

**Wing Chun: Traditional Chinese Kung Fu For
Self Defence And Health Includes Qigong
Training**

By Ip Chun;Michael Tse;Grandmaster Ip Chun



Straightforward and efficient, Wing Chun Kung Fu is one of the most popular forms of Kung Fu because it emphasizes technique over strength. By using the skills of Wing

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William Cheung or Cheung Cheuk Hing (, pinyin: Zh ng Zhu q ng), born October, 1940, is a Chinese Wing Chun kung fu practitioner and currently the

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