

Wing Chun Kung-Fu: Chinese Art of Self-Defense



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Reviews

Very helpful for all class of people. Sure, it is actually play, nonetheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Carole McClure)

WING CHUN KUNG-FU: CHINESE ART OF SELF-DEFENSE



Black Belt Communications. Paperback. Book Condition: new. BRAND NEW, Wing Chun Kung-Fu: Chinese Art of Self-Defense, James Yimm Lee, Bruce Lee, Bruce Lee, Edited by Bruce Lee and featuring jeet kune do legend Ted Wong, this book introduces the reader to the sil lim tao form, the immovable-elbow and centerline theories, chi sao (sticky hands), trapping, and much more. Wing Chun Kung-Fu continues to set the standard for martial arts instructional books, and it has become the perennial study guide for kung fu enthusiasts of all skill levels.



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