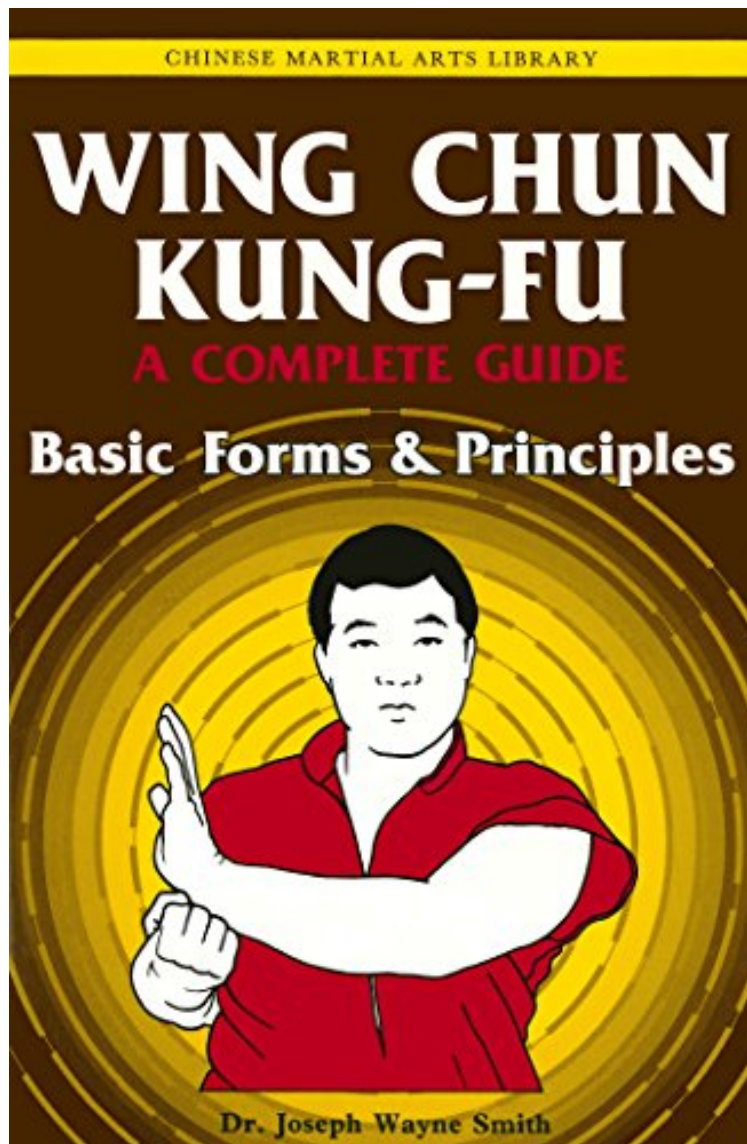


(Ebook pdf) Wing Chun Kung-fu Volume 1: Basic Forms Principles (Chinese Martial Arts Library)

Wing Chun Kung-fu Volume 1: Basic Forms Principles (Chinese Martial Arts Library)

Von Joseph Wayne Smith
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Von Joseph Wayne Smith : Wing Chun Kung-fu Volume 1: Basic Forms Principles (Chinese Martial Arts Library) before purchasing it in order to gage whether or not it would be worth my time, and all praised Wing Chun Kung-fu Volume 1: Basic Forms Principles (Chinese Martial Arts Library):

KundenrezensionenHilfreichste Kundenrezensionen1 von 2 Kunden fanden die folgende Rezension hilfreich. Dr. Smiths books are thought provoking and controvercial.Von Ein KundeDr. smith is a controvercial figure in the wing

chun world. Nevertheless, his books bring up some interesting points. I would not rate this book high on the level of instruction however. He touches upon all three levels of wing chun in this book.

KurzbeschreibungIntroducing a new scientific approach to Wing Chun kung-fu, this book gives a clear and detailed exposition of once closely guarded techniques. Rejecting the secretive approach that characterizes much of martial arts writing, the author draws upon biomechanical theory to explain logically and scientifically how the techniques of Wing Chun kung-fu work. After an explanation of the theory behind the various Wing Chun moves, the reader is led step-by-step through each of the forms. Chi gerk and chi sao, the Wing Chun sticky-hand and sticky-leg techniques, are explained and liberally accompanied by 183 photographs detailing the important moves. An additional section devoted to weight and power training for the martial artist makes this book invaluable, not just for those interested in Wing Chun kung-fu, but for practitioners of any martial art.