

Advanced Wing Chun Foundation - Sil Lim Tao



Advanced Wing Chun Foundation - Sil Lim Tao Advanced Wing Chun Foundation by Grandmaster Felix Leong is a detailed Wing Chun first form manual distilled from 3 distinct branches of Wing Chun. Grandmaster Felix Leong has studied Wing Chun for over 40 years under Grandmaster Ip Chun, Grandmaster Sum Ng and Grandmaster Pan Nam both in mainland China and Hong Kong. Such lifelong dedication and depth is rare if not unique in the world. This book contains an encyclopedic reference manual of the First Form Sil Lim Tao with detailed explanation for each sequence accompanied by its practical application. All sequences in the book are shown from 3 unique angles - front, side and top for maximum comprehension. This is the only Wing Chun book that contains all sequences photographed from three different angles from a Grandmaster`s who have mastered modern and traditional branches of Wing Chun.

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