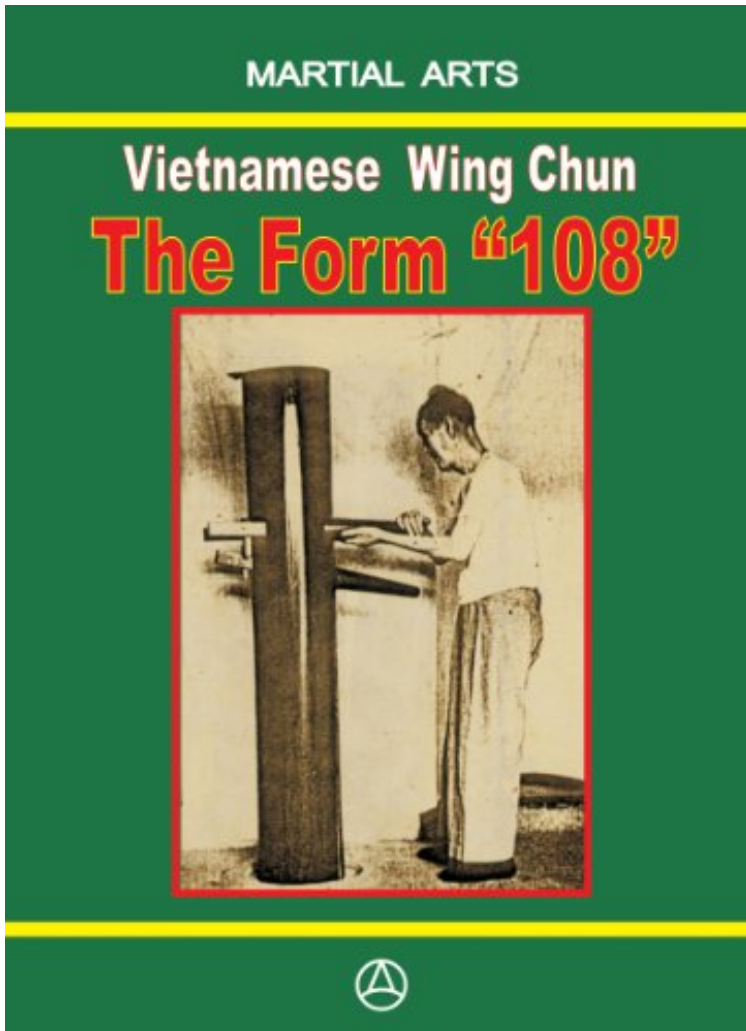


[E-BOOK] File size: 40.Mb

Vietnamese Wing Chun - the Form "108" (English Edition)



Par Igor Dudukchan
*ePub | *DOC | audiobook | ebooks |*
Download PDF

Dtails sur le produit Rang parmi les ventes : #278842 dans eBooksPubli le: 2014-04-24Sorti le: 2014-04-24Format: Ebook Kindle

[E-BOOK] Vietnamese Wing Chun - the Form "108" (English Edition)

Par Igor Dudukchan : Vietnamese Wing Chun - the Form "108" (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Vietnamese Wing Chun - the Form "108" (English Edition):

Download

Read Online

Description :

Prsentation de l'diteurThe Wing Chun - it is a traditional style of the Chinese Kung Fu. The Wing Chun is very popular in the whole world thanks to its high efficiency application techniques. This book is about the form 108. The form "108" is the most important stage in comprehending of the applying aspects of the Vietnamese Wing Chun (Vinhxuan) style. This form consists of the all fundamental keys, technique and the beginning of the fight. This book contains such chapters as: the theory of Wing Chun, fundamentals techniques, the simplified form "108" with a partner,The 108 form with the wooden dummy, The long form 108 with a partner, combinations.Prsentation de l'diteurThe Wing Chun - it is a traditional style of the Chinese Kung Fu. The Wing Chun is very popular in the whole world thanks to its high efficiency application techniques. This book is about the form 108. The form "108" is the most important stage in

comprehending of the applying aspects of the Vietnamese Wing Chun (Vinhxuan) style. This form consists of the all fundamental keys, technique and the beginning of the fight. This book contains such chapters as: the theory of Wing Chun, fundamentals techniques, the simplified form "108" with a partner, The 108 form with the wooden dummy, The long form 108 with a partner, combinations.