

# Download Shaolin Kung Fu Wing Chun

Shaolin Wing Chun Kung Fu hat seinen Ursprung im Shaolin-Kloster und ist danach ca. 300 Jahre von Generation zu Generation an ausgewählte einzelne Meisterschüler weitergegeben worden. Wing Chun Kung Fu. Wing Chun is one of the Kung Fu styles that is very well-known across the world. It is the style that Bruce Lee originally trained in before he developed his own style (Jeet Kune Do), and the style that was popularized through the Ip Man movies featuring kung fu action movie star Donnie Yen. Shaolin Wing Chun Kung Fu ist effektiver und perfekter Selbstschutz für alle Situationen. In unseren Kursen schulen wir schnelle Schutzreflexe (Chi-Sao) und höheres Konzentrationsvermögen in Gefahrensituationen. Nowadays there is a proliferation of books about Wing Chun, and the bulk of these books adhere to the Ip Man tradition. Over half of the five million practitioners of Wing Chun noted above fall into the Ip Man camp. - Shaolin Kung Fu Wing Chun