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By Yip Chun, Danny Connor

Editorial Paidotribo, España, 2015. Encuadernación de tapa blanda. Book Condition: Nuevo. 21x15cm. 162 pp. Fue el difunto Yip Man, maestro y mentor de Bruce Lee entre otros, quien llevó al Wing-Chun desde sus orígenes en el siglo diecisiete a una gran popularidad tanto en China como en Occidente. Actualmente, el Wing-Chun, es el estilo de Kung Fu más practicado en el mundo. En este libro, Yip Chun, explica los principios y las técnicas del Wing-Chun. Ideal para practicantes de todos los niveles, explora no solamente las técnicas que intervienen en la práctica, sino también, la teoría Confuciana que subyace bajo el Wing Chun y la importancia de la relación entre el maestro y el estudiante. Éste es, sin duda, el texto más importante sobre Wing Chun que se ha escrito en los últimos tiempos. Las fotografías que acompañan al texto nos ayudan a entender con mayor claridad las diferentes técnicas presentadas: Chi San, Siu Lim Tao (la primera forma), Chum Kiu (la segunda forma), Biu Tze (la tercera forma). La teoría de los dos últimos capítulos le ayudará a resolver todas aquellas dudas y preguntas que, sin duda, usted se ha planteado en algún momento de su aprendizaje.

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