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WING CHUN - THE BRUTALITY OF BIU JEE - HSE



Lulu Press Inc, United Kingdom, 2014. Paperback. Book Condition: New. 206 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Biu Gee is the third and final hand form of the Wing Chun system and is generally only taught to trusted Wing Chun practitioners. Biu Gee contains advanced techniques and emergency escapes. Bui Gee teaches how to perfect the use of inch energy , enabling the practitioner to develop power through very short distances. It also...

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- Authored by Mark Beardsell
- Released at 2014



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