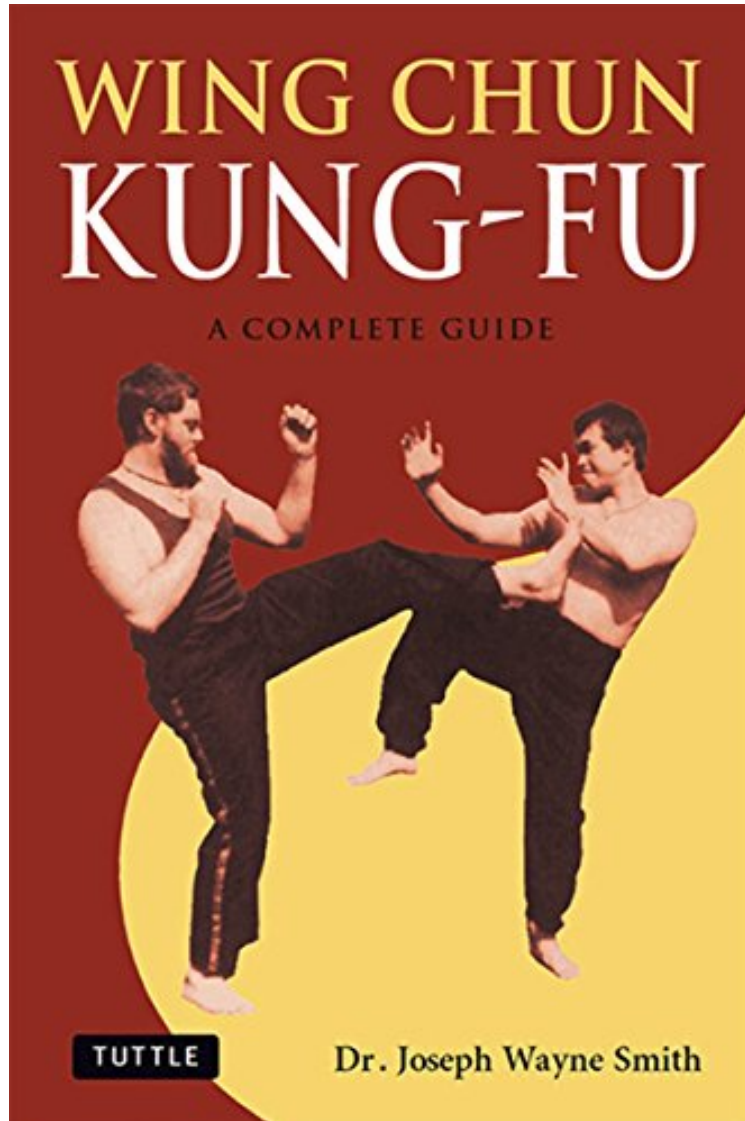


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Wing Chun Kung-Fu: A Complete Guide (Tuttle Martial Arts)

Von Joseph Wayne Smith

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Von Joseph Wayne Smith : Wing Chun Kung-Fu: A Complete Guide (Tuttle Martial Arts) before purchasing it in order to gage whether or not it would be worth my time, and all praised Wing Chun Kung-Fu: A Complete Guide (Tuttle Martial Arts):

KundenrezensionenHilfreichste Kundenrezensionen8 von 8 Kunden fanden die folgende Rezension hilfreich. Lacks theory and detail; incorrect movements.Von Ein KundeThis book LACKS a great attention to detail in the most common of areas. Hands are left open on every movement, footwork is almost non-existent, and the center of gravity

is every BUT where it belongs. The demo of the Muk-Yan-Chong goes back and forth with pictures of Dr. Smith and one of his students. Every Wing Chun practitioner knows the swords are NEVER turned backwards along the forearm, yet he displays this quite often. The pole form is over 50 movements, yet Dr. Smith displays approximately 10 and claims this is all there really is. There is very little detail in the execution of movements outside of a general description. In short, this book looks to be written for someone who has no knowledge of Wing Chun, Wing Tsun, or Ving Tsun whatsoever. Those that do, I recommend not wasting your money.0 von 0 Kunden fanden die folgende Rezension hilfreich. Clear and concise tutorial for the 24-form.Von Ein KundeThis light-weight handbook is a clearly illustrated and concisely written guide to the 24-movement Tai Chi Short Form. Recommended as an easy-to-understand workbook for those learning, or wishing to learn, this popular form of taijiquan.0 von 0 Kunden fanden die folgende Rezension hilfreich. The illustrations and the text are very easy to followVon pnajima@lanset.comThe illustrations help show the flow of energy. The illustrations, together with the text, helps a beginning t'ai chi student proper form.An excellent text for a solid foundation.

KurzbeschreibungThe essential guide to Wing Chun Kung-Fubasic 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. This Wing Chun book introduces and demonstrates the three empty-hand wing chun kung fu forms, the combative building blocks of the system, including sticky-hand and sticky-leg fighting, chin-na, and the theory of vital strikes to the weak points of human anatomy (dar mak). This Wing Chun guide also introduces the wooden dummy form, the six-and-a-half pole form, and the use of butterfly knives.In addition, this kung fu book provides detailed commentary on the theory behind each move so that you can develop an in-depth understanding of both the practical application of this fighting art and the meaning behind it. Other sections include specialized fighting and grappling techniques and instructions on using weapons. An additional section is devoted to conditioning, stretching, power training and weight training exercises that will be of particular benefit for serious students of Wing Chun and practitioners of any martial art.KurzbeschreibungThe essential guide to Wing Chun Kung-Fubasic 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. This Wing Chun book introduces and demonstrates the three empty-hand wing chun kung fu forms, the combative building blocks of the system, including sticky-hand and sticky-leg fighting, chin-na, and the theory of vital strikes to the weak points of human anatomy (dar mak). This Wing Chun guide also introduces the wooden dummy form, the six-and-a-half pole form, and the use of butterfly knives.In addition, this kung fu book provides detailed commentary on the theory behind each move so that you can develop an in-depth understanding of both the practical application of this fighting art and the meaning behind it. Other sections include specialized fighting and grappling techniques and instructions on using weapons. An additional section is devoted to conditioning, stretching, power training and weight training exercises that will be of particular benefit for serious students of Wing Chun and practitioners of any martial art.Synopsis This guide introduces the wooden dummy, a valuable tool for developing trapping, striking, and kicking skills; butterfly knives, deadly blades for both attack and defence; and the six-and-a-half pole, a simple but devastating weapon in the hands of the Wing Chun fighter. The author stresses the need to keep the mind open to new possibilities, while at the same time preserving the valuable inheritance of classical Wing Chun.