

Wing Chun Kung-fu Volume 1: Basic Forms & Principles (Chinese Martial Arts Library)

By Joseph Wayne Smith


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This is a comprehensive guide to the martial arts form of Wing Chun Kung-Fu. It leads the reader step-by-step through the beginning forms of Wing Chun Kung-Fu, and provides detailed commentary and theory on all techniques and forms. It includes a section devoted to weight-and-power training exercises and is ideal for beginners, the more experienced Wing Chun practitioner and the cross-training martial artist.

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Editorial Review

About the Author

Dr. Joseph Wayne Smith is a Queen Elizabeth II Fellow in Philosophy at the Flinders University of South Australia and has trained in Western boxing, wrestling, and power lifting. A coach on the Australian Coaching Council's National Coaching Accreditation Scheme, he studied Wing Chun kung-fu under Sifu Felix Leong and has contributed articles to martial arts journals in Australia, America, and Europe.

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