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Wing Chun Warrior: The True Tales of Wing Chun Kung

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Wing Chun for the modern warrior is for the person seeking unadulterated self-defense. In the real world, where fights start suddenly, in areas with bad footing, with potential for multiple attackers, surrounded by hard surfaces rather than mats, ropes or a cage to keep you safe, you need Wing Chun.

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Chun master Yip Man Wing Chun Warrior: The True Tales of Wing Chun Kung Fu Master Duncan Leung, Bruce Lee's Fighting Companion (Paperback)

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Wing Chun 拳 Kung Fu. 650-383-4853
www.wingsun650@gmail.com. Wing Chun is a classical Chinese martial art or system of "Kung Fu". It evolved during the mid-1600s, after the demise of the Chinese Ming Dynasty at the hands of the Manchurian invaders, out of a fighting system called "Weng Chun". During that time, Weng Chun was synthesized by five different masters from a number of other then-existing fighting systems and was then completely revamped with a laser-like focus on ...

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The aim of Warrior Wing Chun is to teach a no nonsense, approach to Wing chun and self defence under the Guidance of Master Samuel Kwok, with direct lineage to Ip Man. CALL US NOW ON 07970677672

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Wing Chun Warrior. Wing Chun Warrior: Duncan Leung's True Fighting Episodes Bruce Lee's fighting companion, Yip Man's private student and formal disciple, founder of Applied Wing Chun, instructor to the FBI, SWAT Teams and the US Navy Seals. Includes stories of Bruce Lee's defeat and Yip Man's triumph, by Ken Ing MD This is NOT a comic book.

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WARRIOR STREETWISE is no nonsense, effective, complete self defence System aimed at dealing with realistic based scenarios and keeping you safe in the Urban Arena. Warrior Streetwise draws experience from real situations and has a main core system of Wing Chun. As well as WING CHUN, WARRIOR

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STREETWISE the following aspects: Verbal Skills - Reasoning, Persuasion, Disuasion.

The story of Duncan Leung ? childhood friend of Bruce Lee, disciple of legendary master Yip Man, and New York kung fu teacher ? is valuable not only for its insights into martial arts but also for its portrayal of the lost Hong Kong of the 1950s and 1960s. Each anecdote is introduced with a proverb or teaching from Chinese philosophy, and illustrations follow each fight story, making for an educational and entertaining read.

Wing Chun is the most popular form of Chinese Kung Fu in the world today, with over four million practitioners. The art as it is presently understood has been handed down from teacher to student for more than three hundred years. Until now, no one has ever stepped back and taken a critical look at why this art's techniques are presented and performed the way they are. This book, by Wing Chun master Danny Xuan and martial-arts authority John Little, is the first to decipher these techniques that until now have been encrypted within this art. Xuan and Little reveal how Wing Chun was designed holistically, based on the laws of physics, human nature, and biomechanics. It was also designed with economy, efficiency, and productivity in mind. Unlike other martial arts, Wing Chun doesn't focus on making a person larger, more rugged, acrobatic or animal-like; rather, it focuses on

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making optimal use of one's own bodily structure and power potential by applying the sciences of biomechanics and physics. Thus, it is possible for males and females of all ages and sizes to excel in this art. The Tao of Wing Chun provides a readable, authoritative means of cultivating personal protection skills, enhanced flexibility, improved coordination, greater stamina, and physical and mental fitness while simultaneously cultivating humility, focus, determination, self-confidence, character, camaraderie, and deep inner strength. Foremost, this book offers the reader the means by which to apply Wing Chun principles in daily life. Enhanced by forty-eight full-color illustrations, The Tao of Wing Chun will fascinate, educate, and entertain a wide range of readers—from beginner to master.

Looks at southern Chinese martial arts traditions and how they have become important to local identity and narratives of resistance. This book explores the social history of southern Chinese martial arts and their contemporary importance to local identity and narratives of resistance. Hong Kong's Bruce Lee ushered the Chinese martial arts onto an international stage in the 1970s. Lee's teacher, Ip Man, master of Wing Chun Kung Fu, has recently emerged as a highly visible symbol of southern Chinese identity and pride. Benjamin N. Judkins and Jon Nielson examine the emergence of Wing Chun to reveal how this body of social practices developed and why individuals continue to turn to the martial arts as they navigate the challenges of a rapidly evolving environment. After surveying the development of hand combat traditions in Guangdong Province from roughly the

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Start of the nineteenth century until 1949, the authors turn to Wing Chun, noting its development, the changing social attitudes towards this practice over time, and its ultimate emergence as a global art form.

Wing Chun is one of the most popular martial arts in the world. It was made famous by Bruce Lee and his master, Yip Man. The most practiced form of Wing Chun is the Hong Kong version, which is streamlined and compact. However, older systems survive in China and one of them is the obscure art known as Fut Sao (Buddha Hand) Wing Chun. Fut Sao Wing Chun was brought to America in 1961 by Grandmaster Henry Leung, (Hong Lei, Chi Man), who learned the whole system under Great Master Gao Jhi Fut Sao. The system was passed down in America to Master Leung's one disciple, Sifu James Cama. In this book Cama sets out, for the first time, the outline of the Fut Sao system of Wing Chun Kuen. This book is special because, for the first time ever, the Fut Sao Siu Lin Tao and its two-man set are revealed. The Hei Gung set and meditation visualization practice are also detailed. The gem of the art is its internal practices which are rarely seen in Wing Chun. Chapters included: forms training, weapons, training enhancement devices, sensitivity training and internal training.

"From stories shared by his son, this book paints a portrait of the famous Wing Chun Grand Master, Ip Man, providing a set of fifteen principles as a guide to mastery."--Back cover.

Teach Yourself Wing Chun, Adapted for the Streets!

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This is Wing Chun martial arts training as modern self-defense. It starts with Wing Chun techniques for beginners and advances up to sticky hands (Wing Chun Chi Sao). Anyone interested in martial arts will learn from these Wing Chun training techniques. Those who will benefit most are: * People who are thinking about learning Wing Chun Kung Fu but first want an insight * Those who want to know basic principles and techniques before joining a Wing Chun dojo * Beginners who want to supplement their training * Anyone that wants to learn how to adapt classic Wing Chun to the streets of today * Teachers of Wing Chun Kung Fu who want some ideas on training beginner students * Anyone that wants to self-train in Wing Chun Kung Fu You'll love this Wing Chun training manual, because it adapts a proven martial art to the streets of today. Get it now. Jam-packed with Wing Chun Training Techniques * The legendary Wing Chun punch * Arm-locks * Wing Chun strikes including punches, kicks, elbows, knees, and the chop * Trapping and grabbing * Interception and counter-attack * Repeating punches * Defending against common attacks and combinations ... and much more. Contains 42 Wing Chun Lessons and 97 Training Exercises! * Basic Wing Chun theory is embedded into practical lessons * Conditioning exercises to give your body the strength to do the techniques * Basic footwork for speed and balance * The Centerline Principle (a core concept in Wing Chun) * Wing Chun training drills for developing lightning fast reflexes * The direct line principle * Use of training equipment * Correct body alignment and weight distribution for greatest stability, speed, and power Learn Traditional Wing Chun Hand Techniques

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* Tan Sau (Dispersing Hand) * Pak Sau (Slapping Hand) * Bong Sau (Wing Arm) * Lap Sau (Pulling Hand) * Kau Sau (Detaining Hand) * Fut Sau (Outward Palm Arm) * Gum Sau (Pressing Hand) * Biu Sau (Darting Hand) Limited Time Only... Get your copy of Basic Wing Chun Training today and you will also receive: * Free SF Nonfiction Books new releases * Exclusive discount offers * Downloadable sample chapters * Bonus content ... and more! This Wing Chun book is perfect for self-defense. It does not rely on strength or physical size to be effective. Discover how you can adapt classic Wing Chun to the streets, because the traditional stuff doesn't work in a brawl. Get it now.

In this impressive volume, modern Wing Chun master Alan Orr introduces for the first time the essence of the Chu Sau Li Wing Chun system and its role in the structural development of Wing Chun. It shows this best by comparing the physical body structure of other Wing Chun systems and looks at the historical development of the art in connection to its use of body structures. This important aspect alone will help the reader fully understand the way different arts effect human physical movement to produce and control power. Insightful and deep, The Structure of Wing Chun follows the story of Alan Orr and his quest to learn martial arts as part of his path to personal growth and development. It explores highs and lows of learning and his search for understanding of both the internal and physical aspects of Wing Chun. It then delves deep into the structure, core, and training of this dynamic martial art. The Six Core Elements of Wing Chun have become essential learning to master the Wing Chun and in this book Alan shows the

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teachings of Robert Chu and Hendrik Santo which have helped him to master Wing Chun and produce successful full-contact competition fighters. The Structure of Wing Chun is a blueprint for a deeper understanding of the art.

The Wing Chun wooden training dummy is a training device designed to correct technique and structure as well as increase power, speed, accuracy, and conditioning. Learn the true Original Ip Man's Wing Chun Wooden Dummy form from Grandmaster Samuel Kwok. This book is a complete step-by-step guide to the Wooden Dummy hands techniques, legs application, and footwork. All the original sections are demonstrated clearly from start to finish, in different camera angles to facilitate easy and accurate learning. There also is a description of each segment and its most common training mistakes to improve not only your technique, but your level of understanding. In addition to teaching the skills on the wooden dummy, Grandmaster Samuel Kwok demonstrates the applications of the wooden dummy training techniques on a partner, giving an excellent idea of the combat effectiveness of each movement.

Discusses the history and philosophy of Wing Chun, a Chinese form of kung fu, and offers principles, techniques, and practical applications for self-defense

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