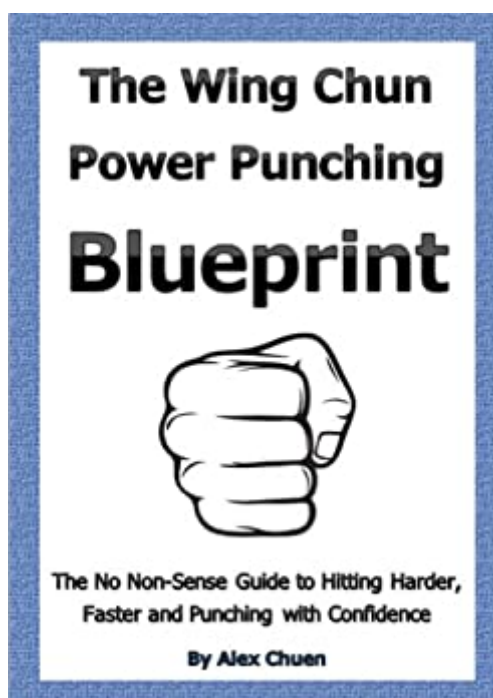




The book was found

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

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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 utilize 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.

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Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power
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Wing Chun Kung Fu: Traditional Chinese Kung Fu for Self-Defense and Health
Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Rebel Wing (Rebel Wing Trilogy, Book 1) (Rebel Wing Series)
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)
The Wing Chun Compendium, Volume One
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