

Wing Chun A Complete Guide

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Wing Chun A Complete Guide

Featuring over 300 black and white photos and step-by-step illustrations, Wing Chun Kung-Fu: A Complete Guide offers clear, straightforward, and authoritative instruction to the Chinese martial art of Wing Chun Kung-Fu. This Wing Chun book introduces and demonstrates the three empty-hand wing chun kung fu forms, the combative building blocks of the system, including sticky-hand and sticky-leg fighting, chin-na, and the theory of vital strikes to the weak points of human anatomy (dar mak).

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Unfortunately, over the years most of these systems have remained unseen or unreported to all but a few--until now. Profusely illustrated with over 300 historical photographs, Complete Wing Chun: The Definitive Guide to Wing Chun's History and Traditions presents seldom seen information on a dozen branches of the Wing Chun art.

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This is a comprehensive guide to the martial arts form of Wing Chun Kung-Fu. It leads th reader step-by-step through the beginning forms of Wing Chun Kung-Fu, and provides detailed commentary and theory on all techniques and forms.

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Wing Chun Kung-fu: A Complete Guide by Joseph Wayne Smith

Wing Chun Kung Fu: Fighting and Grappling v.2: A Complete Guide: Fighting and Grappling Vol 2 (Chinese martial arts library): Amazon.co.uk: Smith, Joseph Wayne: 9780804817196: Books. 10 used & new from £11.99. See All Buying Options.

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Wing Chun Kung Fu: A Complete Guide: v.1: Basic Forms and Principles (Chinese 9780804817189 | eBay. This martial arts manual is a comprehensive guide to the basic forms and principles of Wing Chun kung-fu. In 180 black-and-white photographs, Wing Chun Kung-Fu: A Complete Guide leads the reader step-by-step through the beginning forms of Wing Chun kung fu, including Chi gerk, Chi sao, and Wing Chun sticky-hand and sticky-leg techniques, as well as detailed commentary on the theory behind each ...

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