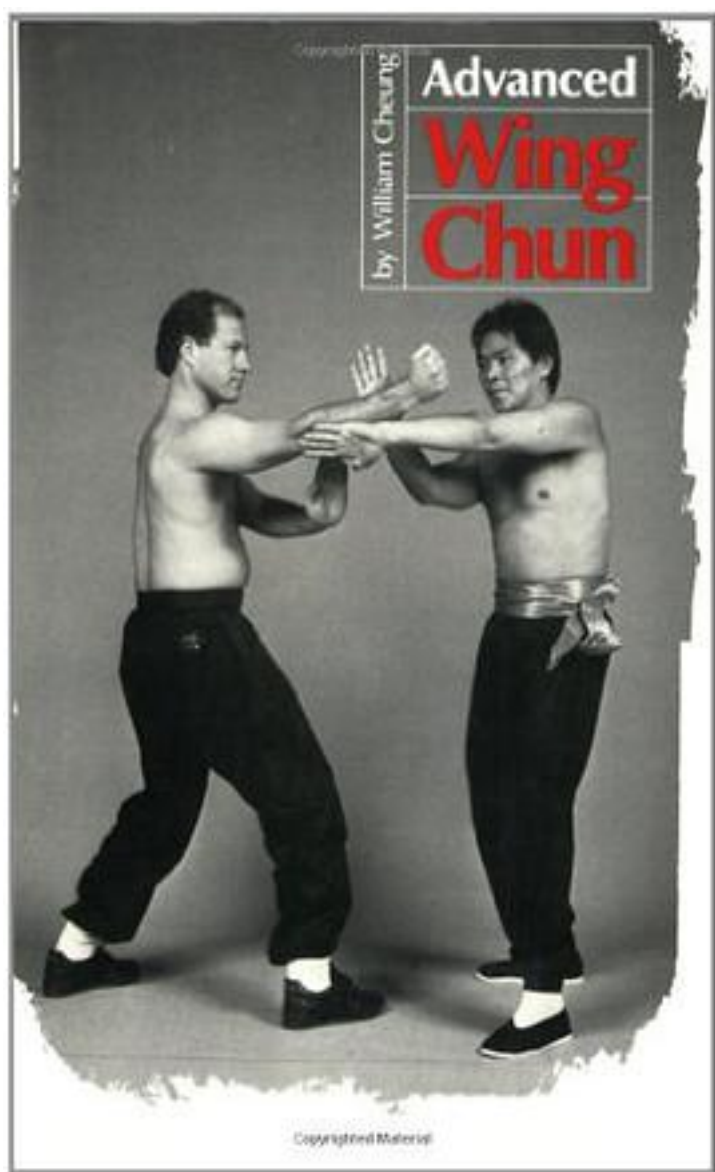


# Advanced Wing Chun



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Learn to break down every stage of combat, from contact and exchange to pursuit and retreat, in this must-have manual that is filled with guiding principles, including chi sao drills to develop coordination, balance, timing, accuracy, and chi power. Also included are chum kil form techniques to redirect the power of an opponent and obtain a superior position. This classic text is an essential addition for any kung fu devotee or self-defence enthusiast looking to increase his arsenal of attacks and understanding of the art.

作者介绍:

目录:

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