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Wing Chun Kuen Phai: Fundamental Foundations (Paperback)

By Igor Astashev

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Among great number of styles Wing Chun has a special place due to its distinctive features and multilevel influence on those who studies it. The Wing Chun science that came from the ancient times helps to enrich life of a person who started studying this school of martial arts. Initially Wing Chun was intended for people of good morals and high principles. Without doubt Wing Chun served as means of hardening one s spirit in the first place, the fighting section being in the second place and due to its high efficiency being used depending on the situation which the studying disciple found himself in. Wing Chun uniqueness is directed at the development of way of life of a person. Persistent struggle for health promotion and preservation helps develop striving for healthy way of life that becomes a common standard of behavior - like, let us say, washing or nutrition. Wing Chun exercises make it possible for adults to keep high working efficiency, for children to keep cheerfulness and versatile development and for the whole family to keep vivacity, stability and...



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