zelfverdediging als voor het uitschakelen van