

Wing Chun A Complete Guide

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Wing Chun A Complete Guide

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This is a comprehensive guide to the martial arts form of Wing Chun Kung-Fu. It leads th reader step-by-step through the beginning forms of Wing Chun Kung-Fu, and provides detailed commentary and theory on all techniques and forms.

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The essential guide to Wing Chun Kung-Fu—basic forms and principles, fighting and grappling, advanced techniques and weapons. Featuring over 300 black and white photos and step-by-step illustrations, Wing Chun Kung-Fu: A Complete Guide offers clear, straightforward, and authoritative instruction to the Chinese martial art of Wing Chun Kung-Fu.

Wing Chun Kung-fu: A Complete Guide by Joseph Wayne Smith

Wing Chun Kung Fu: Fighting and Grappling v.2: A Complete Guide: Fighting and Grappling Vol 2 (Chinese martial arts library): Amazon.co.uk: Smith, Joseph Wayne: 9780804817196: Books: 10 used & new from £ 11.99. See All Buying Options.

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