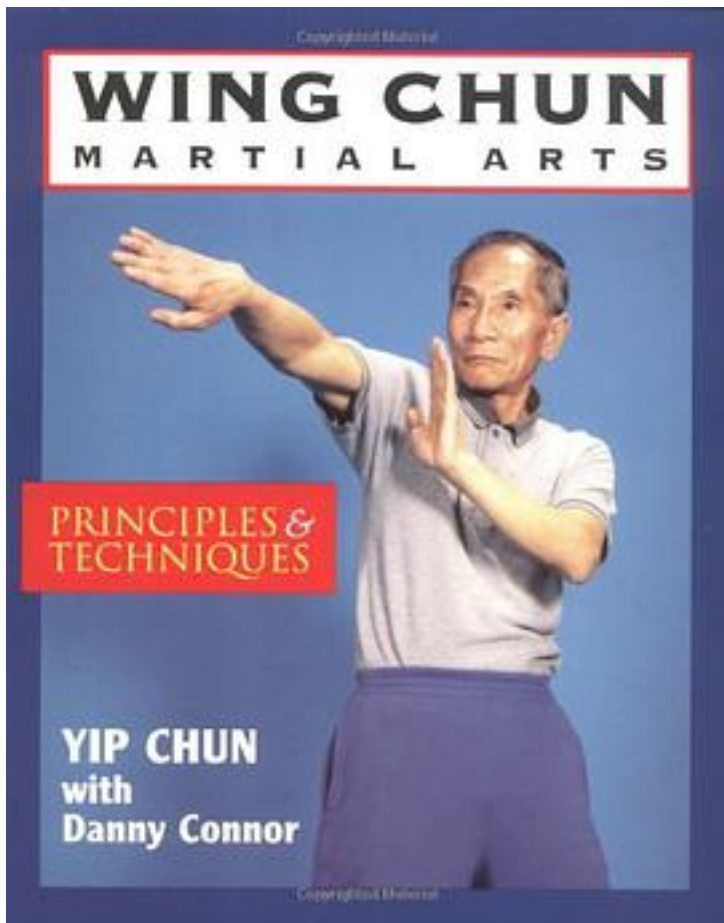


Wing Chun Martial Arts



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著者:Chun, Yip/ Connor, Danny

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Yip Chun is a Grandmaster of Wing Chun, and the eldest son of Yip Man -- Bruce Lee's mentor -- who brought Wing Chu from its 17 century origins to great popularity as the most widely practiced style of Kung Fu today. Chun and Connor explain the moves, the importance of the relationship between teacher and student, and the Confucian theory

that underlies the practice.

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