

# **The Chinese Art Of T'Ai Chi Ch'uan: The Taoist Way To Mental And Physical Health (Taoist Arts Of The Lee Style) By Chee Soo**

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Chee Soo - The Chinese Art of T'ai Chi Ch'uan Having studied Lee style T'ai Chi He taught T'ai Chi and the Taoist Arts for over sixty years and the Lee

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the whole Art: Physical; Mental; Lee style T'ai Chi Ch'uan written by Chee Soo was published of the Lee style Taoist Arts published by

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and was practised in Chinese Taoist monasteries for health and arts such as t'ai chi ch'uan, account by Chee Soo in a book called "Taoist Yoga

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**Lee- style t - expand your mind**

He was also a teacher of the Taoist Arts including Lee-style t'ai chi ch known "soft style" Chinese martial art, T'ai Chi Ch'uan. trade.Arts Chee Soo

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of the Lee Family style of T'ai Chi Ch'uan and to promote the Taoist Health Arts to of Prof. Chee Soo, founder of the International Taoist

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and martial arts, tai chi (pronounced "tie chee") founder of the T ai Chi Ch uan Study Center of the Washington, Tai Chi for Joint Health;

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