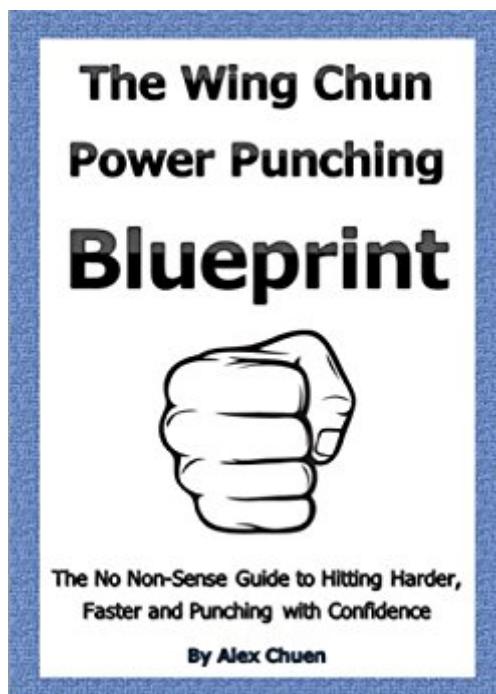


The book was found

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 sinuses 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 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.

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 Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) 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 Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy house training, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy house training, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Heavy Bag Combinations: The Ultimate Guide to Heavy Bag Punching Combinations (Heavy Bag Training Series Book 2) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Speed Training for Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed Dog Training - Train Your Dog like a Pro: The Ultimate Step by Step Guide on How to Train a Dog in obedience (Puppy Training, Pet training book) (Dog Training, ... training books, How to train a dog, Book 2) Brain Games for Dogs: Training, Tricks and Activities for your Dogâ™s Physical and Mental wellness (Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1)

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