

THE WING CHUN COMPENDIUM VOLUME ONE



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The Wing Chun Compendium is divided into eight sections, including Theory, Techniques, Drills, Chi Sau (Sticky Hands), Forms, Pressure Points, Health and Fitness, and Terminology. Students of all levels will find tips for improving technique and gaining benefits from the book's instruction in over 20 of the top skill-building drills and exercises, such as the Maai Sang Jong and Bong Guek (Sticky Legs) drills.

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Wing Chun, also called Ving Tsun, is a popular system of kung fu designed centuries ago by a Buddhist nun and Shaolin master. Together, the two volumes of The Wing Chun Compendium offer a complete guide to the discipline, from theory and philosophy to drills and forms.

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Review of Wing Chun Compendium User Review - quietwarriorxx1806 - Overstock.com. This is the 2nd volume. This goes beyond any martial arts book that I have read. It is extremely detailed with lots of detailed information and a very thick book. I was very happy that I purchased both volumes.

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The Wing Chun Compendium Vol 2 Wing Chun Illustrated

The Wing Chun Compendium: Vol. 1 - September 26, 2016 AGAIN, WAYNE DEMONSTRATES AN UNPARALLELED KNOWLEDGE OF THE PHILOSOPHICAL AND CULTURE ASPECTS THAT AFFECT WING CHUN AS AN ART, AND MAY IMPACT THE TRAINING AND GOAL SETTING OF THE WING CHUN PRACTITIONER.

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The Wing Chun Compendium Volume One by Wayne Belonoha

About The Wing Chun Compendium, Volume One. The Wing Chun Compendium explains the theory of wing chun from a technical, lifestyle, and philosophical perspective. Written by Wayne Belonoha a certified Ving Tsun Instructor and National Certified Coach, 7th Level, Master Degree the compendium offers hundreds of tips and techniques specifically designed to help readers advance to the next stage.

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