

FREE THE WING CHUN COMPENDIUM: V. 2 PDF



Wayne Belonoha | 550 pages | 01 Sep 2009 | North Atlantic Books,U.S. | 9781583942291 | English | Berkeley, United States

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In this volume, author Wayne Belonoha takes students to the next level, focusing on the final three and m Wing Chun, also called Ving Tsun, is a popular system of kung fu designed centuries ago by The Wing Chun Compendium: v.

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2 components of practice and performance, and how The Wing Chun Compendium: v. 2 use martial arts for overall self-improvement—factors that can help any martial artists seeking to enhance their physical and mental development.

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The Wing Chun Compendium, Volume One by Wayne Belonoha

This is the 2nd volume. This goes beyond any martial arts book that I have read. It is extremely detailed with lots of detailed information and a very thick book.

I was very happy that I purchased both volumes. This Book contains so much detailed information outstanding resource material.

Wayne Belonoha. The Wing Chun Compendium explains the theory of wing chun from a technical, lifestyle, and philosophical perspective. Written by Wayne Belonoha—a certified Ving Tsun Instructor and National Certified Coach, 7th Level, Master Degree—the compendium offers hundreds of The Wing Chun Compendium: v.

2 and techniques specifically designed to help readers advance to the next stage. Students of all levels will find The Wing Chun Compendium: v. 2 for improving technique and gaining benefits from the book's instruction in over 20 of the top skill-building drills and exercises, such as the Maai Sang Jong and Bong Guek Sticky Legs drills.

Covering all three hand forms Siu Nim Tau, Cham Kiu, and Biu Jit also provides a detailed examination of each movement and application and features an extensive terminology section that includes the Chinese characters and both Cantonese and Mandarin pronunciations for over of the most common wing chun terms. He currently teaches in Alberta, Canada, and has had numerous students win Grand Champion awards at national and local tournaments.

