



## Mantis Fist in Wing Chun (Paperback)

By Neskorodev Semyon

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The book is devoted to analysis of using mantis fist and paw in Wing Chun. On the base of analysis of traditional Wing Chun forms Siu Lim Tao (little idea) and Form 108 on the wooden dummy author gives techniques of using blows by mantis fist and blocks by mantis paw in Wing Chun. Book contains wide number of illustrations with detailed description. This material widens Wing Chun technical arsenal and practically deciphers the little used movements from Siu Lim Tao form.



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