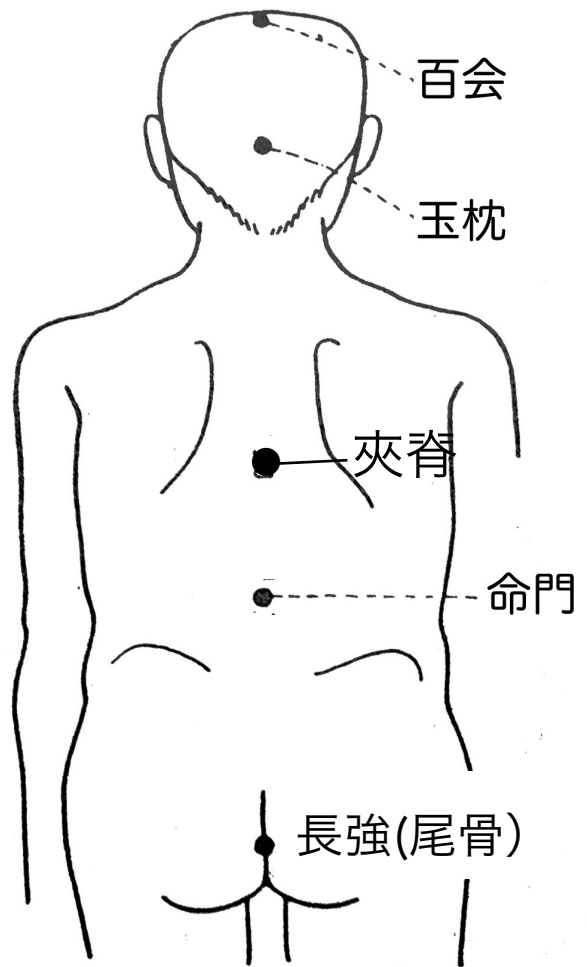
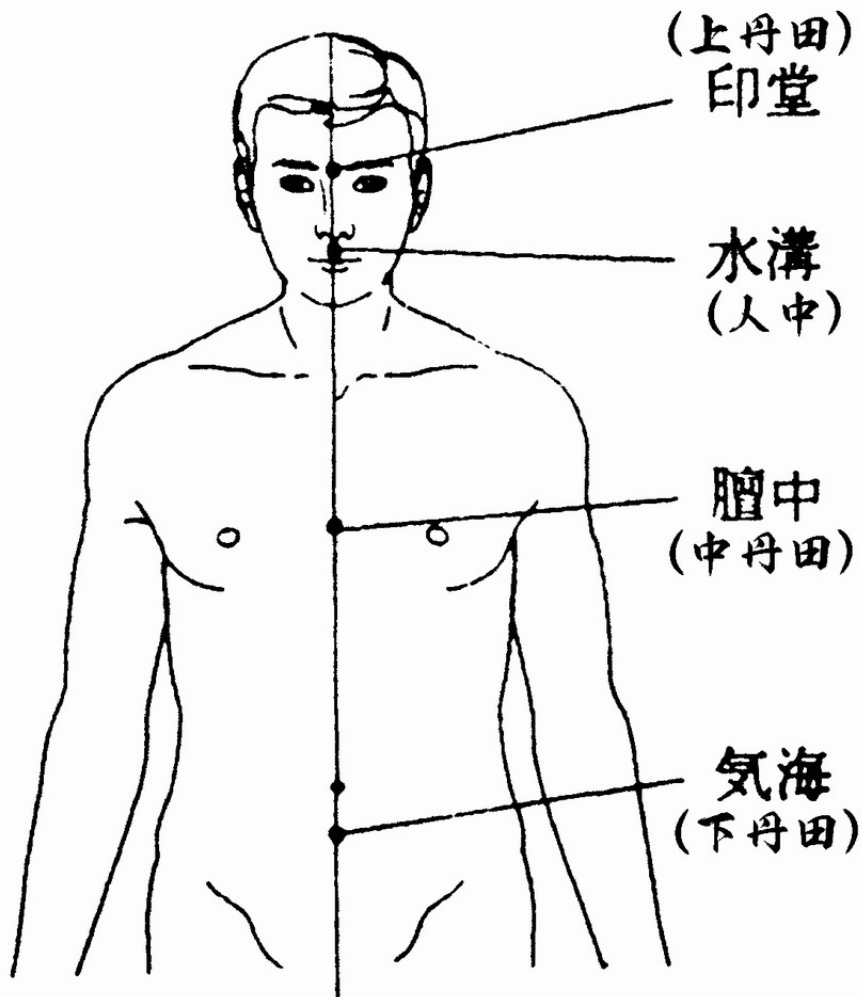
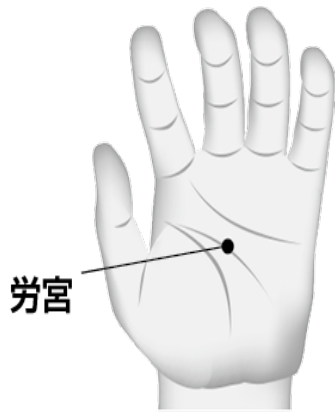
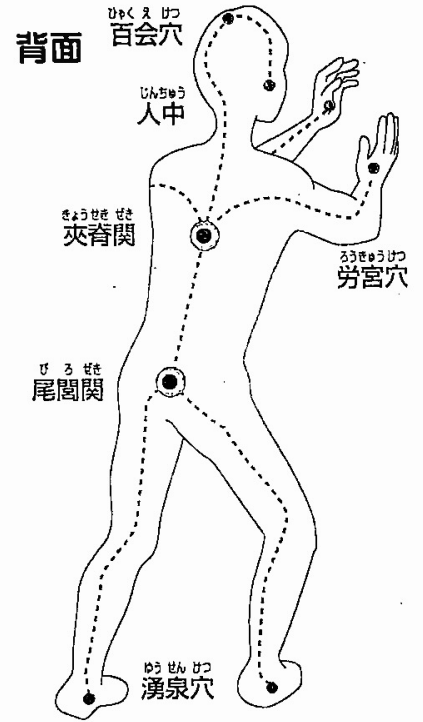
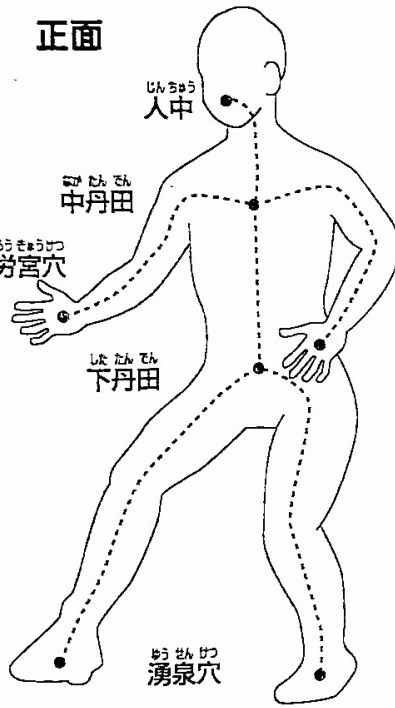
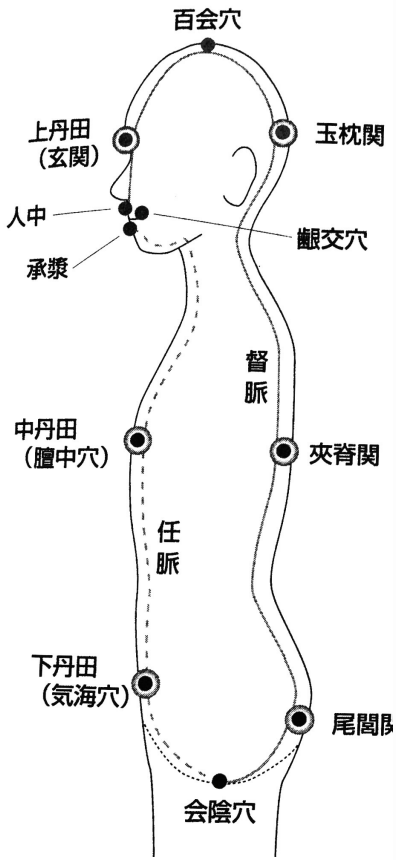


# 十三式太極拳の主なツボ (経穴)



# ツボと気の流れ



# 十三式太極拳の呼吸法

