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Traditional Vinchun. The legacy of the master Yip Man (practical rkuovodstvo) / Traditsionnyy Vinchun. Nasledie mastera Ip Mana (Prakticheskoe rkuovodstvo)

I. M. Dudukchan

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Wing Chun is a most popular style of Chinese martial arts. Wing Chun have many styles and schools such as Yip Man school, Pan Nam school, Yuen Kay-San school, Nguen Te Cong school (Vietnamese Wing-chun) and others. The most popular style is Yip Man Wing Chun. This book contains the chapters about Wing Chun history , principles, stances, footwork, strikes, kicks, blocks, combinations, grappling, attack's methods, defence and counterattack, Chi- sao, the forms (Siu Lim Tao, Chum Kiu, Biu tze) and combat applications, wooden dummy training. Text in russian language, Softcover, 208 pages, over 1200 illustrations.

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