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# Basic Wing Chun Training: Wing Chun Kung Fu Training for Street Fighting and Self Defense (Self-Defense Book 4) (English Edition)



*Par Sam Fury*

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#162396 dans eBooksPubli le: 2015-07-04  
Sorti le: 2015-07-04Format: Ebook  
Kindle

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## Description :

Prsentation de l'diteurDiscover the Martial Arts Training that Made the Legends Bruce Lee and IP Man: Wing Chun Kung Fu!Basic Wing Chun Training: Wing Chun Kung Fu Training for Street Fighting and Self Defense is a Wing Chun Kung Fu training manual designed to progressively teach basic Wing Chun

techniques and principles and shows how to adapt the Wing Chun techniques learnt for use in street fighting and self defense. Although anyone with an interest in martial arts will gain value from this basic Wing Chun training it, it is primarily intended for: \* People who are thinking about learning Wing Chun Kung Fu but first want an insight. \* People who know they want to learn Wing Chun but want some basic knowledge of principles and techniques before joining a professional Wing Chun class. \* Beginners who are already learning Wing Chun and want to supplement their training and/or learn how to adapt the Wing Chun techniques and concepts to street fighting and self defense. \* 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. Basic Wing Chun Training is Jam packed with Wing Chun Techniques\* The legendary Wing Chun punch.\* Armlocks.\* 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. Contains 42 Wing Chun Lessons, 97 Training Exercises and a Never-Ending Training Timetable!\* 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 maximum stability, speed and power.... and much, much more! LOOK INSIDE Basic Wing Chun Training: Wing Chun Kung Fu Training for Street Fighting and Self Defense to see everything that's included! Get Your Copy of Basic Wing Chun Training NOW and train like the legends Bruce Lee and Ip Man! Learn Traditional Wing Chun Positions and Movements\* 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) Basic Wing Chun Training Also Includes a Comprehensive Wing Chun Training Schedule\* 132 training sessions using the lessons and exercises in this book.\* Training sessions 89 to 132 can be repeated indefinitely - You will have a never-ending Wing Chun training schedule!\* Starts with the basics and progressively increases in difficulty.\* Practices repeat exercises so they are ingrained into your muscle memory.\* Easily modified for those who want to train more or less. In modern times Wing Chun Kung Fu (also known as Wing Tsun) has been made famous by Bruce Lee and Yip Man. It is regarded as one of the best martial arts for not relying on strength or physical size. Wing Chun Kung Fu is practical, efficient and suitable to learn for all those interested regardless of age, gender, size or strength. Basic Wing Chun Training Bonus Get access to all the latest Survive Travel publications FREE! Get Your Copy of Basic Wing Chun Training NOW and train like the legends Bruce Lee and Ip Man! Presentation de l'auteur Discover the Martial Arts Training that Made the Legends Bruce Lee and IP Man: Wing Chun Kung Fu! Basic Wing Chun Training: Wing Chun Kung Fu Training for Street Fighting and Self Defense is a Wing Chun Kung Fu training manual designed to progressively teach basic Wing Chun techniques and principles and shows how to adapt the Wing Chun techniques learnt for use in street fighting and self defense. 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