



WUTAN Tai Chi Chuan

Cheng Tin Hung, Dan Docherty

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The book then describes the practice of Tai Chi Chuan which includes more than 500 pictures of the Hand Form as demonstrated by Sifu CHENG. From there we move on to the strategy and tactics which form the basis of the application of the self-defence techniques and the practical training necessary to gain proficiency in this application.

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