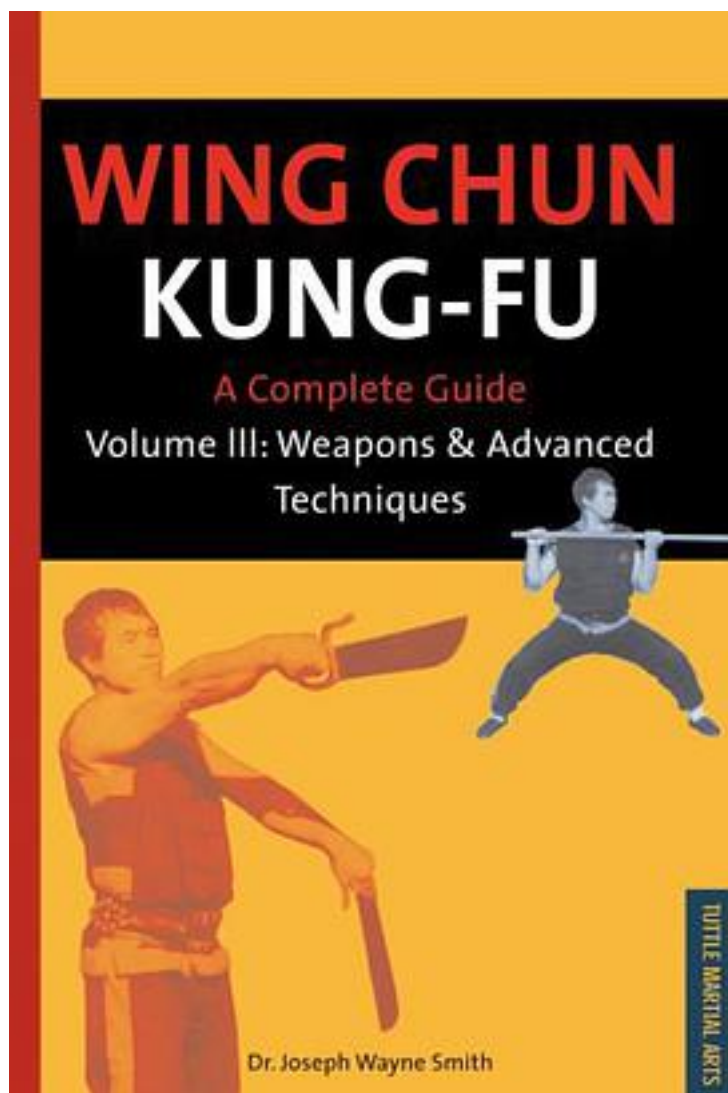


# Wing Chun Kung Fu



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出版者:

出版时间:2005-9

装帧:

isbn:9781581334050

Volume 1 covers the sil lim tao form, wing chun basics, drills and footwork, chi meditation, and chum kil form and applications. Volume 2 features the bil jee form and applications, one-arm/two-arm chi sao, and chi sao applications. Volume 3 highlights use of the wooden dummy and advanced chi sao. Volume 4 covers dragon-pole form, butterfly-sword form, and application. Volume 5 includes wing chun fighting strategy, grappling defence, weapons defence, an introduction to dim mak (death touch), and advanced chi meditation.

作者介绍:

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