A picture containing person, posing, boat

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Golden Sage Martial Arts

Saturday Web Class

12-12-2020

GSMA web class 12-12-20

Lu Jung and Tai Chi videos

The Lu Yung set was demonstrated by Alicia Karnes, Sensei Ni at GSMA

ranked as a Yodan (forth degree Black Belt) in DanZan Ryu Zenyo Bujutsu.

A person standing in front of a window

Description automatically generated with medium confidenceShe learned this Lu Jung from

Tai Chi 24 Form Slow Motion with Instructions

from Peter Chin.

“During the period of Coronavirus Pandemic time, more and more people have to stay home, I'd like to make all of my Tai Chi related videos available in public so that we can do Tai Chi exercise together without going out. At the meantime, I'll publish more videos and hope to make this period of time a little bit more interesting and beneficial. Here is the link of the complete All-In-One edition of all my Tai Chi 24 Form related videos”.

Please also check the whole playlist of my YouTube Tai Chi related videos through the following link

<https://www.youtube.com/channel/UCYrf_ajxX_Ze1yuFyv7J1BQ/playlists?view_as=subscriber>Welcome to the Tai Chi World and Enjoy your practice".

