



Wing Chun Bil Jee: The Deadly Art of Thrusting Fingers

William Cheung

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William Cheung reveals the original Wing Chun Bil Jee form taught only to him by the late Yip Man.

Through the form is central to this book, the Wing Chun system, central-line theory, and techniques demonstrated are offered with hopes of illustrating a scientific approach to the martial arts that is beneficial to both the arts and their practitioners.

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