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blocking or  
deflecting his  
blow. The  
targets are  
usually the chin  
(see image), the  
nose or the  
throat when the  
strike is  
performed in a  
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takes the art  
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students \*

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Technique  
Manual

Anyone that  
wants to self-  
train in Wing  
Chun Kung Fu  
You'll love this  
Wing Chun  
training manual,  
because it  
adapts a proven  
martial art to  
the streets of  
today. Get it  
now. Jam-packed  
with Wing Chun

# Read Free Street Combat Training

Techniques \* The  
legendary Wing  
Chun punch \* Arm-  
locks \* Wing  
Chun strikes  
including  
punches, kicks,  
elbows, knees,  
and the chop \*  
Trapping and  
grabbing \*  
Interception and  
counter-attack \*

# Read Free Street Combat

Repeating

punches \*

Defending

against common

attacks and

combinations ...

and much more.

Contains 42 Wing

Chun Lessons, 97

Training

Exercises, and a

Never-Ending

Training

Timetable! \*



# Read Free Street Combat

Basic Wing Chun  
theory is  
embedded into  
practical  
lessons \*

Conditioning  
exercises to  
give your body  
the strength to  
do the  
techniques \*

Basic footwork  
for speed and  
balance \* The

# Read Free Street Combat

## Technique

Principle (a  
Manual  
core concept in  
Wing Chun) \*

Wing Chun

training drills  
for developing  
lightning fast  
reflexes \*

The  
direct line  
principle \* Use  
of training  
equipment \*

Correct body

# Read Free Street Combat

alignment and  
weight  
distribution for  
greatest  
stability,  
speed, and power  
Learn

Traditional Wing  
Chun Hand

Techniques \* Tan  
Sau (Dispersing  
Hand) \* Pak Sau  
(Slapping Hand)  
\* Bong Sau (Wing

# Read Free Street Combat

Technique Manual  
Arm) \* Lap Sau  
(Pulling Hand) \*  
Kau Sau

(Detaining Hand)

\* Fut Sau

(Outward Palm

Arm) \* Gum Sau

(Pressing Hand)

\* Biu Sau

(Darting Hand)

Includes 4 Free  
Bonuses Get your  
copy of Basic  
Wing Chun

# Read Free Street Combat

Technique  
Manual  
Training today  
and you will  
also receive: \*

- \* A never-ending Wing Chun training schedule \*
- \* Special report: How to swim 50+ meters underwater \*
- \* A critical first aid guide including an

# Read Free Street Combat

Technique first  
aid cheat sheet

\* The 16

principles of  
self-defense.

Fundamental

lessons to

protect yourself  
from violent

attacks This

Wing Chun book

is perfect for

self-defense. It

does not rely on

# Read Free Street Combat

Technique  
Manual  
strength or  
physical size to  
be effective.

Discover how you  
can adapt  
classic Wing  
Chun to the  
streets, because  
the traditional  
stuff doesn't  
work in a brawl.  
Get it now.

This is quite

# Read Free Street Combat

Technique  
Manual

possibly the  
best self  
defence manual  
for beginner  
martial artists  
or martial arts  
enthusiasts  
available on the  
market today. It  
has been  
designed as a  
quick and  
effective means  
of teaching how



# Read Free Street Combat

Technique  
Manual

To fight against  
the most common  
street attacks  
used by thugs  
and street  
criminals with  
no nonsense  
techniques and  
training. The  
techniques in  
this manual will  
transform you  
from a would be  
victim of the

# Read Free Street Combat

Technique  
Manual  
streets to a  
story of  
survival. With  
the Street  
Defence Manual  
of the 8 Winds  
Defence System  
you will be  
taught the most  
effective  
martial arts  
secrets to  
protect you and  
your loved ones.

# Read Free Street Combat Technique

This is your  
Manual  
guide to the  
martial arts  
most devastating  
trips, sweeps  
and throws. Mark  
Mireles has  
combined his  
knowledge of  
wrestling and  
jujitsu with his  
many years of  
experience as a

# Read Free Street Combat

Technique  
Manual

member of the  
LAPD to put  
together this  
collection of  
street effective  
takedowns that  
will stop an  
attacker cold.  
Together with  
veteran cop,  
author and  
martial artist  
Loren W  
Christensen,

# Read Free Street Combat

Technique Manual  
Mark takes you  
step-by-step  
through each  
technique and  
shows you  
exactly how to  
apply it when  
your life  
depends on it.  
Mark kicks off  
your crash  
course in Street  
Stoppers with  
the basics of

# Read Free Street Combat

Technique and  
Manual  
targets. From  
there, jump  
directly into  
the trips,  
sweeps and  
throws -- over  
50 solid  
techniques  
demonstrated in  
realistic  
fighting  
situations. Mark  
and Loren also

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Technique 15  
Manual  
combination  
techniques so  
you will always  
have a Plan B to  
fall back on.  
And throughout  
the book you  
will get inside  
tips on choosing  
the right  
technique,  
gaining the  
upper hand over

# Read Free Street Combat

Technique  
Manual

your assailant,  
avoiding  
injuries and  
ending a fight  
quickly. Because  
this book is  
written by two  
expert martial  
artists who have  
decades of  
experience  
subduing  
criminals on  
some of



# Read Free Street Combat

America's

meanest streets,  
you can rest  
assured that you  
re getting  
proven  
techniques that  
work.

This exhaustive  
collection of  
streetfighting  
secrets covers  
every aspect of

# Read Free Street Combat

Technique  
author Sammy

Manual  
Franco's

eclectic, no-nonsense system of self-defense, from training and conditioning, the attributes of combat, and tactics and strategies to specialized areas such as

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Technique Manual  
grappling, stick  
fighting, knives  
and firearms.

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