



Wing Chun Power Punching Blueprint for Self Defence (Wing Chun Power Training Book 1)

Alex Chuen

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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.

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