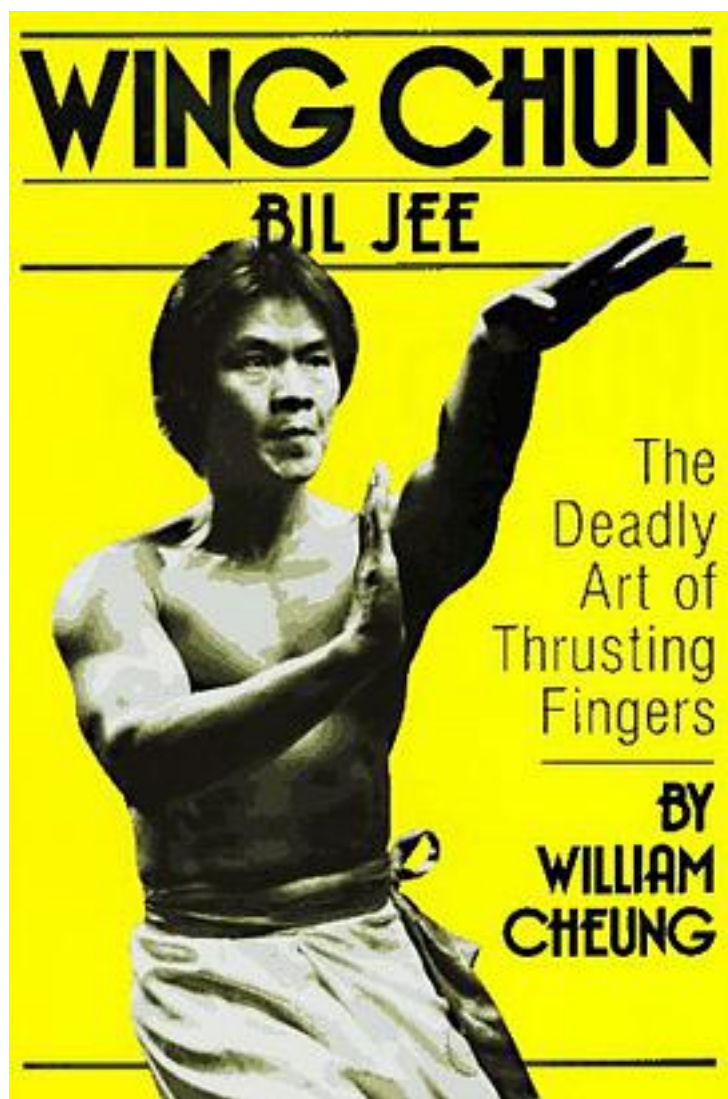


# Wing Chun Bil Jee



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William Cheung reveals the original wing chun bil jee form taught only to him by the late Yip Man. Though the form is central to this book, the wing chun system, central-line theory, and techniques demonstrated are offered with hopes of illustrating a scientific approach that is beneficial to all martial arts and their practitioners.

作者介绍:

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