

Close range combat wing chun

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Also included are never-before-published photos of the late Yip Man, former grandmaster and the last in a line of disciples originating with wing chun's 18th-century founder, Ng Mui.

About Wing Chun Kung Fu

They'll lean, lunge or throw themselves forward in an effort to take you to the ground, which is their preferred environment.

Close Range Combat Wing Chun: Volume 2, Explosive Self Defense Techniques by Randy Williams

With practice, you can incorporate the principles of wing chun into your self-defense system no matter what it is.

About Wing Chun Kung Fu

Wing Chun trains for a simple reflex response to interrupt the attack, get the attacker off balance, and put the fight on your terms. When you're done, reverse roles.

Close Range Combat Wing Chun: Blocking Striking Kicking and Footwork Fundamentals by Randy Williams

Wing Chun's famous Wooden Dummy form is illustrated in step-by-step photos with footwork diagrams for each motion and its practical applications in self defense.

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