

How to Do Chi Sao: Wing Chun Sticky Hands



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Reviews

An extremely wonderful publication with lucid and perfect reasons. It typically will not expense too much. You are going to like the way the blogger compose this publication.

(Prof. Maya Hand)

HOW TO DO CHI SAO: WING CHUN STICKY HANDS



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. Alexander Sheshikov (illustrator). 250 x 200 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn Wing Chun Chi Sao and You Can Be as Fast as Bruce Lee and Grand Master Ip Man! How to do Chi Sao: Wing Chun Sticky Hands will teach you the exercises needed to develop lightning reflexes. Do you know how Bruce Lee, Ip Man and other Wing Chun kung fu masters seem to know when and where their opponents will strike? It is not something you are born with, ANYONE can develop it, through the practice of Wing Chun Chi Sao aka Wing Chun Sticky hands. Chi Sao (Sticky Hands) is a Wing Chun Kung Fu training exercise used to develop touch sensitivity (as well as having many other benefits). Enhance your Wing Chun Kung Fu ability in the same way Bruce Lee did and learn to read your opponents intentions and respond to his movements much faster than you could by eye alone. Inside How to Do Chi Sao * Over 25 detailed Wing Chun Chi Sao drills/exercises with clear step by step instructions and easy to follow illustrations. * Learn the basics of drills, the centerline principle, stance and correct hand positions. * Classic time-honored Wing Chun Chi Sao training drills such as Luk Sao, Dan Chi Sao and Lap Sao. Learn the Chi Sao Drills So You Can. * Attack and defend from the four different hand positions. * Incorporate kicks, knees and elbows into the Chi Sao drills. * Move freely during the Chi Sao drills. * Progress all the way to Chi Gerk (Wing Chun Sticky Hands for the legs). . . and much, much more! Get your copy of How to Do Chi Sao...



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