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The Taoist Tai Chi 108-Move Set Many historians believe that Tai Chi originated with the ninth-century Taoist philosopher Li Daotzu (or Li Tao-Tzu), who defined the first 37 moves in a book called The Earlier Heaven Movements .

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Yang 108 Posture Long Form: The Yang style is the most common style that is practiced. This is due to it's continually slow pace throughout the form which differs from the Chen style below which has both slow and fast parts.

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