



Wing Chun Kung Fu: Traditional Chinese Kung Fu for Self-Defense and Health

Ip Chun, Michael Tse

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Straightforward and efficient, *Wing Chun Kung Fu* is one of the most popular forms of Kung Fu because it emphasizes technique over strength. By using the skills of *Wing Chun Kung Fu*, a smaller and weaker person can easily overcome a larger strong opponent. With its focus on technique rather than force, it is suitable for both men and women, young and old, and for those of all levels of physical fitness.

Grandmaster Ip Chun is regarded as the world's leading authority on Wing Chun. Bruce Lee--Wing Chun's most famous student--was taught by Ip Chun's father, Grandmaster Ip Man. Michael Tse is also a highly respected Qigong and martial arts master. Together they demonstrate that first form of Wing Chun (Siu Lim Tao) and show how it can be used for self-defense. They also outline the history and the art of Wing Chun and discuss its many other benefits, which include

Increased Energy and Vitality

Greater Confidence and Inner Strength

An Understanding of the Skills and Benefits of Meditation

With expert instruction and more than 100 step-by-step photographs, *Wing Chun Kung Fu* makes it easy to master the power and grace of this ancient martial art.

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Ruth Nicholson:

The book Wing Chun Kung Fu: Traditional Chinese Kung Fu for Self-Defense and Health will bring one to the new experience of reading the book. The author style to clarify the idea is very unique. In the event you try to find new book you just read, this book very suitable to you. The book Wing Chun Kung Fu: Traditional Chinese Kung Fu for Self-Defense and Health is much recommended to you to learn. You can also get the e-book from the official web site, so you can more easily to read the book.

Hazel Freese:

People live in this new day time of lifestyle always try to and must have the time or they will get lots of stress from both day to day life and work. So , when we ask do people have spare time, we will say absolutely without a doubt. People is human not just a robot. Then we inquire again, what kind of activity have you got when the spare time coming to you of course your answer may unlimited right. Then do you ever try this one, reading guides. It can be your alternative in spending your spare time, often the book you have read will be Wing Chun Kung Fu: Traditional Chinese Kung Fu for Self-Defense and Health.

Joe Dix:

Playing with family inside a park, coming to see the marine world or hanging out with buddies is thing that usually you may have done when you have spare time, and then why you don't try thing that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Wing Chun Kung Fu: Traditional Chinese Kung Fu for Self-Defense and Health, you can enjoy both. It is very good combination right, you still want to miss it? What kind of hangout type is it? Oh occur its mind hangout fellas. What? Still don't buy it, oh come on its identified as reading friends.

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