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WING CHUN KUNG-FU: CHINESE ART OF SELF-DEFENSE



Black Belt Communications. Paperback. Book Condition: new. BRAND NEW, Wing Chun Kung-Fu: Chinese Art of Self-Defense, James Yimm Lee, Bruce Lee, Bruce Lee, Edited by Bruce Lee and featuring jeet kune do legend Ted Wong, this book introduces the reader to the sil lim tao form, the immovable-elbow and centerline theories, chi sao (sticky hands), trapping, and much more. Wing Chun Kung-Fu continues to set the standard for martial arts instructional books, and it has become the perennial study guide...

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- Authored by James Yimm Lee, Bruce Lee, Bruce Lee
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