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HOW TO DO CHI SAO: WING CHUN STICKY HANDS



Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. Alexander Sheshikov (illustrator). 250 x 200 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn Wing Chun Chi Sao and You Can Be as Fast as Bruce Lee and Grand Master Ip Man! How to do Chi Sao: Wing Chun Sticky Hands will teach you the exercises needed to develop lightning reflexes. Do you know how Bruce Lee, Ip Man and other Wing Chun kung fu...

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- Authored by Sam Fury
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