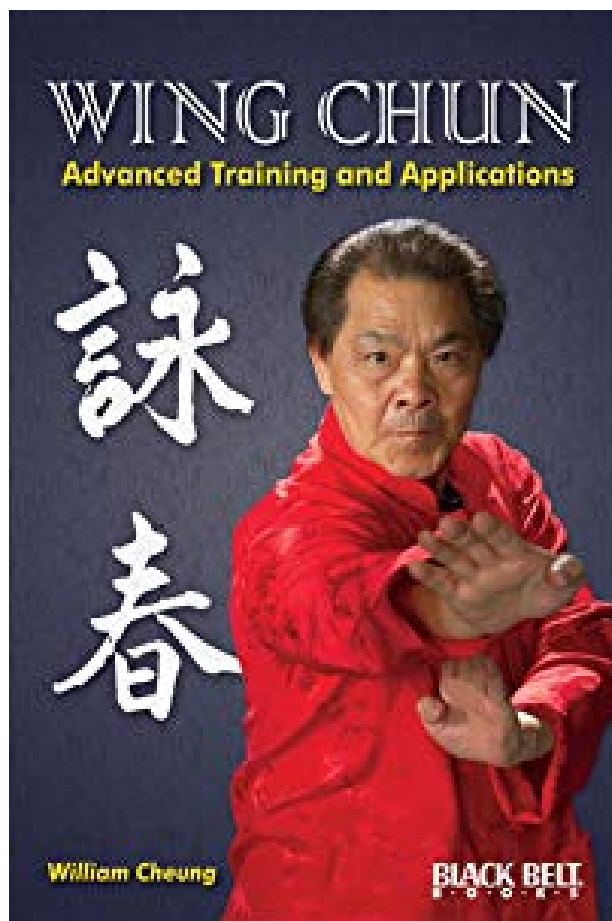


Wing Chun: Advanced Training and Applications



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Martial arts legend William Cheung teaches the advanced training theories and practical applications of wing chun kung fu, delving into the nuances of wooden-dummy training, street techniques, weapon defense, and the three-centers principle.

In addition, a chapter is devoted to breaking down the author's famous 100-day Iron Palm Training Program. The succinct writing style and count photographs (featuring Eric Oram and grandmaster Cheung's top students) make this book a valuable addition to any martial artist's library.