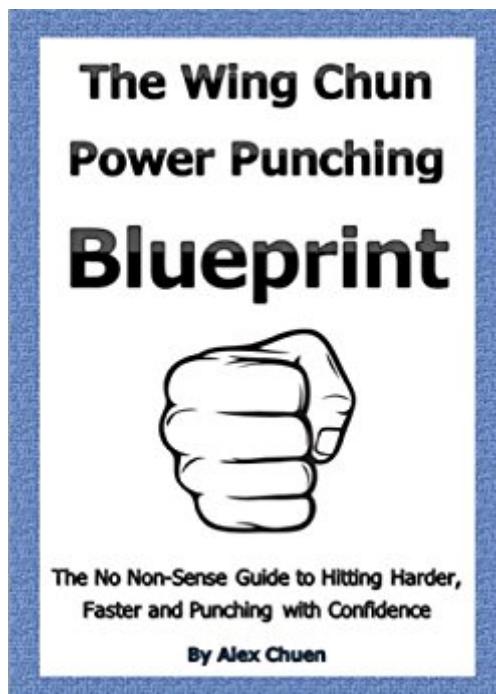


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# Wing Chun Power Punching Blueprint For Self Defence (Wing Chun Power Training Book 1)



## **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: 442 KB

Print Length: 55 pages

Publication Date: June 6, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00D99MAZC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #122,398 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Extreme Sports #50 in Books > Sports & Outdoors > Extreme Sports #64 in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Sports & Outdoors

## **Customer Reviews**

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.

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 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.

Basically a hundred pages telling you punching is good for self defense and you should punch along the center line. There I just saved you the trouble of reading this book. No secrets or drills or anything revolutionary/ useful at all

Of course I loved it - it confirmed what I had discovered independently about using the drop step and follow up with a Wing Chun structure. But this also went into detail I had not considered and refined greatly my practice.

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

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

I like the simplicity of this book. The mechanics of Wing Chun are one of the most interesting things about the style. I especially like the section about the "fighter's attitude".

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