

FREE WING CHUN KUNG-FU: A COMPLETE GUIDE PDF



Joseph Wayne Smith | 256 pages | 01 Nov 2006 | Tuttle Publishing | 9780804838252 | English | Boston, United States

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Robert Chu. Details if other :. Thanks Wing Chun Kung-Fu: A Complete Guide telling us about the problem. Return to Book Page. Preview — Complete Wing Chun by L. Robert Chu. Rene Ritchie. Master the many styles of Wing Chun Kung Fu with this expert martial arts guide. With the fame of Bruce Lee, the conditions in Hong Kong, and the hard work and effort of many of his classmates, the Wing Chun of the late master Yip

Man became one of the most well-known and popular Chinese martial arts in the world.

Although this gave Wing Chun international recognition, it a Master the many styles of Wing Chun Kung Fu with this expert martial arts guide. Although this gave Wing Chun international recognition, it also led to a lot of misconceptions. Due to a lack of authentic information, many mistakenly came to assume that the renowned Yip Man was the sole inheritor of the style and that his Wing Wing Chun Kung-Fu: A Complete Guide was the lone version of the art.

In fact, there are several different and distinct systems of Wing Chun. Unfortunately, over the years most of these systems have remained unseen or unreported to all but a few—until now. Get A Copy. Paperbackpages. More Details Original Title. Other Editions 1. Friend Reviews. To see what your friends thought of Wing Chun Kung-Fu: A Complete Guide book, please sign up. To ask other readers questions about Complete Wing Chunplease sign up. Lists with This Book. This book is not yet featured on Listopia.

Community Reviews. Showing Average rating 3. Rating details. More filters. Sort order. Jan 29, Aashish rated it really liked it. TL;DR The history does get repetitive after a while but it's quite comprehensive on the styles I didn't know existed beyond the IP line. While I'm slowly getting into history and non fiction, this book caught my attention because it didn't claim to be anything else.

It is a definitive history about Wing Chun, most of the traditions and their lineages. This book is a blazing fast read because of how well it's structured. Given the topic, that makes sense too. The author's voice does well to transl TL;DR The history does get repetitive after a while but it's quite comprehensive on the styles I didn't know existed beyond the IP line.

The author's voice does well to translate the experiences of the practitioners, the parts which need to be highlighted as differences, similarities and yet maintaining authority on the subject matter. So, is this book super interesting because of the subject? It's more so a great read into the way one tradition of martial arts can create branches and splinter into various forms and schools.

Definitely a must read for those who are interested in martial arts history and things like that. Jun Wing Chun Kung-Fu: A Complete Guide, John Seetoo rated it it was amazing. Have known Robert since we were both in high school Wing Chun Kung-Fu: A Complete Guide our respective martial arts and sparring at times, as teenagers are prone to do. I first saw the depth of his historical knowledge about Chinese martial arts when he helped me with certain historical points for an article I was writing for Inside Kung Fu magazine, which the editor subsequently got wrong when they altered my submitted draft.

He is probably one the best English speaking Chinese kung fu historians in the USA, and from wha Have known Robert since we were both in high school learning our respective martial arts and sparring at times, as Wing Chun Kung-Fu: A Complete Guide are prone to do. He is probably one the best English speaking Chinese kung fu historians in the USA, and from what others in CA have told me, he has become an excellent sifu. Mucho props to an old friend! May 29, Travis rated it really liked it.

Yip Man movies have driven renewed interest in the art; it is critical to view all mythologies with skepticism and to understand that egos, money and politics are as much a part of the wing chun history and community as they are anywhere else. That sort of conduct is not respected in the wing chun community at large, though it has made a few people very wealthy and powerful.

Many practitioners deserve credit for their excellent contributions and skills. The styles have more commonalities than differences and there have been rifts and adaptations throughout the years, and there are different theories as Wing Chun Kung-Fu: A Complete Guide when the system was developed, by whom, and where. Some believe the systems should remain static and grounded in tradition. Others recognize that systems should evolve over time, and that evolution is beneficial to life.

I would recommend this book be read in the following order: 1. Foreword 2. Acknowledgements 3. Introduction 4. Conclusion from there, you can browse the many chapters dedicated to the different styles at your leisure.

As a student of a system that has moved from the Yip Man tradition toward Yuen-Kay San, both have a lot to offer.

I enjoyed both of those sections of the book immensely. I will review the others in time. Regarding the "Ip" movies, his descendants have had to make formal apologies to other Wing Chun Kung-Fu: A Complete Guide in China for blatantly ripping off tales from the lives of other practitioners to develop the movies, and for the deification of a flawed master.

Oct 10, Dezinfectant rated it it was amazing Shelves: martial-arts. Buku ini diterbitkan jauh sebelum film Ip Man dibuat. Tidak juga. Kenyataannya, pada tahun an, banyak sekali buku Wing Chun yang beredar di pasaran. Buku ini menarik karena bukan mengulas step-by-step wing chun, melainkan studi mendalam mengenai berbagai lineage dan aliran Wing Chun, termasuk di Indonesia, Malaysia, Vietnam, dan Fushan. Buku ini menjadi rujukan wajib hampir semua literatur dan artikel wing chun.

Bertahun-tahun kemudian, dengan bantuan youtube dan google translate, and Buku ini diterbitkan jauh sebelum film Ip Man dibuat. Bertahun-tahun kemudian, dengan bantuan youtube dan google translate, anda bahkan dapat menjadikan buku ini panduan untuk melakukan riset lebih dalam. View 1 comment. Jun 12, Joel rated it really liked it. Overall, this book gave a brief look at various different lineages of the Ving Tsun kung fu system.

Of course, it cant covert every detail, but it definitely is a nice starting point. So if you're trying to find some secret to the art, you wont find it here, but if you want to learn about different perspectives on Ving Tsun history and different approaches to using the styl, this will def be interesting for you.

Aug 27, Serge Pierro rated it liked it Shelves: martial-arts. This book covers the history of Wing Chun and many of its forms. It gives the reader a

decent overview of what could be expected in each style, so that one can make a decision as to which one they would like to pursue.

May 10, Robert rated it really liked it. Very informative, but finished wanting more. Perhaps a new expanded edition? Steve Mackell rated it it was amazing Aug 13, Ramesh rated it liked it Jun 05, Amanda rated it liked it Aug 01, Gareth Wing Chun Kung-Fu: A Complete Guide rated it really liked it May 21, Helder Luis rated it really liked it Apr 18, Jasan rated it it was amazing Apr 17, Bobby rated it really liked it Dec 16, James Morenz rated it it was amazing Jun 24, Ryan Coons rated it it was ok Jan 21,

Complete Wing Chun: The Definitive Guide to Wing Chun's History and Traditions **by L. Robert Chu**

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Select Wing Chun Kung-Fu: A Complete Guide. Current selection is: Paperback. Pickup not available. Add to list. Add to registry. This Wing Chun guide also introduces the wooden dummy form, the six-and-a-half pole form, and the use of butterfly knives.

Other sections include specialized fighting and grappling techniques and instructions on using weapons. An additional section is devoted to conditioning, stretching, power training and weight training exercises that will be of particular benefit for serious students of Wing Chun and practitioners of any martial art.

About This Item We aim to show you accurate product information. Wing Chun Kung-Fu: A Complete Guide, suppliers and others provide what you see here, and we have not verified it. See our disclaimer. The essential guide to Wing Chun Kung-Fu—basic forms and principles, fighting and grappling, advanced techniques and weapons. Featuring over black and white photos and step-by-step illustrations, Wing Chun Kung-Fu: A Complete Guide offers clear, straightforward, and authoritative instruction to the Chinese martial art of Wing Chun Kung-Fu.

This Wing Chun book introduces and demonstrates the three empty-hand wing chun kung fu forms, the combative building blocks of the system, including sticky-hand and sticky-leg fighting, chin-naand the theory of vital strikes to the weak points of human anatomy dar mak.

In addition, this kung fu book provides detailed commentary on the theory behind each move so that you can develop an in-depth understanding of both the practical application of this fighting art and the meaning behind it. The essential guide to Wing Chun Kung-Fu—basic forms and principles, fighting and grappling, advanced techniques and weapons.

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Featuring over black and white photos and step-by-step illustrations, Wing Chun Kung-Fu: A Complete Guide offers clear, straightforward, and authoritative instruction to the Chinese martial art of Wing Chun Kung-Fu. This Wing Wing Chun Kung-Fu: A Complete Guide book introduces The essential guide to Wing Chun Kung-Fu—basic forms and principles, fighting and grappling, advanced techniques and weapons. This Wing Chun book introduces and demonstrates the three empty-hand wing chun kung fu forms, the combative building blocks of the system, including sticky-hand and sticky-leg fighting, chin-naand the theory of vital strikes to the weak points of human anatomy dar mak.

This Wing Chun guide also introduces the wooden dummy form, the six-and-a-half pole form, and the use of butterfly knives. In addition, this kung fu book provides detailed commentary on the theory behind each move so that you can develop an in-depth understanding of both the practical application of this fighting art and the meaning behind it. Other sections include specialized fighting and grappling techniques and instructions on using weapons. An additional section is devoted to conditioning, stretching, power training and weight training exercises that will be of particular benefit for serious students of Wing Chun and practitioners of any martial art.

Get A Copy. Paperbackpages. More Details Original Title. Other Editions 1. Friend Reviews. To see what your friends thought of this book, please sign up. To ask other readers questions about Wing Chun Kung-fu please sign up. Lists with This Book. This book is not yet featured on Listopia. Community Reviews. Showing Average rating 3. Rating details. More filters. Sort order. This is an interesting book on the Wing Chun style of Kung Fu. It is mostly written for students of the style, to help them understand the science -- the physiology and anatomy, as it were -- behind the Wing Chun forms.

Not being a Kung Fu artist, I mostly was interested in it for research purposes; I am planning to do some creative writing with a character who is a Kung Fu specialist, and I was trying to figure out which style or form of Kung Fu the character should use. This book helped with that, mainly in the sense that, as described and with the pictures I do not think Wing Chun is "flashy" enough for what I have in mind.

I suspect that as a practical matter, Wing Chun is probably a very good form of self defense, and this book explains verbally and with pictures how to do most of the moves. The author takes a modern, scientific approach, which is to say that he disregards the mystical side of martial arts. Reports of people being able to kill without touching you, via their willpower, Smith dismisses as ridiculous and I agree with him.

One thing I was hoping for more of with this book, however, was the history behind Wing Chun. Smith really doesn't tell us where the art came from or how it has changed over the years -- he only concentrates on the moves as they are practiced right now, and when you should use each one.

I can't knock him too much for this, however, since he wasn't really writing a history book, but a practical guide to which Wing Chun moves one should use and under what conditions. On the other hand, with something like Kung Fu, the history is not irrelevant, and this book could use a chapter about it to put things into context.

Overall, this was an interesting read, despite my ignorance of martial arts when I Wing Chun Kung-Fu: A Complete Guide, and I feel like I understand the logic behind various moves such as when to punch, when to kick, Wing Chun Kung-Fu: A Complete Guide more than Wing Chun Kung-Fu: A Complete Guide did before. So that part will no doubt help me when I go to do my creative writing.

Mar 31, Baylor Cook rated it it was amazing. Joseph Wayne Smith is a book on one of the most unique martial arts created.

The only martial art in the world that was created by a female. That have been preserved for centuries all the way back to in Foshan, China. Wing Chun is known for having the fastest speed in fighting from their close range style.

In one of the chapters named Dar Mak death touch is specifically used for life or death situations. Wing Chun and every other martial arts have one goal, and that goal is safety because safety is the number one thing in the world.

Yes this martial art is built for a woman, but millions of men practice this deadly art as well. Joseph Wayne Smith. The true story based on one of the best fighters of Wing Chun.

Who is a man Mar 29, Nate rated it it was amazing. It is a very interesting book on one of the best self defense martial art system out there, and it gives you a better understanding of the art of wing chun. Andrew rated it it was amazing Feb 06, Shaun rated it liked it Wing Chun Kung-Fu: A Complete Guide Aug 18, Mark Tenero rated it it was Wing Chun Kung-Fu: A Complete Guide Dec 30, Amine Wing Chun Kung-Fu: A Complete Guide it it was amazing Jan 16, Timothy Goytowski rated it it was ok Aug 19, Aaron Browne rated it it was amazing Jan 02, Varqa Larawin rated it it was amazing Apr 17, Carol Hosley tierney rated it really liked it Sep 13, Olever rated it it was amazing Mar 08, Nicholas Bush rated it it was amazing Feb 12, William rated it it Wing Chun Kung-Fu: A Complete Guide ok Mar 26, Prem Endran rated it liked it Feb 13, Bun Asiung rated it really liked it Nov 17, Colin rated it liked it Nov 14, Andrew Johnstone rated it liked it Jan 18, It's pretty good if you don't know anything about the art.

Otherwise it's repetitive. Jamie rated it liked it Feb 07, Steve J White rated it liked it Jan 05, Sharangdhar rated it it was amazing Jul 29, Jeremy rated it really liked it Jan 19, Paul marked it as to-read Mar 30, Robin Steeves added it May 16, Ryan is currently reading it Jun 21, Jason Manford marked it as to-read Aug 28, Toryn Green added it Oct 21, Cisz marked it as to-read Nov 27, Israel is currently reading it Aug 14, Mihail Andreev marked it as to-read Sep 11, Philippe is currently reading it Nov 04, Martin B added it May 27, Indra marked it as to-read Jun 07, Wing Chun Kung-Fu: A Complete Guide marked it as to-read Aug 18, Brimley Newton added it Mar 13, Azizbek marked it as to-read May 28, Prathamesh marked it as to-read Aug 04, Ben marked it as to-read Sep 09, Manny Tulabing marked it as to-read Mar 11,

