



Tai Chi Chuan Roots & Branches

Nigel Sutton

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Featuring simple but clear instructions and over 190 illustrations this Tai Chi guide is a great way to learn this ancient martial art.

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.

The postures and forms written in *Tai Chi Chuan* are easily understood and including nicely drawn illustrations to help guide the reader into the proper positions of Tai Chi. Author *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 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.

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