



Wing Chun Kung Fu: The Wooden Dummy: The Wooden Dummy

Shaun Rawcliffe , Garry McKenzie (Foreword) , Paul S. Clifton (Foreword)

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Characterized by economical movements, simultaneous attack and defense hand techniques, and powerful low kicks, Wing Chun Kung Fu is now one of the most popular of the Chinese martial arts. This helpful guidebook addresses the uses of the Muk Yan Jong—more commonly known as the Wooden Dummy form—within the Wing Chun discipline. All of the 116 movements incorporated into Wooden Dummy are covered and illustrated with step-by-step photographs, and information is provided on the practical applications of these movements. A detailed explanation of the principles and concepts behind the form, as well as its shape and structure is also included along with a number of practice exercises and drills.

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Date : Published May 27th 2014 by Not Avail (first published November 1st 2008)

ISBN : 9781847975072

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Format : ebook 566 pages

Genre : Combat, Martial Arts, Sports, Fitness

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Nate says

Very Good book for any martial artist especially for wing chun practitioners
