



## The Crane Fist in Wing Chun (Paperback)

By Semyon Neskorohev

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The book is devoted to the analysis of using the crane fist in Wing Chun. The author reveals general sources of styles appearance, general tactics and technique, general training methods, the use of wooden dummies in each style. The book contains many illustrations with detail description. The content of the book widens Wing Chun understanding, its technical arsenal on the base of analysis and synthesis of related style of white crane.



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