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The Wing Chun Compendium is divided into eight sections, including Theory, Techniques, Drills, Chi Sau (Sticky Hands), Forms, Pressure Points, Health and Fitness, and Terminology. Students of all levels will find tips for improving technique and gaining benefits from the book's instruction in over 20 of the top skill-building drills and exercises, such as the Maai Sang Jong and Bong Guek (Sticky Legs) drills.

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Wing Chun, also called Ving Tsun, is a popular system of kung fu designed centuries ago by a Buddhist nun and Shaolin master. Together, the two volumes of The Wing Chun Compendium offer a complete guide to the discipline, from theory and philosophy to drills and forms.

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### **The Wing Chun Compendium, Volume One By Wayne Belonoha**

The Wing Chun Compendium explains the theory of wing chun from a technical, lifestyle, and philosophical perspective. Written by Wayne Belonohaâ€”a certified Ving Tsun Instructor and National Certified Coach, 7th Level, Master Degreeâ€”the compendium offers hundreds of tips and techniques specifically designed to help readers advance to the next stage.

### **The Wing Chun Compendium, Volume One: Wayne Belonoha**

Check out Mark Page's review of Wayne Belonoha's book "The Wing Chun Compendium: Vol. 1" from Issue No. 1.

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