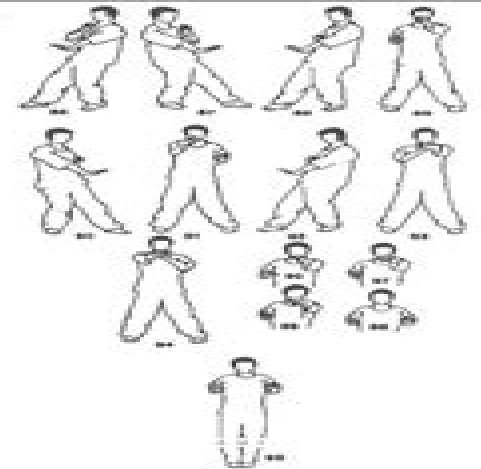
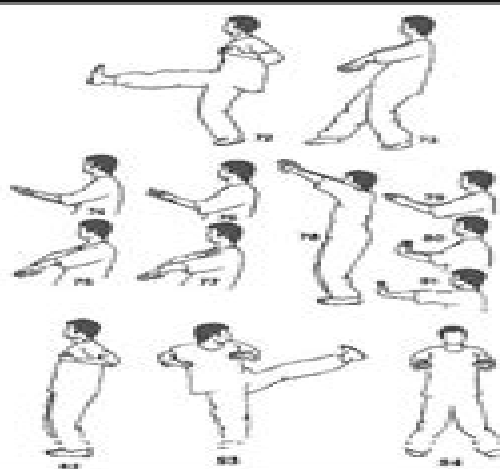
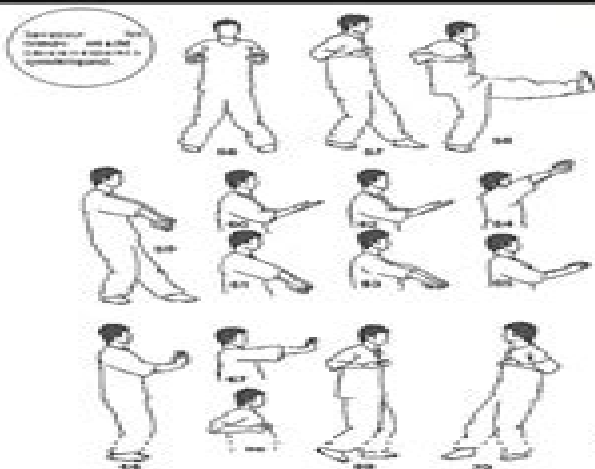
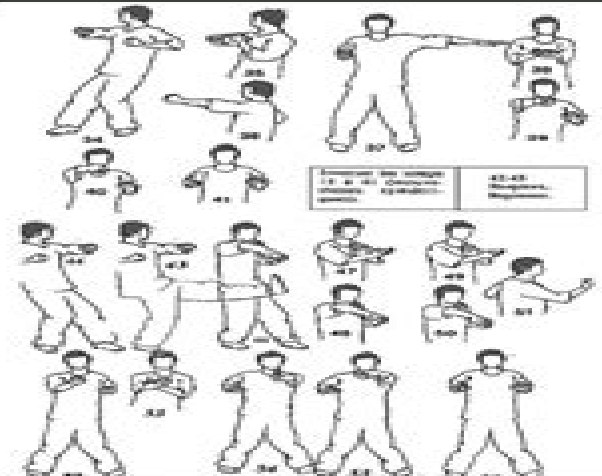
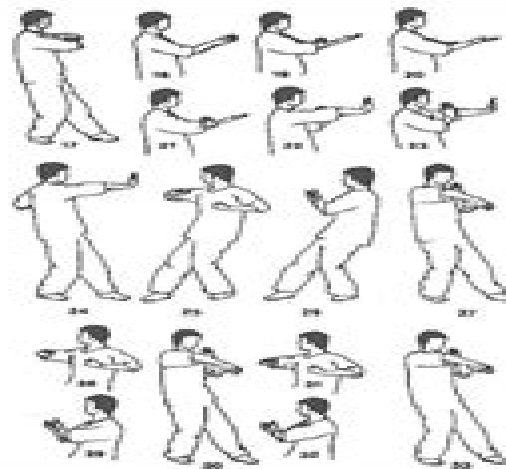
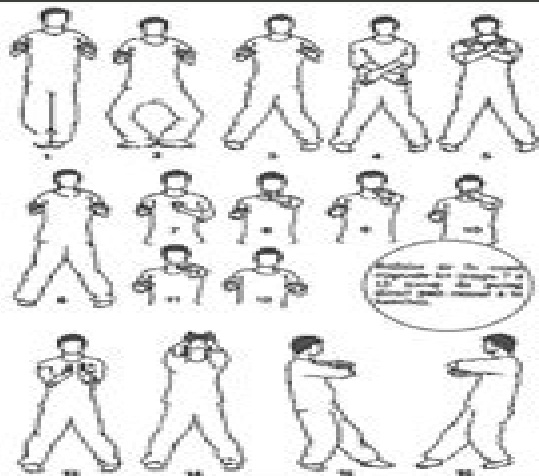


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108 Wing Chun Techniques

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important stage in comprehending of the applying aspects of the Vietnamese Wing Chun Vinhquan style

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Wing Chun Kung Fu Shaun Rawcliffe,2012-12-21 Following on from the success of Simply Wing Chun Kung Fu and Wing Chun Kung Fu The Wooden Dummy Sifu Shaun Rawcliffe presents a thorough guide to the weapons forms in Wing Chun Kung Fu The Knives and Long Pole forms provide advanced classroom training for the Wing Chun student and instructor Weapons training focuses on core elements of power usage and precision improving stance structure and strength Mastering control of the weapons focuses on the need for total body control and absolute accuracy of movement Covers the principles of the forms for Baat Cham Dao the eight slashing or chopping knives form and Luk Dim Boon Kwun six and a half point pole Gives clear concise explanations of the shape structure and movements of the weapons forms and applications where appropriate Illustrates each section of the forms in detail with step by step photographs Provides an essential training checklist to each key technique within the forms Examines the benefits of training in the weapons forms A comprehensive and valuable guide to the weapons forms in Wing Chun Kung Fu Concise explanations of the shape and movements of the weapons forms are given Aimed at advanced Wing Chun students and instructors Each section of the forms are illustrated in detail with approximately 350 colour photographs Sifu Shaun Rawcliffe is one of the most highly qualified and certified Wing Chun instructors in the world

[A Handbook of Martial Arts](#) Fay Goodman,2003 This book examines the underlying philosophy behind each martial art and the physical benefits to be gained and presents the most popular techniques and some of the more advanced moves

The Practical Encyclopedia of Martial Arts Fay Goodman,2004 Step by step photographic instructions to martial arts that explains the basic techniques and principles of tae kwondo karate aikido ju jitsu judo kung fu tai chi kendo iaido and shinto ryu

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