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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.

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His Wing Chun principles and reflexes immediately kick in, and the two toughs are quickly dispatched.â€• â€” Kent Ewing, Asia Times. Author Ken Ing talked to RTHK Radio 3â€™s Sarah Passmore about the stories contained in Wing Chun Warrior and the state of Wing Chun kung fu today.

Wing Chun Warrior: The True Tales of Kung Fu Master Duncan

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Wing Chun Warrior: Duncan Leung's True Fighting Episodes Bruce Lee's fighting companion, Yip Man's private student and formal disciple, founder of Applied Wing Chun, instructor to the FBI, SWAT Teams and the US Navy Seals.

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you into a wing chun Green Sash with all the mental & physical benefits that go with it. Includes beginner level sparring, beginner level wooden dummy, Street MMA (mixed martial arts) training, beginner level Lop Sao and Chi Sao, and Wing Chunâ€™s dynamic second form: Chum Kiu. You are allowed up to 3 Classes per week.

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