

Tai Chi Chuan Roots & Branches - Nigel Sutton

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Tai Chi Chuan is a philosophical and martial discipline practiced daily by millions of people worldwide. Though its benefits as a means of enhancing health and relaxation are well known, it is also a viable and effective martial art. Nigel Sutton has devoted many years of his life to the study of Tai Chi's roots (its history, traditions, and basic movements) and its branches (the meaning and applications of the movements). The product of his endeavors is this introductory guide to the movements and application of Master Cheng Man Ching's Tai Chi Chuan, a style noted for its combative effectiveness. Sutton has masterfully captured the essence of this popular tradition in both its holistic and martial approaches. His simple but clear instructions and over 190 illustrations make learning Tai Chi easy. Author: Sutton, Nigel Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Tai Chi Chuan Roots & Branches Pages: 00128 (Encrypted EPUB) / 00128 (Encrypted PDF) On Sale: 1996-12-15 SKU-13/ISBN: 9780804820721 Category: Sports & Recreation : Martial Arts & Self-Defense

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