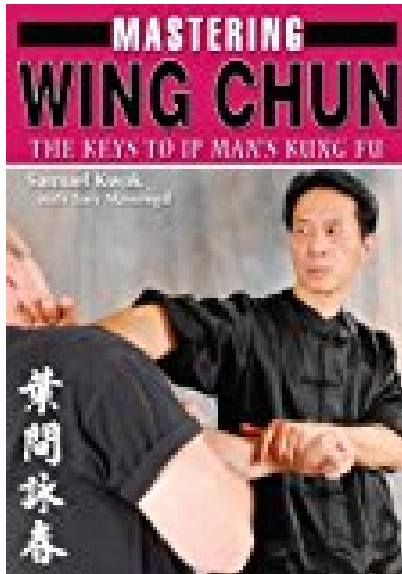


Mastering Wing Chun Kung Fu



BOOK DETAILS

- Author : Samuel Kwok
- Pages : 304 Pages
- Publisher : Empire Books
- Language : English
- ISBN : 1933901268

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BOOK SYNOPSIS

In this book, the keys to the Ip Man Wing Chun Kung Fu system are explained. The three hand sets are shown in detail, along with the application of the key movements. One of the keys to Wing Chun is laying a proper foundation. The first form Siu Lim Tao (Little Idea) is the development of that foundation. Here, you will be introduced to the proper reference points for the structure of the defensive tools and offensive weapons of Wing Chun. The second form, Chum Kiu (Seeking the Bridge), introduces the keys to fighting application of Wing Chun. While the first form teaches the correct structure of the attacks and defensive movements, it is in Chum Kiu that the student learns to seek the bridge and use both hands simultaneously, such as one hand defending while the other attacks. Chum Kiu teaches stepping and footwork, and also Wing Chuns specialized kicking method and the generation of power thru the correct method of using the entire body in stance turning (Yiu Ma). The third form,

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