



Simply Wing Chun Kung Fu

By Sifu Shaun Rawcliffe

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Wing Chun is a logical, scientific, yet simple Chinese martial art system, which was developed purely for practical and effective self-defense for everybody. It is a martial art known for its efficiency and economy of movement, which emphasizes natural and efficient use of the body. This book looks at the fundamental principles of the hand and leg techniques; the shape, structure, and movements; each of the "empty hand" forms; and it gives a scientific and anatomical explanation of the basic principles underlying the Wing Chun system.

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