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Wing Chun Kung Fu

By Sifu Shaun Rawcliffe

The Crowood Press Ltd. Paperback. Book Condition: new. BRAND NEW, Wing Chun Kung Fu, Sifu Shaun Rawcliffe, Wing Chun is a logical, scientific yet simple Chinese martial art system, which was developed purely for practical and effective self-defence for everybody. It is a martial art known for its efficiency and economy of movement, which emphasizes natural and efficient use of the body. Topics include: the fundamental principles of the hand and leg techniques, detailed explanations of the shape, structure and movements, and a checklist for each technique, plus a detailed analysis and explanation of each of the "empty hand" forms. An in-depth explanation of the principles and concepts behind Chi Sao, Wing Chun's "sticky hands" and a scientific and anatomical explanation of the basic principles underlying the Wing Chun system are also included.



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