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When Wing Chun is practiced fully, with its secretive foundation of deep energy skills intact, then it truly becomes a system of skills that require unique and diligent effort over time to master. It is truly a kung fu system in the literal meaning of the phrase, as well as the modern meaning.

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Wing Chun Kung Fu is regarded as one of the most scientific Chinese fighting systems in the world. This combat sys- tem is known for its speed and simplic- ity. It is brutally effective in close range combat, stressing economy in motion and centerline attacks.

CLOSE RANGE COMBAT Wing Chun - Dvd vÃµ thuáº-t

Complete Wing Chun System by William Cheung. 400+ pages . This is a special limited edition 400+ page book for the occasion of The Return of Wing Chun to its Birthplace â€œ the Shaolin Temple during which a copy of the book was presented personally to the Abbott Shi Yongxin by William Cheung.

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