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Autore	Sutton Nigel
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Sommario/riassunto	Tai Chi Chuan: Form to Function is a detailed manual for the study of the martial techniques of tai chi chuan. It takes up where Sutton's earlier title, Applied Tai Chi Chuan , left off, by setting out step-by-step the training exercises necessary for the mastery of tai chi chuan as a true combative art. Sutton outlines a well-defined program designed to lead to understanding and mastery of the useful self-defense techniques. Some of the techniques explained include beginning basic execution of hand patterns, complex exercises, training with partners in predetermined