



116 Wing Tsun Dummy Techniques as Demonstrated by Grandmaster Yip Man

Yip Chun, Leung Ting (Editor)

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116 Wing Tsun Dummy Techniques is finally back in print and written by Master Yip Chun the son of Master Yip Man who taught Bruce Lee. This is an awesome book for those who study the Chinese Art of Wing Tsun. 130 pages filled with easy to follow photos and as well a poster that folds out for you to follow. The techniques are performed by the Master himself Yip Man so what you will learn is the same basics as Bruce Lee learnt from him.

116 Wing Tsun Dummy Techniques as Demonstrated by Grandmaster Yip Man Details

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Simon Low says

Great instructional book on wooden dummy by IP Man himself

Rahmat Romadon says

Buku ini sangat informatif mengenai 116 teknik latihan dengan boneka kayu (Mok Yan Jong) beserta aplikasinya yang ilustrasi fotonya langsung diperagakan oleh Grandmaster Yip Man (Ip Man klo di film terbarunya Donnie Yen) dan Yip Chun (cucu beliau). Namun bab terakhirnya, penulis mengemukakan hal-hal yang kurang mengenakkan tentang Bruce Lee (apa ada kasus penulis dengan Lee?), yang jelas intinya seni beladiri Wing Chun merupakan beladiri kungfu modern yang langsung, praktis dan aplikatif.

Jon Wenston says

good
