

葉問宗師百年誕辰紀念特刊



GRANDMASTER YIP MAN CENTENARY BIRTH

Grandmaster Yip Man Centenary Birth

**Józef Włodarski, Kamil Zeidler, Marcell
Burdelski**



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SIMPLY WING CHUN KUNG FU Shaun Rawcliffe, 2012-08-01 Wing Chun is a logical scientific yet simple Chinese martial art system which was developed purely for practical and effective self defence for everybody It is a martial art known for its efficiency and economy of movement which emphasizes natural and efficient use of the body Topics include the fundamental principles of the hand and leg techniques detailed explanations of the shape structure and movements and a checklist for each technique a detailed analysis and explanation of each of the empty hand forms an in depth explanation of the principles and concepts behind Chi Sao Wing Chun s sticky hands a scientific and anatomical explanation of the basic principles underlying the Wing Chun system **Journal of Asian Martial Arts** ,2005 *Chiny w oczach Polaków* Józef Włodarski, Kamil Zeidler, Marcelli Burdelski, 2010 *Scott Standard Postage Stamp Catalogue* Scott Publishing Co, 1985

Legacy of Yip Man Alexander Richter, 2019-09 The legacy of Wing Chun Grandmaster Yip Man told through the eyes of his student Chan Chee Man

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