

Core Wing Chun Terms and Techniques: Strengthen Your Wing Chun Skills and Understand the Core Concepts.

Sifu D. S. Troy

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This is a comprehensive look at the Core Wing Chun Skills and techniques. Covering hand and weapon techniques including the positions which formulate the Long Pole Form. Also there is a glossary of Kung Fu Family terms and a history of WIng Chun. Enjoy!



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