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Wing Chun Kuen - is the most famous and dynamic style of Wushu in the world. Its distinguishing features are simplicity and economy of movements, softness and flexibility, as well as the effectiveness of protection

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and power of attacks. The main purpose of this direction of Chinese martial arts is the fastest achievement of victory in battle with the minimum efforts and energy. Over the long history of Wing Chun,

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the original style was divided into several large branches. It should be noted that at the similarity of the principles that were put to the basis of the style, technique and forms of different versions of Wing

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Chun Kuen, there are very big differences. This book, proposed to the attention of the readers is devoted to the overview of Wing Chun Kuen technique, transmitted to us by the great master Yip Man. CONTENTS:

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technique Chapter 6. Throws

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and grabs Chapter 7.

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Master the many styles of Wing Chun Kung Fu with this expert martial arts guide. With the fame of Bruce Lee, the conditions in Hong Kong, and the hard work and effort

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of many of his classmates, the Wing Chun of the late master Yip Man became one of the most well-known and popular Chinese martial arts in the world. Although this gave Wing Chun international recognition, it also led to

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a lot of misconceptions. Due to a lack of authentic information, many mistakenly came to assume that the renowned Yip Man was the sole inheritor of the style and that his Wing Chun was the lone version of the art.

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In fact, there are several different and distinct systems of Wing Chun. Unfortunately, over the years most of these systems have remained unseen or unreported to all but a few—until now. Profusely

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illustrated with over 300
historical photographs,
Complete Wing Chun: The
Definitive Guide to Wing
Chun's History and
Traditions presents seldom
seen information on a dozen
branches of the Wing Chun

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art. It offers the reader side-by-side comparison of these arts by outlining each system in terms of Wing Chun history, principles, basics, and training methods: Yip Man Wing Chun Yuen Kay-San Wing Chun Kuen Gu Lao Wing

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Chun Kuen Nanyang Wing Chun
Kuen Pan Nam Wing Chun Kuen
Pao Fa Lien Wing Chun Kuen
Hung Suen Wing Chun Kuen and
more!

Discusses the history and
philosophy of Wing Chun, a

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Chinese form of kung fu, and offers principles, techniques, and practical applications for self-defense

The oldest and most respected martial arts title

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in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques

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and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

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"An illustrated manual of wing chun movements and applications in the three hand forms, underscoring the philosophy and theory on which they are based" -- Provided by

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