



Wing Chun

By I. Chun

St Martin s Press, United States, 1999. Paperback. Book Condition: New. St Martin s Gri.. 231 x 183 mm. Language: English . Brand New Book. Straightforward and efficient, Wing Chun Kung is one of the most popular forms of Kung Fu because it emphasizes technique over strength. By using the skills of Wing Chun Kung Fu, a smaller and weaker person can easily overcome a larger, stronger opponent. With its focus on technique rather than force, it is suitable for both men and women, young and old, and for those of all levels of physical fitness.



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