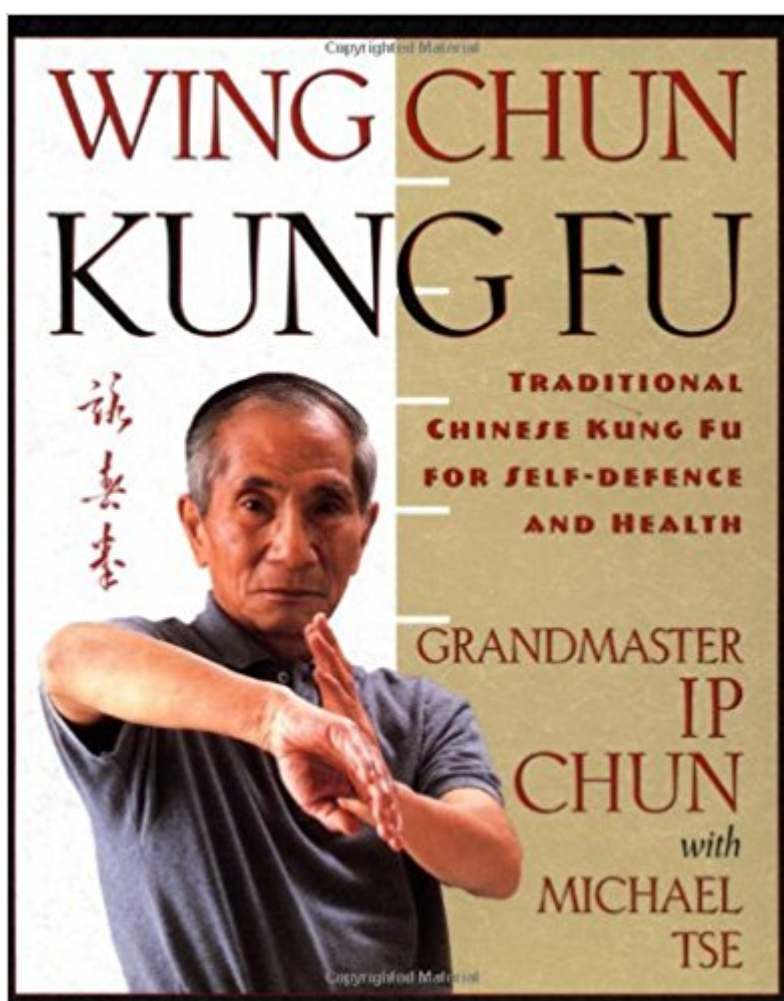


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# Wing Chun Kung Fu: Traditional Chinese Kung Fu For Self-Defense And Health



## Synopsis

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 Ise 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-defence. 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.

## Book Information

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## Customer Reviews

Grandmaster Ip Chun is the eldest son of legendary Grandmaster Ip Man, who was responsible for bringing Wing Chun to the modern world. Ip Chun is now considered the world's leading expert on Wing Chun Kung Fu. Michael Tse is Qigong and martial arts master. He is the author of Qigong for Health and Vitality. Both authors live in England.

This book introduced the beauty of Wing Chun Kung Fu to me for the first time. Skilled practitioners have explained this martial art with great clarity, including the steps of Siu Lim Tao. Chapters on women's self-defence the practice of "sticking hands" are included. The chapter on Bruce Lee I found fascinating and the presentation of the legendary origins of Wing Chun Kung Fu was delightful. The sense of importance of martial arts for health and inner peace permeates this book. Grandmaster and co-author Ip Chun is a famous authority on this martial art. This book was not only informative, it was excellent reading.

Definitely changed my mind about a lot of things. Wing Chun requires discipline and care... I found myself watching Ip Chun's videos a lot to understand what to do, so I think maybe watching is better than reading about it, but it's a great intro.

I liked this book contrary to some posters that are experts at least in their own mind. This book has a good amount of history and a good amount of photos, that if you have had wing chun or jkd training you should be able to read between the line of any missing information.

Not a lot of information but as good as you can receive from a master

I'm very happy with the product and the transaction. Thank you :D

I bought this for my husband. He loves it. He won't stop reading it out loud to me in the car! :) Informative on history, lore, and basic technique. We have found a couple of printing errors inside, which would be a problem if it weren't such a great book!note: the misprints are mostly related to the photos and captions. As such they are not a major issue for someone who can recognize when a technique is mislabeled. For a novice it might be somewhat confusing to find two photos of one technique with two different labels.

the exercises seem minimal, but they are effective. and i feel better and more confident. i believe i am slowly learning wing chung without realizing it.

For the beginniners and even for more experienced people that know of wing chun this book should be on your shelf. It has good descriptions of what this martial art is made of, pictures of the first

form, and some history of the martial art(the more you know :) )

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