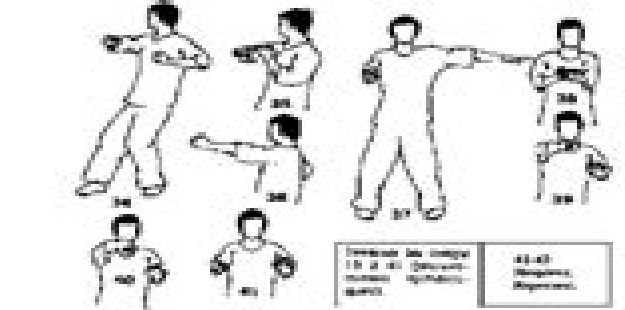
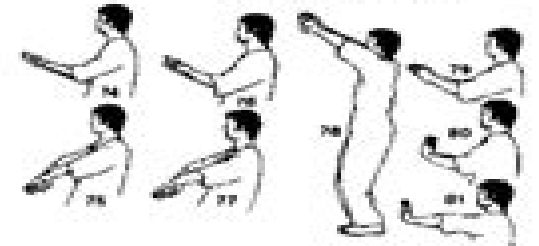
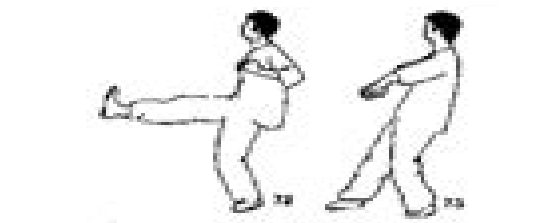
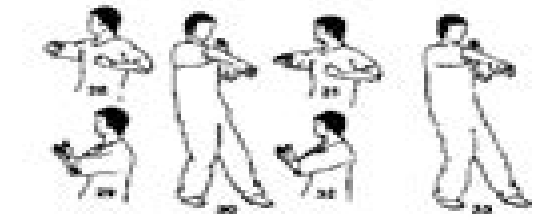
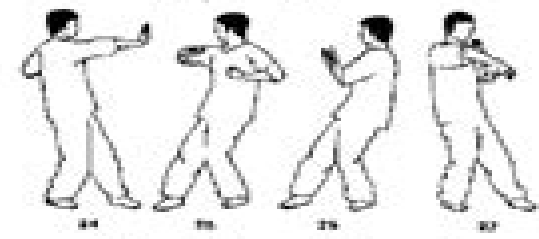
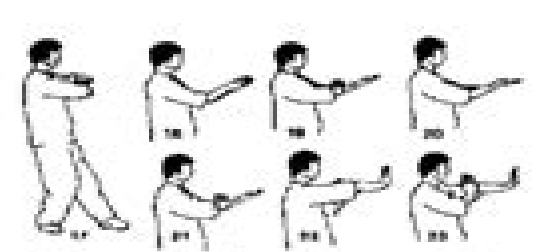
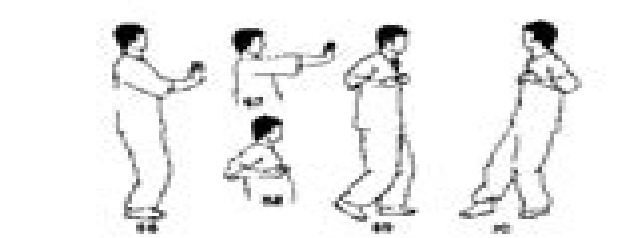
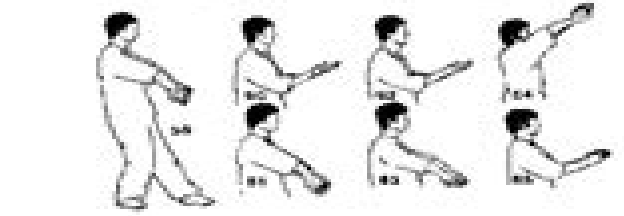
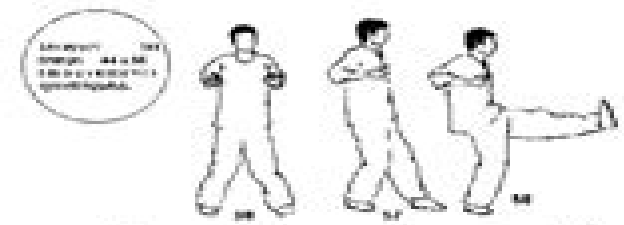
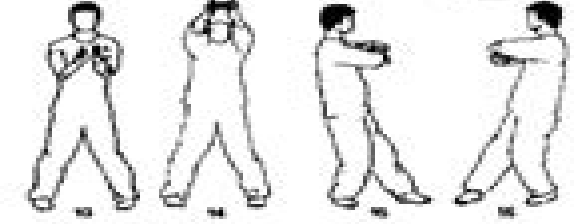
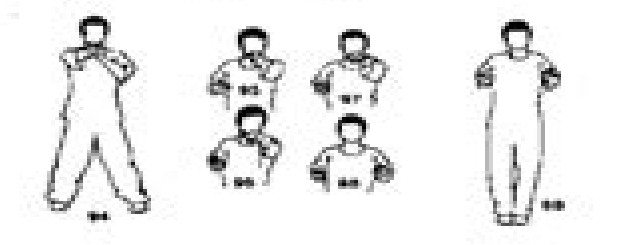
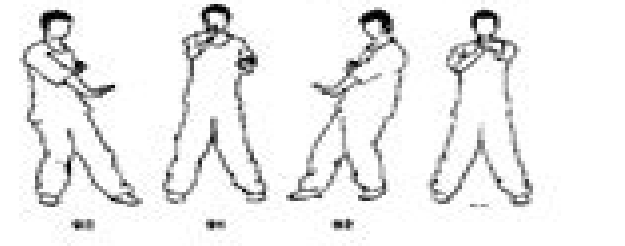
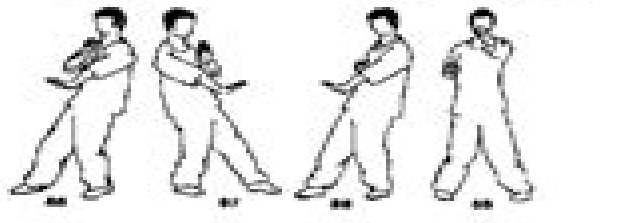
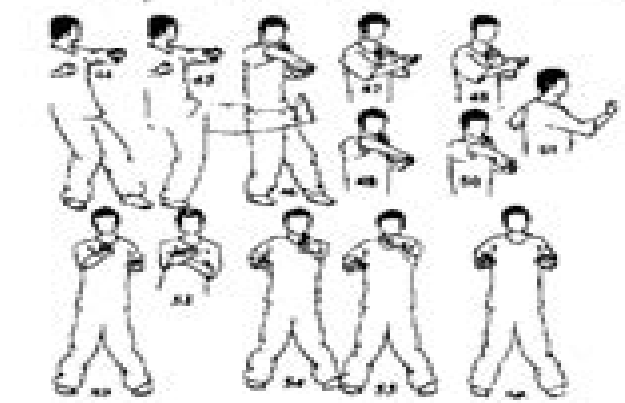


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The arms should be
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cupped.



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explanations of the shape structure and movements of the Dummy form plus an example of each of the applications Presents in depth explanations of the principles and concepts behind the Wooden Dummy form and the supporting drills Examines the scientific and anatomical explanations of the basic principles underlying Wooden Dummy training A fascinating and invaluable book which comprehensively covers one of the advanced training tools of the Wing Chun system Muk Yan Jong or the Wooden Dummy Aimed at all those who practice Wing Chun Kung Fu especially those who wish to learn more advanced techniques together with martial artists in general Well illustrated with over 400 colour photographs and useful drawings Sifu Shaun Rawcliffe is one of the highest qualified and certified Wing Chun instructors in the world **Secret Techniques of Wing Chun Kung Fu** K. T. Chao,J. E. Weakland,1986-01 *Comprehensive Theory And Applications of Wing Chun Jin Kuen* Jason G. Kokkorakis,2006 This is the first book in a series of training manuals written to guide you step by step through the amazing Martial Arts system of Wing Chun This book deals with the fundamental principles and concepts of the art as well as giving detailed analysis of mental and physical attributes you will need to acquire to be successful within this discipline A powerful fighting art Wing Chun is now widely regarded as one of the most effective Martial Arts systems in the world today It can be practiced by anyone regardless of gender size or strength If you have issues about your own self protection the pages of this book will present you with a method of developing a sound self defence skill With details that will aid beginners and advanced practitioners alike Whatever your chosen style discipline or skill This book covers the basic drills of the system concepts of sticking hands Lut Sao Jik Chung Inch Force development Stance rooting and defensive perimeters You will also learn key tactics advanced applications of the Tan Bong and Fook sao structures and the use of fighting ranges The next book in this series takes the reader for the first time step by step through the entire sequence of the Sui Lum Tao form detailing the applications and uses of each and every movement as well as discussing further training concepts and ideas featured in this book improving your skills even further *Secret Techniques of Wing Chun Kung Fu* K. T. Chao,John Weakland,1997-08-01 **Wing Chun Kung-fu Volume 2** Joseph Wayne Smith, Dr.,1992-10-15 Not simply a training manual but a combat survival guide Fighting and Grappling is a challenging book for all students of the martial arts In this second volume of Wing Chune Kung Fu A Complete Guide the techniques introduced in Basic Forms and Principles are shown in combat situations The combat applications of Wing Chun s sticky hand sticky leg and grappling and throwing techniques are shown in detail and are fully illustrated A chapter on the controversial poison touch dar mak explains the effect of strikes to the weak points of the human body in terms of both acupuncture and modern medical theory Finally the author argues that the martial arts must evolve and develop new techniques to meet a changing environment He shows this process of integration in action uniting White Crane kung fu and Thai kickboxing with Wing Chun to produce a complete and devastating new fighting system *Secret Techniques of Wing Chun Kung Fu* K. T. Chao,J. E. Weakland,1986-03

Guangdong Wing Chun Igor Dudukchan, Wing Chun it is the most famous and dynamic style of Wushu in the world Its

distinctive features are the simplicity and economy of movements softness and flexibility as well as the effectiveness of defenses and the power of attacks The main purpose of this branch of Chinese martial arts is the fastest achievement of victory in battle with the minimum effort and energy The book offered to readers is devoted to an overview of the Wing Chun Kuen techniques which became widespread in schools of Guangdong province The book contains a large number of illustrations detailing the features of the techniques of the style and will be useful for everybody who studies the martial arts

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Why Wing Chun Works Alan Gibson, 1998-11 Wing chun kung fu martial arts sports instruction manual training aid

The Lo Man Kam Wing Chun System - Stories, Reports and Techniques Marc Debus, 2020-03-18 In this book we offer a collection of texts by various people each attempting to describe their experiences of learning Kung Fu with their Sifu We are happy to be able to offer reports from those learning within other branches of Kung Fu The book is enriched by stories and anecdotes from former pupils of Yip Man relating to the time they spent training in his school Furthermore we discuss the various training methods training equipment and techniques

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