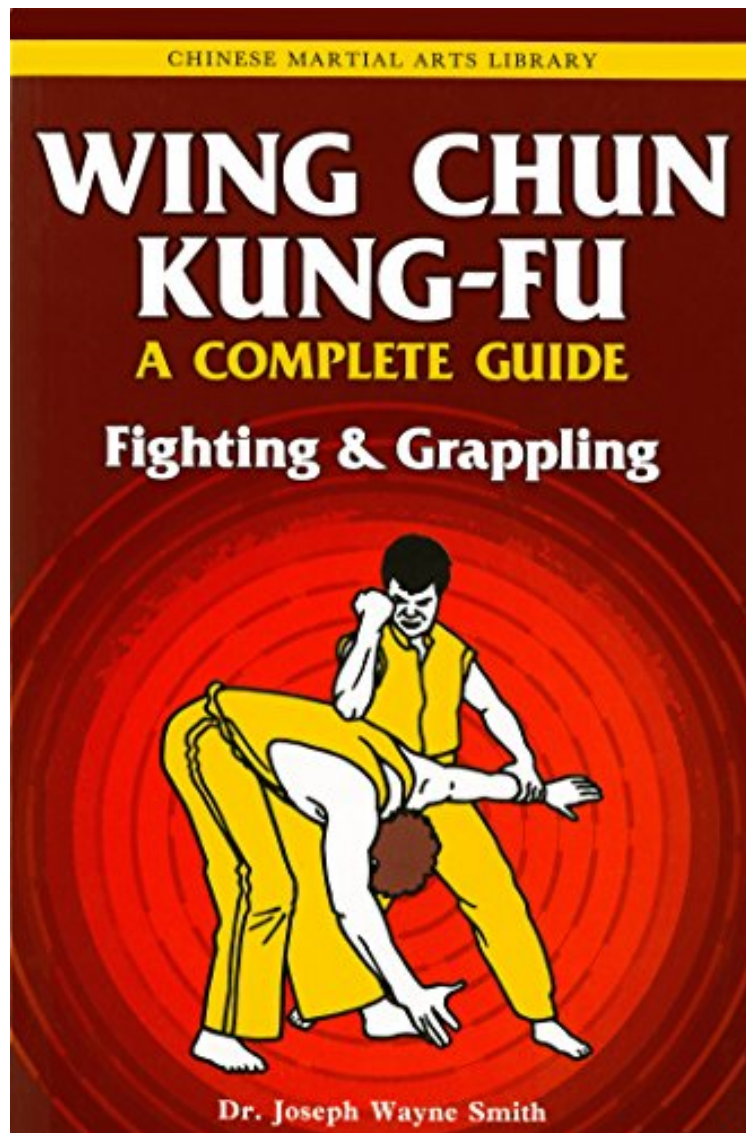


[Download] Wing Chun Kung-fu Volume 2: Fighting Grappling (Chinese Martial Arts Library)

## Wing Chun Kung-fu Volume 2: Fighting Grappling (Chinese Martial Arts Library)

Von Joseph Wayne Smith

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Von Joseph Wayne Smith : Wing Chun Kung-fu Volume 2: Fighting Grappling (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 2: Fighting Grappling (Chinese Martial Arts Library):

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. Good insights, clear written, but few techniques mistakes!Von Andr M. PietroschekHail, this book is a good add up to

beginner's guides on Wing Chun (like Yimm Lee?) and the author has some very useful insights in WC's weaknesses and how to improve it. The book has few very basic techniques and some like picture 98 invite the fractured elbow/nerve listed under medical advice on vital strikes no. 27! Dangerous mistake for streetfighting! I was a bit disappointed that it is such a tiny book, for that price there are better profiled works. Anyway, it is VERY useful for Wing Chun application and the idea of combining it with Muay Thai worked fine for me, although not as a martial art, but for WCS. 1 von 2 Kunden fanden die folgende Rezension hilfreich. Info on chi gerk, Dar mak (poison finger) and more. Von Ein Kunde Dr. Smith in this book goes into chi gerk. He also brings up the interesting subject on how wing chun can be improved. He proposes an integration of Muay thai, White crane (pak hok kuen), and Wing chun. This new 'style', would be called Sun Tzu Kuen. He also demonstrates Chi sao. 1 von 2 Kunden fanden die folgende Rezension hilfreich. A MUST buy for the beginning Wing Chun practitioner Von Ein Kunde If your interested in finding out what all the hype is about, or just wanting some interesting techniques to try out, buy this book. it covers dar mak, chin na, and many combination hand and feet techniques. A very good compliment to a wing chun student's martial arts library

Kurzbeschreibung Not simply a training manual but a combat survival guide, Fighting and Grappling is a challenging book for all students of the martial arts. In this second volume of Wing Chun Kung-Fu: A Complete Guide, the techniques introduced in Basic Forms and Principles are shown in combat situations. The combat applications of Wing Chun's sticky-hand, sticky-leg, and grappling and throwing techniques are shown in detail and are fully illustrated. A chapter on the controversial poison touch (dar mak) explains the effect of strikes to the weak points of the human body in terms of both acupuncture and modern medical theory. Finally, the author argues that the martial arts must evolve and develop new techniques to meet a changing environment. He shows this process of integration in action, uniting White Crane kung-fu and Thai kickboxing with Wing Chun to produce a complete and devastating new fighting system.