



My Practical Wing Chun Tao: The Book of Siu Nim Tau (Black and White edition) (Volume 1)

Michiel Contant

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My Practical Wing Chun Tao - The book of Siu Nim Tau is the first book of its kind by Michiel Contant, and describes his personal martial arts journey and contains his notes coming from his years of training during seminars, private and public training sessions. This B&W edition of the Book of Siu Nim Tau offers background of Practical Wing Chun, full explanation and over 250 photo's illustrating the first form of Practical Wing Chun – Siu Nim Tau. To further support your development, this book offers close to 200 exercises, split up for each of the student grades and many of the exercise are supported by photos. The in depth explanation of the Siu-Nim-Tau form, the close to 200 exercises and the photo's make this book the perfect training aide for the your Practical Wing Chun Siu Nim Tau development.

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