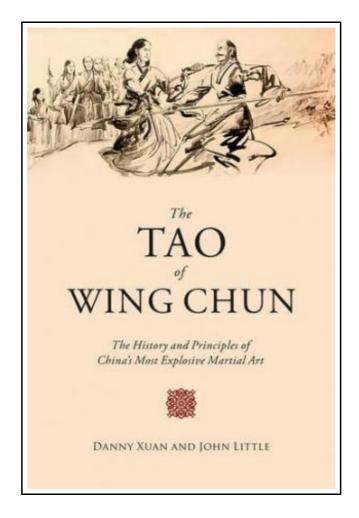
The Tao of Wing Chun: The History and Principles of China's Most Explosive Martial Art (Hardback)



Filesize: 2.35 MB

Reviews

Extensive information for ebook fans. It generally is not going to expense a lot of. I discovered this publication from my dad and i suggested this ebook to discover. (Ivah West)

THE TAO OF WING CHUN: THE HISTORY AND PRINCIPLES OF CHINA S MOST EXPLOSIVE MARTIAL ART (HARDBACK)



Skyhorse Publishing, United States, 2015. Hardback. Book Condition: New. 230 x 152 mm. Language: English . Brand New Book. 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. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to...

Read The Tao of Wing Chun: The History and Principles of China's Most Explosive Martial Art (Hardback) Online

Download PDF The Tao of Wing Chun: The History and Principles of China s Most Explosive Martial Art (Hardback)

See Also



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Getting Your FREE Bonus Download this book, read it to the end and...

Save ePub »



Valley Forge: The History and Legacy of the Most Famous Military Camp of the Revolutionary War (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *******Includes pictures *Includes accounts of Valley Forge written by Washington and other generals...

Save ePub »



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1 (Paperback)

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

Save ePub »



Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for...

Save ePub »



The Voyagers Series - Africa: Book 2 (Paperback)

Voyagers Series, Inc., United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

Save ePub »