



Ip Man's Wing Chun Mook Yan Jong Sum Fat (Hardcover) by Ron Heimberger, Eric Li, Garner Train Ip Ching (Author)

By Eric Li, Garner Train Ip Ching (Author) Ron Heimberger

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This full color hard bound book includes the entire Wooden Dummy form, Applications, Drills, Explanations. It covers everything a serious student of Wing Chun needs to know. These lessons are taught by Grandmaster Ip Ching as taught to him by his father Ip Man. This book also includes many never before published photos of Grandmaster Ip Man and other important places and people closely linked to Wing Chun Wooden Dummy training.

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