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Secrets of Wing Chun for Self Mastery contains
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and all ... explained in a clear and understandable
way.**

L.L.C. Oudsten, G. Yau

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The Secrets of Wing Chun for Self Mastery contains new translations of the original Wing Chun Poetry and all the fundamentals needed to develop your Wing Chun skill; This book includes the Muscle tendon change and the Bone Marrow Washing. All is explained in a clear and understandable way.

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