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peaceful city of  
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Bruce Lee. At the



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age of 13, after the ritual of ‘ three kneels, nine kowtows ’ in the traditional Sifu worship ceremony, he became the formal disciple of sixth-generation Wing Chun master Yip Man.

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arts studio to  
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their fighting  
prowess.

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Chun ...

Reading Ken Ing's Wing Chun Warrior, which chronicles Leung's Kung Fu escapades, will be a jarring revelation to anyone familiar with the manic but orderly and largely peaceful city of seven million people that is Hong Kong today. The

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multiple attackers,  
surrounded by hard  
surfaces rather than  
mats, ropes or a  
cage to keep you  
safe, you need Wing  
Chun.

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introduced to Wing Chun Kung Fu by his childhood friend, famed screen star Bruce Lee. At the age of 13, after the ritual of 'three kneels, nine kowtows' in the traditional Sifu worship ceremony, he became the formal disciple of sixth-generation

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ail.com. Wing Chun

is a classical Master

Chinese martial art

or system of “ Kung

Fu ” . It evolved

during the

mid-1600s, after

the demise of the

Chinese Ming

Dynasty at the

hands of the

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Manchurian

invaders, out of a  
fighting system  
called “Weng

Chun” . During that

time, Weng Chun  
was synthesized by  
five different

masters from a

number of other  
then-existing

fighting systems

and was then

completely

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revamped with a  
laser-like focus on

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Episodes Bruce

Lee's fighting

companion, Yip

Man's private

student and formal

disciple, founder of

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Seals. Includes  
stories of Bruce  
Lee's defeat and  
Yip Man's triumph,  
by Ken Ing MD This  
is NOT a comic  
book.

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STREETWISE is no nonsense, effective, complete self

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keeping you safe in the Urban Arena.

Warrior Streetwise

draws experience

from real situations

and has a main core

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system of Wing  
Chun. As well as  
WING CHUN,  
WARRIOR

STREETWISE the  
following aspects.  
Verbal Skills -  
Reasoning,  
Persuasion,  
Disuasion.

The story of  
*Page 38/77*

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Warrior Leung ?

childhood friend of  
Bruce Lee, disciple  
of legendary master

Yip Man, and New

York kung fu

Duncan Leung  
teacher ? is

Bruce Lees  
valuable not only

Fighting  
for its insights into

Companion  
martial arts but also

for its portrayal of

the lost Hong Kong

of the 1950s and

1960s. Each

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anecdote is introduced with a proverb or teaching from Chinese philosophy, and illustrations follow each fight story, making for an educational and entertaining read.

Wing Chun is a

*Page 40/77*



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logical, scientific  
yet simple Chinese  
martial art system,  
which was

developed purely  
for practical and  
effective self-  
defence for

everybody. It is a  
martial art known  
for its efficiency  
and economy of  
movement, which  
emphasizes natural

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and efficient use of the body. Topics include: the fundamental principles of the hand and leg techniques; detailed explanations of the shape, structure and movements and a checklist for each technique; a detailed analysis and explanation of

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each of the 'empty hand' forms; an in-depth explanation of the principles and concepts behind Chi Sao, Wing Chun's 'sticky hands'; a scientific and anatomical explanation of the basic principles underlying the Wing Chun system.

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Wing Chun is the most popular form of Chinese Kung Fu in the world today, with over four million practitioners. The art as it is presently understood has been handed down from teacher to student for more than three hundred years. Until now, no

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Warrior The

one has ever stepped back and taken a critical look at why this art ' s techniques are presented and performed the way they are. This book, by Wing Chun master Danny Xuan and martial-arts authority John Little, is the first to decipher these

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techniques that until now have been encrypted within this art. Xuan and Little reveal how Wing Chun was designed holistically, based on the laws of physics, human nature, and biomechanics. It was also designed with economy,

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efficiency, and productivity in mind. Unlike other martial arts, Wing Chun doesn't focus on making a person larger, more rugged, acrobatic or animal-like; rather, it focuses on making optimal use of one's own bodily structure and power potential by

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applying the  
sciences of  
biomechanics and  
physics. Thus, it is  
possible for males  
and females of all  
ages and sizes to  
excel in this art.

The Tao of Wing  
Chun provides a  
readable,  
authoritative means  
of cultivating  
personal protection



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skills, enhanced

flexibility, improved

coordination,

greater stamina,

and physical and

mental fitness while

simultaneously

cultivating humility,

focus,

determination, self-

confidence,

character,

camaraderie, and

deep inner strength.

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Foremost, this book offers the reader the means by which to apply Wing Chun principles in daily life. Enhanced by forty-eight full-color illustrations, *The Tao of Wing Chun* will fascinate, educate, and entertain a wide range of readers—from

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Wing Chun

beginner to master.

True Tales Of

Edited by Bruce

Lee and featuring

jeet kune do legend

Ted Wong, this

book introduces the

reader to the sil lim

tao form, the

immovable-elbow

and centerline

theories, chi sao

(sticky hands),

trapping, and much

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more. Wing Chun  
Kung-Fu continues  
to set the standard  
for martial arts  
instructional books,  
and it has become  
the perennial study  
guide for kung fu  
enthusiasts of all  
skill levels.

Teach Yourself  
Wing Chun Adapted  
for the Streets!

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This is Wing Chun martial arts training as modern self-defense. It starts with Wing Chun techniques for beginners and advances up to sticky hands (Wing Chun Chi Sao).

Anyone interested in martial arts will learn from these Wing Chun training

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techniques. Those who will benefit most are: \* People who are thinking about learning Wing Chun Kung Fu but first want an insight \* Those who want to know basic principles and techniques before joining a Wing Chun dojo \* Beginners who want to

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supplement their  
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how to adapt classic  
Wing Chun to the  
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training beginner  
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that wants to self-  
train in Wing Chun  
Kung Fu You'll love

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this Wing Chun training manual, because it adapts a proven martial art to the streets of today. Get it now. Jam-packed with Wing Chun Training Techniques \* The legendary Wing Chun punch \* Arm-locks \* Wing Chun strikes including punches, kicks,



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elbows, knees, and  
the chop \* Trapping  
and grabbing \*  
Interception and  
counter-attack \*  
Repeating punches  
\* Defending against  
common attacks and  
combinations ... and  
much more.

Contains 42 Wing  
Chun Lessons and  
97 Training  
Exercises! \* Basic

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Wing Chun theory is embedded into practical lessons \*  
Conditioning exercises to give your body the strength to do the techniques \* Basic footwork for speed and balance \* The Centerline Principle (a core concept in Wing Chun) \* Wing Chun training drills

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for developing

lightning fast

reflexes \* The

direct line principle

\* Use of training

equipment \* Correct

body alignment and

weight distribution

for greatest

stability, speed, and

power Learn

Traditional Wing

Chun Hand

Techniques \* Tan

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Sau (Dispersing

Hand) \* Pak Sau

(Slapping Hand) \*

Bong Sau (Wing

Arm) \* Lap Sau

(Pulling Hand) \*

Kau Sau (Detaining

Hand) \* Fut Sau

(Outward Palm

Arm) \* Gum Sau

(Pressing Hand) \*

Biu Sau (Darting

Hand) Limited Time

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today and you will  
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and more! This  
Wing Chun book is  
perfect for self-

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defense. It does not  
rely on strength or  
physical size to be  
effective. Discover  
how you can adapt  
classic Wing Chun  
to the streets,  
because the  
traditional stuff  
doesn't work in a  
brawl. Get it now.

Wing Chun is one of  
the most popular

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Wing Chun

Wing Chun is one of the most popular martial arts in the world. It was made famous by Bruce Lee and his master, Yip Man. The most practiced form of Wing Chun is the Hong Kong version, which is streamlined and compact. However, older systems survive in China and one of them is the

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Wing Chun

obscure art known as Fut Sao (Buddha Hand) Wing Chun. Fut Sao Wing Chun was brought to America in 1961 by Grandmaster Henry Leung, (Hong Lei, Chi Man), who learned the whole system under Great Master Gao Jhi Fut Sao. The system was passed down in



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America to Master

Leung's one  
disciple, Sifu James  
Cama. In this book

Cama sets out, for

the first time, the  
outline of the Fut

Sao system of Wing

Chun Kuen. This

book is special

because, for the

first time ever, the

Fut Sao Siu Lin Tao

and its two-man set

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Hei Gung set and  
meditation

visualization

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Duncan Leung  
of the art is its

Bruce Lee's  
internal practices

Fighting  
which are rarely

seen in Wing Chun.

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Chapters included:

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training and internal  
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they have become  
important to local  
identity and  
narratives of  
resistance. This  
book explores the  
social history of

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southern Chinese

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their contemporary  
importance to local

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narratives of  
resistance. Hong

Kong ' s Bruce Lee

ushered the

Chinese martial arts  
onto an

international stage

in the 1970s. Lee ' s

teacher, Ip Man,

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master of Wing  
Chun Kung Fu, has  
recently emerged  
as a highly visible  
symbol of southern  
Chinese identity  
and pride. Benjamin  
N. Judkins and Jon  
Nielson examine  
the emergence of  
Wing Chun to reveal  
how this body of  
social practices  
developed and why

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Individuals continue to turn to the martial arts as they navigate the challenges of a rapidly evolving environment. After surveying the development of hand combat traditions in Guangdong Province from roughly the start of

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the nineteenth century until 1949, the authors turn to Wing Chun, noting its development, the changing social attitudes towards this practice over time, and its ultimate emergence as a global art form.

Discusses the history and

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philosophy of Wing Chun, a Chinese form of kung fu, and offers principles, techniques, and practical applications for self-defense

Fighting

The Wing Chun Compendium

explains the theory of wing chun from a technical, lifestyle,



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and philosophical  
perspective.

Written by Wayne  
Belonoha—a certified  
Ving Tsun Master  
Instructor and  
National Certified  
Coach, 7th Level,  
Master Degree—the  
compendium offers  
hundreds of tips  
and techniques  
specifically  
designed to help

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readers advance to the next stage. 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

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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. Covering all three hand forms (Siu Nim Tau, Cham Kiu,

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and Biu Ji), it also provides a detailed examination of each movement and application and features an extensive terminology section that includes the Chinese characters and both Cantonese and Mandarin pronunciations for over 200 of the

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most common wing

chun terms. The

compendium

concludes with

Grandmaster Sunny

Tang's special

article, "Reflections

of Siu Nim Tau

After 30 Years."

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