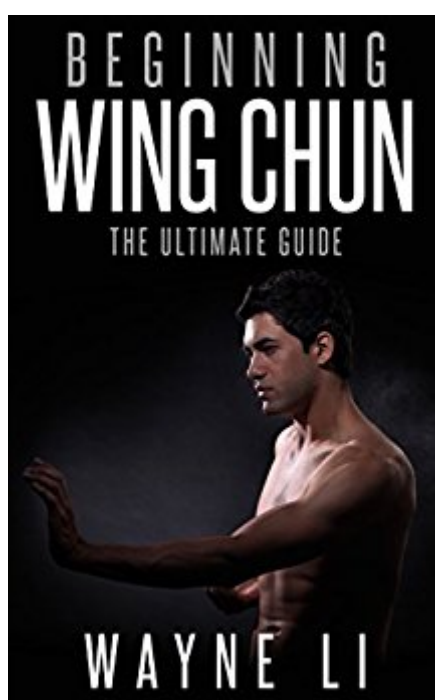


The book was found

Wing Chun: Beginning Wing Chun: The Ultimate Guide To Starting Wing Chun (Martial Arts, Self Defence, Kung Fu, Bruce Lee)



Synopsis

Version 3 just launched with no increase in price! In theory, Wing Chun concepts and ideas should be easy to grasp for all beginners. Wing Chun is based on the natural body structure and common sense found in fighting. However, in reality beginners can be overwhelmed with the amount of information, theories, strategies, and ideas that Wing Chun has to offer. Wing Chun taught properly is not simply, follow me and do this. So, the path it takes to training will be foreign to anyone who has never experienced it before. That is why I have written this beginners guide to help you get started quickly and easily. Here Is A Preview Of What You'll Learn... What is Wing Chun? Who invented Wing Chun? Can I start Wing Chun at anytime? Will I be out of place? Can I watch a class? Is Wing Chun suitable for everyone? Is it even suitable for the disabled? Am I too old to start Wing Chun? What are the requirements for training in Wing Chun? What does a typical Wing Chun class consist of? Does Wing Chun have a grading system? Do I need to be aggressive? Will I get hurt in class? Do I have to be fit to start training? How long will it take to get good? What are the wing Chun forms? - Sil Lum Tao (Little Idea)- Chum Kiu (Bridging the Gap)- Biu Ji (Thrusting Fingers)- Mook Yan Jong (Wooden Dummy)- Baat Jam Dao (Butterfly Swords/Eight Cut Swords)- Look Dim Boon Grun (Dragon Pole/Six and Half Point Pole) And much, much more Download your copy today! Take action today and download this book for a limited time discount of only 2.99! Scroll to the top of the page and click the Buy button.

Book Information

File Size: 1192 KB

Print Length: 52 pages

Page Numbers Source ISBN: 1523608331

Simultaneous Device Usage: Unlimited

Publication Date: April 23, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B00WMZVP32

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #210,806 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #30

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Boxing #97 inÂ Books
> Sports & Outdoors > Individual Sports > Boxing #112 inÂ Kindle Store > Kindle Short Reads > 90
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Customer Reviews

This book is really provide a good introduction to Wing Chun. The author not only cover about Wing Chun tenique but also provide a very clear information about the way that people could learn Wing Chun style effectively and how Wing Chun is suitable for everybody to learn. He has a good advice on how to study this Chinese technique and how and when to apply it in real life. One thing that I am disappoint is his video of demonstration. I feel that he didn't produce the video by himself but he just take the video of other people in YouTube to put into his book. If he do the video series by himself or draw the technique by himself it would be great. That is the reason that I took one star out. I am so sorry that I don't have wooden dummy wood to practice.

Easy to read and understand. It provides the basis for further study of this style of martial arts, plus it provided videos of each move with the name, use and the why. Very good book on the basics of Wing Chun.

Fitness and defense gains in relation to your body structure is what this Chinese Kung fu style Wing chun is based on. It was the principals, movements, and philosophy of Wing Chun that made up the bulk of the famous and Legendary Bruce Lee's unique style. Go grab the movie - Ip Man by Donnie yen will give you practical guide. However for now this book has all the basic and guiding information you need before enrolling for classes, from the age bracket suitable, Disabled peoples rule, then to the period it will take you to master the style.

I recently got interested in this type of Martial Arts because some of my colleagues practice it. I'm just glad I bought this book because it definitely helped me gain a deeper understanding about Wing Chun. Wayne Li did great discussing everything I need to know about it. From the history, types, forms and requirements, the author provided the most important information here if you ever decided to practice it.

This book made me fall in love with Wing Chun. It explains where it originated why it was developed, who developed it, when it was developed basically the history of Wing Chun. It delivers a solid introduction to this southern style's basics. I can say that this book is a very good tool for teaching life long fitness and self defense. A good reference tool in wing chun fundamentals for all beginning practitioners.

It is an amazing introductory book. I am very interested in learning this style.

Wing Chun is one of the most popular martial arts and since my brother is into martial arts I've decided to grab this book and give it to him, after giving it to him 3 days ago he texted me earlier and he says thank you and he learned a lot from this book.

As a practioner of Wing Chin Kung Fun I found this book to be only for those curious to know more about the art. Only basic information that can be found elsewhere. No instruction , but a good outline of what Wing Chin is.

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