



Close Range Combat Wing Chun: Volume 2, Explosive Self Defense Techniques

By Randy Williams

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This volume delves into the self defensive aspect's of Randy's Close Range Combat Wing Chun. It covers street techniques vs the jab, hooks, uppercuts, backfists, chokes, holds and also explores wing chun groundfighting. Included also are essays on the study of power, advanced trapping, centerline theory, the concept of "reference", and more.

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