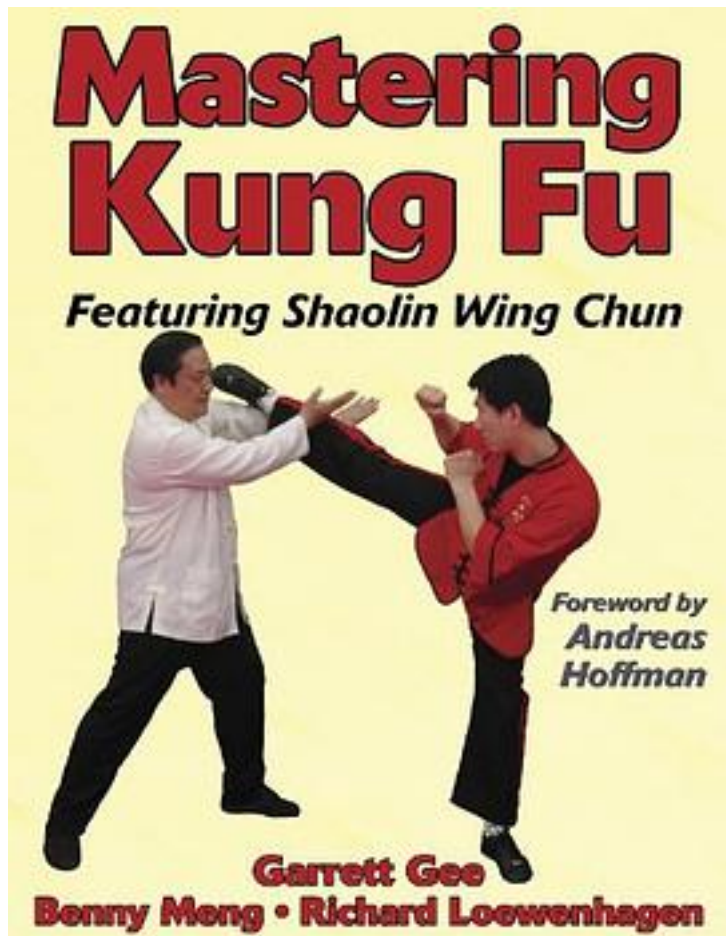


Mastering Kung-Fu



[Mastering Kung-Fu 下载链接1](#)

著者:Gee, Garrett/ Meng, Benny/ Loewenhagen, Richard

出版者:Human Kinetics

出版时间:2003-9

装帧:Pap

isbn:9780736045681

"Mastering Kung Fu" provides readers with a path for taking kung fu training and combat skills to the next level. Based on Wing Chun kung fu, this book provides insight into the most advanced combat theories, skills, and tactics-as well as the history and

evolution of traditional kung fu, that aims to give you the edge with your opponent. "Mastering Kung Fu" introduces these advanced theories that show you how science plays as much a role in kung fu as art: centerline theory; two lines of offense and defense; three reference points; five line (dimensional) theory; five phases of combat; six gates concept; Kiu sau (bridge arm) employment concepts; Chi sau (sticking hand) concepts. By understanding these principles, readers can see how space and time factor into successful, tactical maneuvers. Then, by combining these principles with detailed instruction on the subtleties of advanced techniques, readers should be able to add the concepts to your own arsenal to improve your combat skills, even if you are an established black belt. Readers will also find clear, concise flow charts that detail various combat situations, showing the different tactical options as well as the potential outcomes of executing those options.

作者介绍:

目录:

[Mastering Kung-Fu_ 下载链接1_](#)

标签

评论

[Mastering Kung-Fu_ 下载链接1_](#)

书评

[Mastering Kung-Fu_ 下载链接1_](#)