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The Tao of Wing Chun: The History and Principles of China’s Most Explosive Martial Art

John Little, Danny Xuan

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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 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 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, 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 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 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. 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 beginner to master.

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Exactly why? Because this The Tao of Wing Chun: The History and Principles of China’s Most Explosive Martial Art is an unordinary book that the inside of the publication waiting for you to snap that but latter it will surprise you with the secret that inside. Reading this book adjacent to it was fantastic author who all write the book in such incredible way makes the content inside easier to understand, entertaining means but still convey the meaning totally. So , it is good for you for not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of advantages than the other book get such as help improving your talent and your critical thinking method. So , still want to delay having that book? If I ended up you I will go to the book store hurriedly.

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