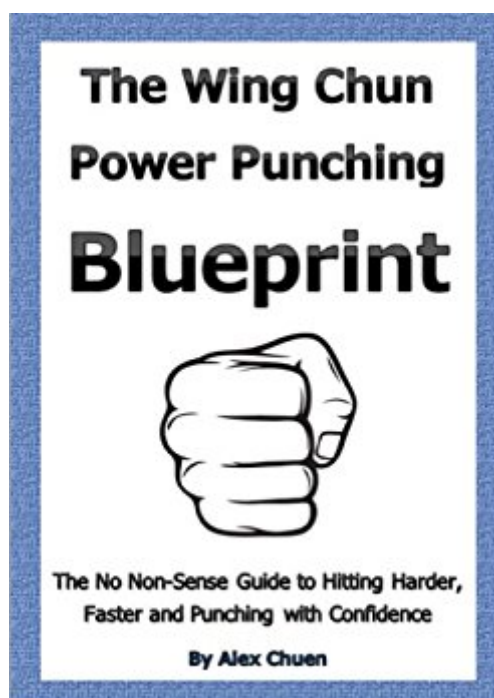




The book was found

Wing Chun Power Punching Blueprint For Self Defence (Wing Chun Power Training Book 1)



Synopsis

If you want to maximize your Wing Chun training, hit harder, hit faster and hit more confidently then the Power Punching Blueprint shows you how. With training tips and fighting tactics you'll learn how to prepare your body physically..., how to condition and strengthen your hands and wrists..., discover how to mentally prepare for training..., the critical components for self-defence..., how to streamline your body mechanics so you're hitting like someone twice your weight..., and much much more. Jump on board and get exclusive access to my Wing Chun Punch Buyers Newsletter as a bonus!

Book Information

File Size: 443 KB

Print Length: 74 pages

Publication Date: June 6, 2013

Sold by: ã Â Digital Services LLC

Language: English

ASIN: B00D99MAZC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #185,273 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #34

in ã Â Kindle Store > Kindle eBooks > Nonfiction > Sports > Extreme Sports #76 in ã Â Books > Sports & Outdoors > Extreme Sports #108 in ã Â Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Sports & Outdoors

Customer Reviews

Wing Chun Chain Punching is a martial art in itself. This book explains in great detail how to utilize the Wing Chun Sun Punch or Vertical Fist. It must be used with forward aggressive footwork. The power is like an arrow being shot from a bow. The fist, wrist, arm and body remain relaxed until moment of impact. I disagree with the author's suggestion about visualizing the fist going beyond the target. This technique is used in many martial arts but the destruction from the Wing Chun punch occurs on impact and immediate withdrawal of fist. That is the only part I have issue with. The majority of the book teaches Chain Punching perfectly IMO.

I really enjoyed reading this short book. It was informative and included a few things that were new to me. There is some very practical training info that I found very useful. The author is very knowledgeable and a good writer. I encountered several grammatical errors and typos, but I attribute that to it probably being in the translation. I would certainly recommend it to anyone who has or is practicing wing chun. I personally practice and love the art and the author did it a great service in the way he presented his material. Besides, the price is very reasonable.

I gave four stars due to some typo errors. Other than that, it is a great technical reference for those who want to improve their punch. The author seems very knowledgeable and goes into details typically not covered during classes.

Didn't have to spend too much time reading. I got some good techniques and form advice. Perfect book for on the edge martial arts.

It does a good job discussing various effective punching techniques, however I understand as verified with my two sinus that the falling punch technique needs a better explanation and the order is inverted.

I found it very informative, touching on topics that seem common sense when read but many people don't think about them when training.

A great resource for an inexperienced person. Very helpful information. All I need to do is put it into practice. I don't have a training partner so I need to practice as if I have. I am confident with these tips I will be able to utilise them confidently.

This book was a very simple and fundamentally structured approach to increasing punching power and resisting injury. Application of these techniques are effective.

[Download to continue reading...](#)

Wing Chun Power Punching Blueprint for Self Defence (Wing Chun Power Training Book 1) Wing Chun: Beginning Wing Chun: The Ultimate Guide To Starting Wing Chun (Martial Arts, Self Defence, Kung Fu, Bruce Lee) Wing Chun Warrior: The True Tales of Wing Chun Kung Fu Master Duncan Leung, Bruce Lee's Fighting Companion Power Training: For Combat, MMA, Boxing,

Privacy

