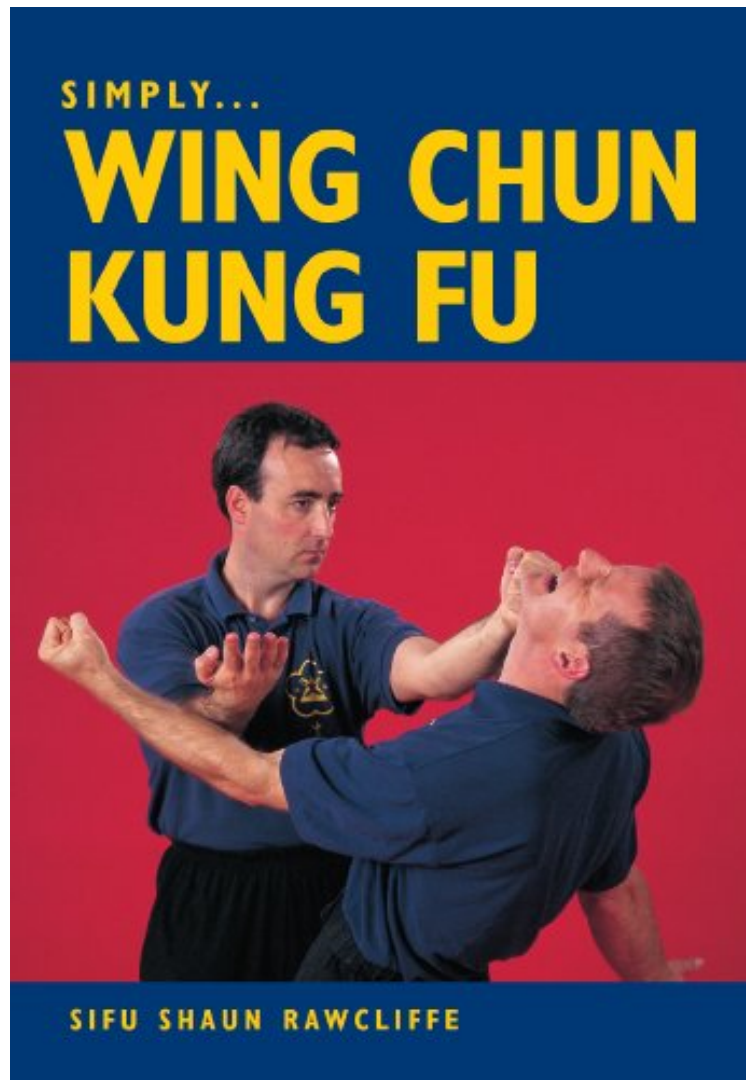


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# SIMPLY WING CHUN KUNG FU

Von Sifu Shaun Rawcliffe

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**Von Sifu Shaun Rawcliffe : SIMPLY WING CHUN KUNG FU** before purchasing it in order to gage whether or not it would be worth my time, and all praised SIMPLY WING CHUN KUNG FU:

KundenrezensionenHilfreichste Kundenrezensionen1 von 2 Kunden fanden die folgende Rezension hilfreich.  
Grossartig!Von meteorheadDieses Buch ist fr jeden Wing Chun Student zu empfehlen!Sifu Shaun Rawcliffe erklrt hier die Konzepte des Wing Chun Kung Fu in allen Details mit Zeichnungen, detaillierten und umfangreichen Angaben zu allen Techniken sowie den drei waffenlosen Formen. Dies ist ein Buch welches meiner Meinung nach jeder Wing Chun Student in seinem Bcherregal stehen haben sollte, da hier eindeutig erklrt wird worauf es in diesem System wirklich ankommt! Einzig wre zu erwghnen, dass man relativ gut Englisch verstehen sollte, um den

Ausführungen folgen zu können. Insgesamt möchte ich festhalten dass es für mich eines der besten Wing Chun Bücher in meiner Sammlung ist!

**Kurzbeschreibung** 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.

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