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This blog reflects my experiences in learning and then teaching tai chi. My teacher is Herman Kauz, My teacher is Herman Kauz, author of the Tai Chi Handbook.

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Herman Kauz is a prominent author and teacher of the martial arts, in particular T'ai chi ch'uan. The Tai Chi Handbook, Random House, ISBN 978-0-385-09370-5.

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Herman Kauz is the author of The Tai Chi Handbook (3.45 avg rating, 29 ratings, 2 reviews, published 1974), The Martial Spirit More books by Herman Kauz

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