



An Approach to Ip Man Style Wing Chun

Wayne Belonoha

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An Approach to Ip Man Style Wing Chun is a practical new beginner's guide to Wing Chun by a certified instructor in the Ip Man lineage. Pan American Triple Gold Medalist Wayne Belonoha provides the fundamentals of the art as a comprehensive mind/body training program. Written in accessible language and including more than 400 full-color photos, the book emphasizes benefits including weight reduction, stress management, personal defense and safety, and self-discipline through meditation.

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