



Kung Fu Your Ultimate Guide Wing Chun Styles

By Phil Pierce

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 122 pages. Dimensions: 8.9in. x 6.0in. x 0.3in. Discover the history and training secrets of the legendary art of Wing Chun! - Grab Your Copy Now! For Wing Chun Wing Tsun Wing Tsun StylesM History and Meanings Wing Chun Punches and Kicks Bruce Lee and Ip Man Technical breakdown of each block and movement The Ng Mui Legacy - Grading requirements: Each grade broken into a section covering; Coloured Sash Requirements and Forms Chinese Terminology Suil Lim Tao, Chum Kiu, Biu Tze, Chi Sau and much more! This expert guide has been compiled to help you blast through the grades, have a deeper understanding and improve your training! Developed with the input of expert Sifu and Instructors this book is designed to answer the most common questions and make it easy for you to improve your training and reach for the top grade when you are ready! You know what its like at training. You start to wish you had spent that bit more time revising, better understanding and that bit more time practicing. Well heres the answer! helping you take...



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